

# **Metrodorus On The Importance of A "Strong Constitution of Body"**

**Post by "Cassius" of July 26, 2019 at 9:26 PM**

Cicero, in writing against Epicurus, preserves for us (1) confirmation of Epicurus' focus on pleasure as the goal, with virtue being value only as an instrument of pleasure, as the heart of his doctrine, and (2) a statement of Metrodorus emphasizing the importance of a "strong constitution of body" and a "reasonable expectation of continuing" the same. From De Officiis, Peabody translation.

<https://archive.org/details/ethica...ceiala/page/244>

—is not expedient, because it is infamous, foul, base.

33. There remains the fourth division, comprehending becomingness, moderation, discretion, self-restraint, temperance. Can anything be expedient which is opposed to this choir<sup>1</sup> of such virtues? However, those of the Cyrenaic school<sup>2</sup> and the disciples of Anniceris,<sup>3</sup> philosophers only in name, followed Aristippus in making all good to consist in pleasure, and regarded virtue as commendable only in its pleasure-giving capacity. They having passed almost out of notice, Epicurus holds his ground as an advocate and teacher of nearly the same doctrine. With these I must contend, as the phrase is, with infantry and cavalry,<sup>4</sup> if I mean to guard and main-

tain the right. For if not only expediency but everything appertaining to a happy life consists in a strong constitution of body and in a reasonable expectation of preserving that constitution, as Metrodorus<sup>1</sup> writes, certainly this expediency — the