

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

Post by "Don" of August 29, 2025 at 8:37 AM

Good quotes, [Kalosyni](#) .

It literally just hit me as I read the Menoikeus quote that:

## [Quote from Letter to Menoecus](#)

[132] "For it is not continuous drinkings and revelings, nor the satisfaction of lusts, nor the enjoyment of fish and other luxuries of the wealthy table, which **produce** a pleasant life, but sober reasoning, searching out the motives for all choice and avoidance, and banishing mere opinions, to which are due the greatest disturbance of the spirit."

A pleasant life is produced by sober reasoning etc. Epicurus doesn't tell Menoikeus that the sum total of a pleasant life is sober reasoning etc but that such a life is produced by those things.

From my own commentary on that section:

Rearranging the Greek into a more "English order":

οὐδ' ὅσα πολυτελῆς τράπεζα ἰχθύων καὶ τῶν ἄλλων ἀλλὰ νήφων λογισμὸς φέρει τὸν ἡδὺν γεννᾶ βίον

"and nor does an extravagant table of fish and other things **bring forth** a sweet life but self-controlled reasoning [does bring forth a sweet life]."