

# Episode 308 - TD36 - Tracing Epicurus' Key Ideas From the Principal Doctrines To The Tetrapharmakon To Cicero's Epicurean Speakers

Post by "Don" of November 23, 2025 at 5:12 AM

## [Quote from Cassius](#)

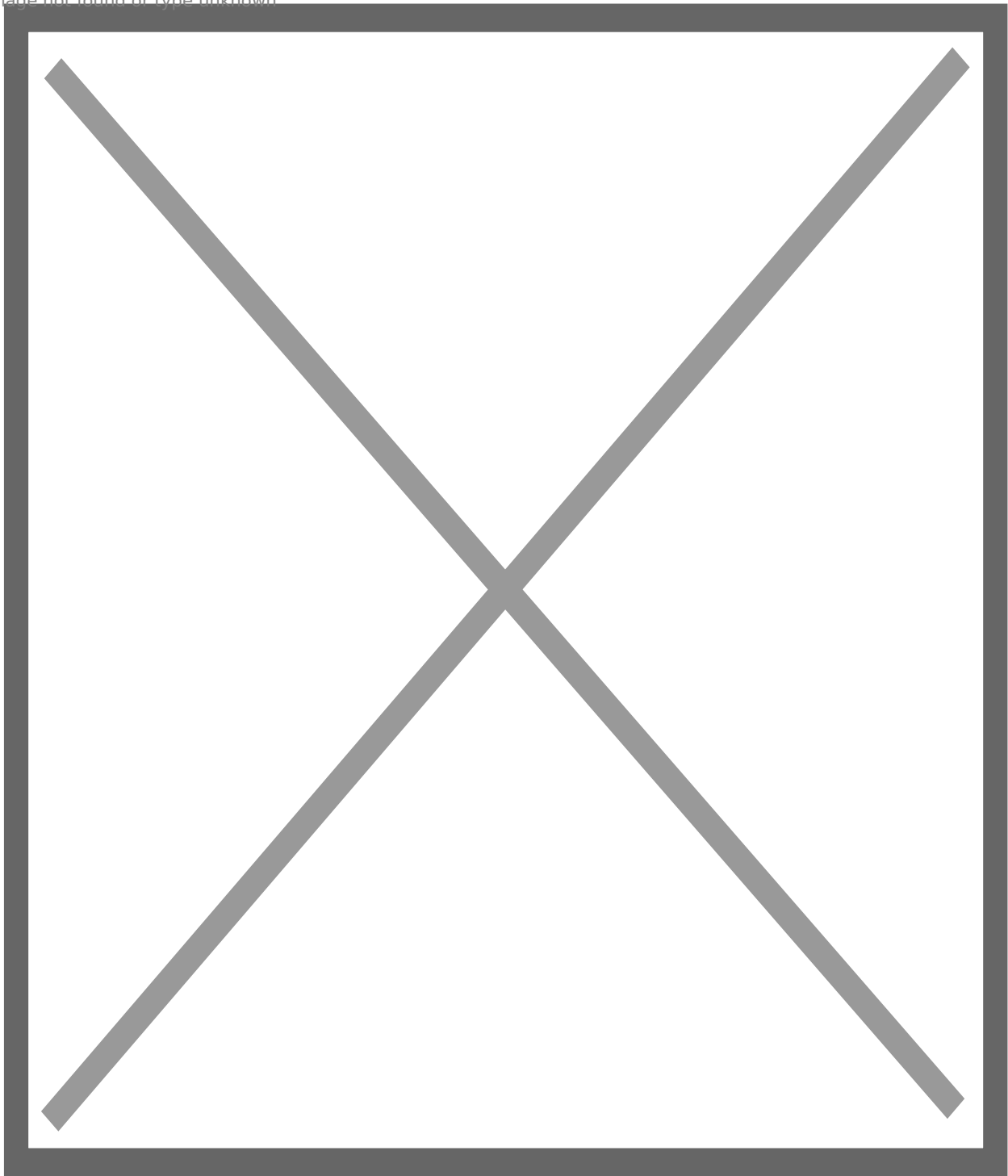
Whenever we have this discussion I for one always need to remember U469 from the Strobeus anthology (which I gather is not citable back to where the fragment itself comes (?)):

[ U469 ]

Johannes Stobaeus, Anthology, XVII.23: "Thanks be to blessed Nature because she has made what is necessary easy to supply, and what is not easy unnecessary."

Stobaeus attributes the quote to Epicurus in the section "On Self-Control"

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[John Stobaeus: Anthology \(translated into English\)](http://www.cameronhuff.com)

[www.cameronhuff.com](http://www.cameronhuff.com)

(Sorry for the crappy reference. Working on a better one. This is the only Stobaeus I could find on the fly in English. This link explicitly said "Below is a text version of Anthology, as his book is now known, translated using Google Gemini Flash 2.5 in July of 2025." ☹)

<https://www.epicureanfriends.com/thread/4804-episode-308-td36-tracing-epicurus-key-ideas-from-the-principal-doctrines-to-the/?postID=37907#post37907>

ABOUT SELF-CONTROL. Chapter 17.

23. From Epicurus.

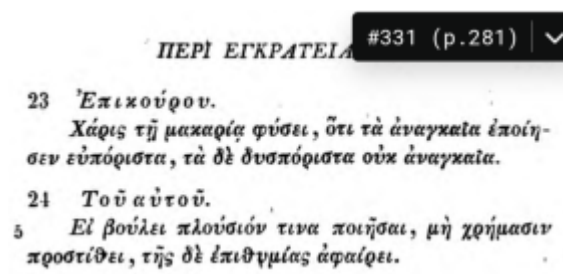
Thanks to blessed nature, that it has made what is necessary easily available, but what is difficult to obtain, not necessary.

24. From the same.

If you wish to make someone rich, do not add to his money, but subtract from his desires.

Here at least they are in Greek:

<https://hdl.handle.net/2027/njp.32101020151518?urlappend=%3Bseq=331%Bownerid=270215977687666349>



I find it interesting that "*blessed* nature" "*makariai physei*" uses the exact word in PD1 Τὸ **μακάριον** καὶ ἄφθαρτον... (*makarion* ...)