

Episode 295 - Plutarch's Absurd Interpretation of Epicurean Absence of Pain

Post by "Rolf" of August 29, 2025 at 7:00 AM

[Quote from Eikadistes](#)

Indeed! I read this earlier today by coincidence: "He (sc. Metrodorus) [writes] that, although he likes the idea that the [best] life is the one that is [accompanied by tranquillity], peace, and cares that cause minimal trouble, it does not seem that this goal is achieved at least in this way, namely, if we avoid all those things over which, if they were present, we would sometimes experience difficulties and distress. For in truth many things do cause some pain if they are present but disturb us more if they are absent. Thus, health does involve some care and effort for the body but causes unspeakably more distress when it is absent" (Philódēmos, On Property Management, Col. 12-13)

I forget who on here said it, but this reminds me a bit of something along the lines of "the perfect/best life is for the gods". Us mortals are always going to have to compromise like this, and while we can live like the gods for certain periods, we must expect that pains will arise.