

# Sunday, June 8, 2025 - Discussion Topic - "Practice" In Relation To Pain, Pleasure, and Happiness

Post by "Cassius" of June 6, 2025 at 9:26 AM

## [Quote from Kalosyni](#)

And it is a very different (un-Epicurean) notion to "train" your body in a type of "exercise boot-camp".

I have to disagree with that conclusion as stated. As we know there were many Roman military men who were Epicurean, and if they had become generals without military exercises I suspect their detractors would point that out. There's also no general accusation that the ancient Epicureans were grossly overweight, out-of-condition, or otherwise overindulged. Avoiding the harms of overindulgence that hold back the mind and body would be, as Jefferson said to Short, *"the farthest of all things from the happiness which the well-regulated indulgences of Epicurus ensure."*

In addition, there are many modern variations of "exercise boot camps" that help train the body for endurance and performance, and I definitely see no reason an Epicurean would not participate in them. In fact, to the opposite, I think it's inherent in Epicurean philosophy that you want both a sound mind AND a sound body and that you are going to put in the time and effort required to improve and safeguard both. This is the only life you have, after all, and you don't want it shortened or held back by unnecessary physical problems any more than you want mental problems.

## Quote

I take the liberty of observing that you are not a true disciple of our master Epicurus, in indulging the indolence to which you say you are yielding. One of his canons, you know, was that "that indulgence which prevents a greater pleasure, or produces a greater pain, is to be avoided." Your love of repose will lead, in its progress, to a suspension of healthy exercise, a relaxation of mind, an indifference to everything around you, and finally to a debility of body, and hebetude of mind, the farthest of all things from the happiness which the well-regulated indulgences of Epicurus ensure; fortitude, you know is one of his four cardinal virtues. That teaches us to meet and surmount difficulties; not to fly from them, like cowards; and to fly, too, in vain, for they will meet and arrest us at every turn of our road.