

FollowUp On Quote Submitted By Pacatus - "It is not a sign of good health to be well adjusted to a sick society."

Post by "Pacatus" of July 10, 2026 at 11:23 AM

[Quote from Bryan](#)

I may be misunderstanding or being overly-literal.

Maybe not being literal enough. 😊

I think the important word in the quote is that **"to"** – as opposed to, say, "in" or "in spite of." If Epicurus had adjusted himself "to" that world, he would have, for example, adopted (or at least pretended to adopt) the same superstitions as the general populace, especially as it was dangerous not to. He likely would not have counseled, or even thought of counseling *lathe bios*.

A lot of my upbringing – by family, church, school – was aimed exactly at molding (adjusting) one to fit in by accepting (adjusting yourself to) whatever "mother culture" wanted you to believe (or at least their version of it). And some people never lose that: it's too risky (even psychologically) not to fit in – or they never escape the "programming."

For me, trying to adjust myself to that (and I was successful for a long time) was hard, and the stress was detrimental to my physical health. Eventually, I opted out of trying to adjust myself to all that (the religion, the hypocrisy, the bigotry) – without becoming a hermit. I found ways.

And that's how I read and understood that quote – immediately. But we all have different experiences ...

I wrote this before I read all the responses. 😞 I could have just replied with: "What [Joshua](#) said."