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DISCOURSES

BOOKS 3-4

FRAGMENTS

THE ENCHEIRIDION



Translated by W. A. OLDFATHER

ك كالمحال و المرابع ال

EPICTETUS

FRAGMENTS · ENCHEIRIDION

VITH AN ENGLISH FRANSHATION BY

W. A. OLDFATHER



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APPIANOY

ΤΩΝ ΕΠΙΚΤΗΤΟΥ ΔΙΑΤΡΙΒΩΝ

$\overline{A} \overline{B} \overline{\Gamma} \overline{\Delta}$

 $\bar{\Gamma}$

$KE\Phi A\Lambda AIA$ TOY Γ BIBAIOY

- α'. Περί καλλωπισμού.
- β'. Περλ τίνα ἀσκεῖσθαι δεῖ τὸν προκόψοντα καλ ὅτι τῶν κυριωτάτων ἀμελοῦμεν.
- γ'. Τίς ὕλη τοῦ ἀγαθοῦ καὶ πρὸς τί μάλιστα ἀσκητέον.
- δ'. Πρλς τον ἀκόσμως ἐν θεάτρφ σπουδάπαντα.
- ε'. Πρός τους δια νόσον απαλλαττομένους.1
- ς. Σποράδην τινά.
- ζ΄. Πρὸς τὸν διορθωτὴν τῶν ἐλευθέρων πόλεων, Ἐπικούρειον ἔντα.
- η'. Πῶς πρὸς τὰς φαντασίας γυμναστέον;
- θ'. Πρός τινα βήτορα ἀνιόντα εἰς Ῥώμην ἐπὶ δίκη.
- ί. Πῶς φέρειν δεῖ τὰς νόσους ; 3
- ια'. Σποράδην τινά.
- ιβ'. Περὶ ἀσκήσεως.
- ιγ'. Τί ἐρημία καὶ ποῖος ἔρημος.
- ιδ'. Σποράδην τινά.
 - 1 8: πλαττομένους δ.
 - ² The entire title supplied from Ch. X. by s.

IN FOUR BOOKS

BOOK III

Chapters of the Third Book

I. Of personal adornment.

II. The fields of study in which the man who expects to make progress will have to go into training; and that we neglect what is most important.

III. What is the subject-matter with which the good man has to deal; and what should be the chief object of our training?

IV. To the man who took sides, in an undignified

manner, while in a theatre.

V. To those who leave school because of illness.

VI. Some scattered sayings.

VII. A conversation with the Imperial Bailiff of the Free Cities, who was an Epicurean.

VIII. How ought we to exercise ourselves to deal with

the impressions of our senses?

IX. To a certain rhetorician who w

IX. To a certain rhetorician who was going to Rome for a law-suit.

X. How ought we to bear our illnesses?

XI. Some scattered sayings.

XII. Of training.

XIII. The meaning of a forlorn state, and the kind of person a forlorn man is.

XIV. Some scattered sayings.

- ιε'. 'Ότι δεῖ περιεσκεμμένως ἔρχεσθαι ἐφ' ἕκαστα.
- ις'. "Οτι εὐλαβῶς δεῖ συγκαθιέναι εἰς συμπεριφοράν.
- ιζ'. Περί προνοίας.
- ιη'. "Οτι οὐ δεῖ πρὸς τὰς ἀγγελίας ταράσσεσθαι.
- ιθ'. Τίς στάσις ίδιώτου και φιλοσόφου;
- κ'. "Οτι ἀπὸ πάντων τῶν ἐκτὸς ἔστιν ὡφελεῖσθαι.
- κα'. Πρός τοὺς εὐκόλως ἐπὶ τὸ σοφιστεύειν ἐρχομένους.
- κβ'. Περί Κυνισμού.
- κγ΄. Πρός τους άναγγινώσκοντας και διαλεγομένους έπιδεικτικώς.
- κδ'. Περί τοῦ μὴ δεῖν προσπάσχειν τοῖς οὐκ ἐφ' ἡμῖν.
- κε'. Πρός τοὺς ἀποπίπτοντας ὧν προέθεντο.
- κς'. Πρός τοὺς την ἀπορίαν δεδοικότας.

Г

α'. Περὶ καλλωπισμοῦ.

- 1 Εἰσιόντος τινὸς πρὸς αὐτὸν νεανίσκου ἡητορικοῦ περιεργότερον ἡρμοσμένου τὴν κόμην καὶ τὴν ἄλλην περιβολὴν κατακοσμοῦντος Εἰπέ μοι, ἔφη, εἰ οὐ δοκοῦσίν σοι κύνες τ' εἶναι καλοί τινες καὶ ἵπποι καὶ οὕτως τῶν ἄλλων ζώων ἕκαστον;—
- 2 Δοκοῦσιν, ἔφη.—Οὐκοῦν καὶ ἄνθρωποι οἱ μὲν καλοί, οἱ δ' αἰσχροί;—Πῶς γὰρ οὔ;—Πότερον οὖν κατὰ τὸ αὐτὸ ἕκαστα τούτων ἐν τῷ αὐτῷ γένει καλὰ προσαγορεύομεν ἢ ἰδίως ἕκαστον;
- 3 οὕτως δ' ὄψει αὐτό. ἐπειδὴ πρὸς ἄλλο μὲν ὁρῶμεν κύνα πεφυκότα, πρὸς ἄλλο δ' ἵππον, πρὸς

BOOK III. 1. 1-3

XV. That we ought to approach each separate thing with circumspection.

XVI. That one should enter cautiously into social inter-

course.

XVII. Of Providence.

XVIII. That we ought not to allow any news to disturb us.

XIX. What is the position of the layman, and what that of the philosopher?

XX. That it is possible to derive advantage from every-

thing external.

XXI. To those who enter light-heartedly upon the profession of lecturing.

XXII. On the calling of a Cynic.

XXIII. To those who read and discuss for the purpose of display.

XXIV. That we ought not to yearn for the things which

are not under our control.

XXV. To those who fail to achieve their purposes.

XXVI. To those who fear want.

CHAPTER I

Of personal adornment

Once, when he was visited by a young student of rhetoric whose hair was somewhat too elaborately dressed, and whose attire in general was highly embellished, Epictetus said: Tell me if you do not think that some dogs are beautiful, and some horses, and so every other creature.—I do, said the young man.—Is not the same true also of men, some of them are handsome, and some ugly?—Of course.—Do we, then, on the same grounds, pronounce each of these creatures in its own kind beautiful, or do we pronounce each beautiful on special grounds? I shall show you what I mean. Since we see that a dog is born to do one thing, and a horse another, and, if you will, a nightingale for something else, in general

άλλο δ' εἰ οὕτως τύχοι ἀηδόνα, καθόλου μὲν οὐκ άτόπως άποφήναιτ άν τις έκαστον τηνικαῦτα καλον είναι, οπότε κατά την αυτου φύσιν κράτιστ' έχοι έπεὶ δ' ή φύσις έκάστου διάφορός έστιν, διαφόρως είναι μοι δοκεί έκαστον αὐτῶν καλόν. 4 ή γαρ ου ;- Ωμολόγει.-Ουκ ουν όπερ κύνα ποιεί καλόν, τοῦτο ἵππον αἰσχρόν, ὅπερ δ' ἵππον καλόν, τοῦτο κύνα αἰσχρόν, εἴ γε διάφοροι αἰ 5 φύσεις είσιν αὐτῶν:-"Εοικεν.-Καὶ γὰρ τὸ παγκρατιαστήν οίμαι ποιούν καλόν τούτο παλαιστην οὐκ ἀγαθὸν ποιεῖ, δρομέα δὲ καὶ γελοιότατον καὶ ὁ πρὸς πενταθλίαν καλὸς ὁ αὐτὸς ούτος 6 πρὸς πάλην αἴσχιστος ;—Οὕτως, ἔφη.—Τί οὖν ποιεί ἄνθρωπον καλὸν ἢ ὅπερ τῷ γένει καὶ κύνα καὶ ίππον :-Τοῦτο, ἔφη.-Τί οῦν ποιεῖ κύνα καλόν; ἡ άρετη ή κυνός παρούσα. τί ἵππον; ή άρετη ή 1 ίππου παρούσα. τί οὐν ἄνθρωπον; μή ποθ' ή 7 ἀρετὴ ἡ ἀνθρώπου παροῦσα ; καὶ σὺ οὖν εἰ θέλεις καλὸς είναι, νεανίσκε, τοῦτο ἐκπόνει, τὴν ἀρετὴν 8 την ανθρωπικήν.—Τίς δ' έστιν αυτη ;—"Ορα, τίνας αὐτὸς ἐπαινεῖς, ὅταν δίχα πάθους τινὰς ἐπαινῆς. πότερα τοὺς δικαίους ἡ τοὺς ἀδίκους;-Τοὺς δικαίους.-Πότερον τους σώφρονας ή τους άκολάστους; Τοὺς σώφρονας. Τοὺς ἐγκρατεῖς δ' 9 ή τοὺς ἀκρατεῖς; Τοὺς ἐγκρατεῖς. Οὐκοῦν τοιοῦτόν τινα ποιών σαυτόν ἴσθι ὅτι καλὸν

¹ $\dot{\eta}$ added by s.

¹ One who specialized in the pancratium, a combination of boxing, wrestling, and plain "fighting."

BOOK III. 1. 3-9

it would not be unreasonable for one to declare that each of them was beautiful precisely when it achieved supreme excellence in terms of its own nature; and, since each has a different nature, each one of them, I think, is beautiful in a different fashion. Is that not so?—He agreed.—Does it not follow, then, that precisely what makes a dog beautiful, makes a horse ugly, and precisely what makes a horse beautiful, makes a dog ugly, if, that is, their natures are different?—So it appears.—Yes, for, to my way of thinking, what makes a pancratiast 1 beautiful does not make a wrestler good, and, more than that, makes a runner quite absurd: and the same man who is beautiful for the pentathlon 2 is very ugly for wrestling?-That is so, said he.-What, then, makes a man beautiful other than just that which makes a dog or a horse beautiful in its kind?—Just that, said he.—What is it, then, that makes a dog beautiful? The presence of a dog's excellence. What makes a horse beautiful? The presence of a horse's excellence. What, then, makes a man beautiful? Is it not the presence of a man's excellence? Very well, then, young man, do you too, if you wish to be beautiful, labour to achieve this, the excellence that characterizes a man. - And what is that?-Observe who they are whom you yourself praise, when you praise people dispassionately; is it the just, or the unjust?—The just ;—is it the temperate, or the dissolute?—The temperate;—and is it the self-controlled, or the uncontrolled?—The self-controlled.-In making yourself that kind of person, therefore, rest assured that you will be making your-

² An all-round competition in running, jumping, wrestling, and hurling the discus and the javelin.

ποιήσεις μέχρις δ' αν τούτων αμελης, αισχρόν σ' είναι ἀνάγκη, κὰν πάντα μηχανά ὑπὲρ τοῦ φαίνεσθαί σε 1 καλόν.

- 'Εντευθεν οὐκέτι ἔχω σοι πῶς εἴπω· ἄν τε γὰρ 10 λέγω à φρονῶ, ἀνιάσω σε καὶ ἐξελθὼν τάχα οὐδ' είσελεύση άν τε μη λέγω, όρα οίον ποιήσω, εί σὺ μὲν ἔρχη πρὸς ἐμὲ ὡφεληθησόμενος, ἐγὼ 2 δ' οὐκ ὦφελήσω σ' οὐδέν, καὶ σὺ μὲν ὡς πρὸς φιλόσοφον, ἐγὼ δ' οὐδὲν ἐρῶ σοι ὡς φιλόσοφος. 11 πῶς δὲ καὶ οὐκ³ ὤμόν ἐστι πρὸς αὐτόν σε τὸ
- περιιδείν ἀνεπανόρθωτον; ἄν ποθ' ὕστερον
- 12 φρένας σχής, εὐλόγως μοι ἐγκαλέσεις "τί εἶδεν έν έμοι ό Ἐπίκτητος, ἵνα βλέπων με τοιοῦτον είσεμχόμενον πρὸς αὐτὸν οὕτως αἰσχρῶς ἔγοντα περιίδη και 4 μηδέποτε μηδε ρημα είπη; ούτως
- 13 μου ἀπέγνω; νέος οὐκ ἤμην; οὐκ ἤμην λόγου άκουστικός; πόσοι δ' άλλοι νέοι έφ' ήλικίας πολ-
- 14 λὰ τοιαῦτα διαμαρτάνουσιν; τινά ποτ' ἀκούω Πολέμωνα έξ ἀκολαστοτάτου νεανίσκου τοσαύτην μεταβολήν μεταβαλείν. ἔστω, οὐκ ὤετό με Πολέμωνα έσεσθαι την μεν κόμην ηδύνατό μου διορθώσαι, τὰ μὲν περιάμματά μου περιελεῖν, ψιλούμενόν με παθσαι ήδύνατο, άλλα βλέπων 15 με—τίνος εἴπω ;—σχῆμα ἔχοντα ἐσιώπα." ἐγὼ οὐ λέγω, τίνος ἐστὶ τὸ σχημα τοῦτο σὰ δ' αὐτὸ

Or perhaps γε, Oldfather.
 οὐκ added by Koraes.

2 s: ξργωι S. ⁴ καί supplied by s.

¹ Once when drunk he burst in upon Xenocrates, but was converted by him and eventually succeeded him in the head-

BOOK III. 1. 9-15

self beautiful; but so long as you neglect all this, you must needs be ugly, no matter if you employ every artifice to make yourself look beautiful.

Beyond that I know not what more I can say to you; for if I say what I have in mind, I shall hurt your feelings, and you will leave, perhaps never to return; but if I do not say it, consider the sort of thing I shall be doing. Here you are coming to me to get some benefit, and I shall be bestowing no benefit at all; and you are coming to me as to a philosopher, and I shall be saying nothing to you as a philosopher. Besides, is it anything but cruel for me to leave you unreformed? If some time in the future you come to your senses, you will have good reason to blame me: "What did Epictetus observe in me," you will say to yourself, "that, although he saw me in such a condition and coming to him in so disgraceful a state, he should let me be so and say never a word to me? Did he so completely despair of me? Was I not young? Was I not ready to listen to reason? And how many other young fellows make any number of mistakes of the same kind in their youth? I am told that once there was a certain Polemo 1 who from being a very dissolute young man underwent such an astonishing transformation. Well, suppose he did not think that I should be another Polemo; he could at least have set my hair right, he could have stripped me of my ornaments, he could have made me stop plucking my hairs; but although he saw me looking like-what shall I say?-he held his peace." As for me, I do not say what it is you look

ship of the Academy. See below IV. 11, 30; Diogenes Laertius, 4, 16; and Horace, Sat. II. 3, 253-7.

έρεις τόθ', ὅταν εἰς σαυτὸν ἔλθης, καὶ γνώσει, οιον ἐστι καὶ τίνες αὐτὸ ἐπιτηδεύουσι.

Τοῦτό μοι ὕστερον ἂν ἐγκαλῆς, τί ἔξω ἀπολογήσασθαι; ναί ἀλλ ἐρῶ καὶ οὐ πεισθήσεται. τῷ γὰρ ᾿Απόλλωνι ἐπείσθη ὁ Λάϊος; οὐκ ἀπελθὼν καὶ μεθυσθεὶς χαίρειν εἶπεν τῷ χρησμῷ; τί οὖν; παρὰ τοῦτο οὐκ εἶπεν αὐτῷ ὁ ᾿Απόλλων τὰς
ἀληθείας; καίτοι ἐγὼ μὲν οὐκ οἶδα οὔτ ἐί πεισθήση μοι οὔτ ἐί μή ἐκεῖνος δ' ἀκριβέστατα ἤδει,
ὅτι οὐ πεισθήσεται, καὶ ὅμως εἶπεν.—Διὰ τί δ' εἶπεν;—Διὰ τί δὲ χρησμφδεῖ; διὰ τί δὲ ᾿Απόλλων ἐστίν; διὰ τί δὲ χρησμφδεῖ; διὰ τί δ' εἰς ταύτην τὴν χώραν ἐαυτὸν κατατέταχεν, ὥστε μάντις εἶναι καὶ πηγὴ τῆς ἀληθείας καὶ πρὸς αὐτὸν ἔρχεσθαι τοὺς ἐκ τῆς οἰκουμένης; διὰ τί δὲ προγέγραπται τὸ γνῶθι σαυτὸν μηδενὸς αὐτὸ νοοῦντος;

19 Σωκράτης πάντας ἔπειθε τοὺς προσιόντας² ἐπιμελεῖσθαι ἑαυτῶν; οὐδὲ τὸ χιλιοστὸν μέρος. ἀλλ' ὅμως ἐπειδὴ εἰς ταύτην τὴν τάξιν ὑπὸ τοῦ δαιμονίου, ὡς φησιν αὐτός, κατετάχθη, μηκέτι ἐξέλιπεν. ἀλλὰ καὶ πρὸς τοὺς δικαστὰς τί
20 λέγει; "ἄν μ' ἀφῆτε," φησίν, "ἐπὶ τούτοις, ἵνα μηκέτι ταῦτα πράσσω ἃ νῦν, οὐκ ἀνέξομαι οὐδ' ἀνήσω· ἀλλὰ καὶ νέφ καὶ πρεσβυτέρφ καὶ ἀπλῶς ἀεὶ τῷ ἐντυγχάνοντι προσελθών πεύσομαι ταῦτα ἃ καὶ νῦν πυνθάνομαι, πολὺ δὲ μάλιστα ὑμῶν,

¹ διά supplied by s.

² 8: προσίστας οτ προσανότας S.

¹ Who warned him not to beget a son, the ill-starred Oedipus.

like, but you will say it, when you come to yourself, and will realize what it is and the kind of people those are who act this way.

If you bring this charge against me some day, what shall I be able to say in my own defence? Yes; but suppose I speak and he not obey. And did Laius obey Apollo?¹ Did he not go away and get drunk and say good-bye to the oracle? What then? Did that keep Apollo from telling him the truth? Whereas I do not know whether you will obey me or not. Apollo knew perfectly well that Laius would not obey, and yet he spoke.—But why did he speak?—And why is he Apollo? And why does he give out oracles? And why has he placed himself in this position,² to be a prophet and a fountain of truth, and for the inhabitants of the civilized world to come to him? And why are the words "Know thyself" carved on the front of his temple, although no one pays attention to them?

Did Socrates succeed in prevailing upon all his visitors to keep watch over their own characters? No, not one in a thousand. Nevertheless, once he had been assigned this post, as he himself says, by the ordinance of the Deity,³ he never abandoned it. Nay, what does he say even to his judges? "If you acquit me," he says, "on these conditions, namely, that I no longer engage in my present practices, I will not accept your offer, neither will I give up my practices, but I will go up to young and old, and, in a word, to everyone that I meet, and put to him the same question that I put now, and beyond all others I will especially interrogate you," he says, "who are

⁸ Based upon the Apology, 28 E.

⁸ For the expression compare II. 4, 3; IV. 10, 16.

φησί, τῶν πολιτῶν, ὅτι ἐγγυτέρω μου γένει ἐστέ." 21 ούτως περίεργος εί, ω Σωκρατες, καὶ πολυπράγμων; τί δέ σοι μέλει, τί ποιοῦμεν; "οίον καὶ λέγεις; κοινωνός μου ὢν καὶ συγγενής ἀμελεῖς σεαυτοῦ καὶ τῆ πόλει παρέχεις πολίτην κακὸν

22 καὶ τοῖς συγγενέσι συγγενῆ καὶ τοῖς γείτοσι γείτονα." "σὰ οὖν τίς εἶ;" ἐνταῦθα μέγα ἐστὶ τὸ εἰπεῖν ὅτι "οὖτός εἰμι, ὧ δεῖ μέλεν ανθρώπων." οὐδὲ γὰρ λέοντι τὸ τυχὸν βοΐδιον τολμᾶ ἀντιστῆναι αὐτῷ αν δ' ὁ ταῦρος προσελθων ἀνθίστηται, λέγε αὐτῷ, ἄν σοι δόξη, "σὺ δὲ τίς εἶ;" καὶ "τί σοὶ μέλει;" ἄνθρωπε, 23 ἐν παντὶ γένει φύεταί τι ἐξαίρετον: ἐν βουσίν,

έν κυσίν, έν μελίσσαις, έν ἵπποις. μὴ δὴ λέγε τῷ ἐξαιρέτῷ "σὰ οὖν τί εἶ;" εἰ δὲ μή, ἐρεῖ σοι φωνήν ποθεν λαβὸν "ἐγώ εἰμι τοιοῦτον οἶον έν ίματίφ πορφύρα· μή μ' άξίου όμοιον είναι τοῖς άλλοις η τη φύσει μου 1 μέμφου, ὅτι με διαφέροντα παρὰ τοὺς ἄλλους ἐποίησεν."

Τί οὖν; ἐγὼ τοιοῦτος; πόθεν; σὺ γὰρ τοιοῦτος οἶος ἀκούειν τἀληθῆ; ὤφελεν. ἀλλ' ὅμως 24 έπεί πως κατεκρίθην πώγωνα έχειν πολιον καὶ τρίβωνα καὶ σὺ εἰσέρχη προς ἐμὲ ὡς προς φιλόσοφον, οὐ χρήσομαί σοι ὡμῶς οὐδ' ἀπογνωστικῶς,

¹ Deleted by Kronenberg, and "nature" rather than "my nature" would seem to be more logical here (cf. Grant's note on Aristotle's Ethics, 2.1.3). But µov is supported by the precisely similar σου of § 30, which is if anything even more illogical. In the original remark of Diogenes, whom Epictetus is clearly quoting in § 30 (see the note at that point), ἐγκαλεῖν τῆ φύσει is used as it is normally in Greek. Apparently we have in these two locutions a form of expression peculiar to Epictetus.

BOOK III. 1. 20-24

my fellow-citizens, inasmuch as you are nearer akin to me." 1 Are you so inquisitive, O Socrates, and meddlesome? And why do you care what we are about? "Why, what is that you are saying? You are my partner and kinsman, and yet you neglect yourself and provide the State with a bad citizen, and your kin with a bad kinsman, and your neighbours with a bad neighbour." "Well, who are you?" Here it is a bold thing to say, "I am he who must needs take interest in men." For no ordinary ox dares to withstand the lion himself; 2 but if the bull comes up and withstands him, say to the bull, if you think fit, "But who are you?" and "What do you care?" Man, in every species nature produces some superior individual, among cattle, dogs, bees, horses. Pray do not say to the superior individual, "Well, then, who are you?" Or if you do, it will get a voice from somewhere and reply to you, "I am the same sort of thing as red in a mantle; 3 do not expect me to resemble the rest, and do not blame my nature 4 because it has made me different from the rest."

What follows? Am I that kind of person? Impossible. Are you, indeed, the kind of person to listen to the truth? I would that you were! But nevertheless, since somehow or other I have been condemned to wear a grey beard and a rough cloak,⁵ and you are coming to me as to a philosopher, I shall not treat you cruelly, nor as though I despaired of

² Compare I. 2, 30.

4 See critical note.

¹ A free paraphrase of the *Apology*, 29 C, E, and 30 A. Compare also I. 9, 23.

³ Compare I. 2, 17 (and note, where read "bright red") and 22; the reference is to the stripe in the toga praetexta.

⁵ External symbols of a philosopher.