

[10.1a] Ἐφ' ἑκάστου τῶν προσπιπτόντων μέμνησο ἐπιστρέφων ἐπὶ σεαυτὸν ζητεῖν, τίνα δύναμιν ἔχεις πρὸς τὴν χρῆσιν αὐτοῦ. [10.1a] ἔὰν καλὸν ἴδῃς ἢ καλήν, εὐρήσεις δύναμιν πρὸς ταῦτα ἐγκράτειαν· [10.1c] ἔὰν πόνος προσφέρηται, εὐρήσεις καρτερίαν· [10.1d] ἂν λοιδορία, εὐρήσεις ἀνεξικακίαν. [10.1e] καὶ οὕτως ἐθιζόμενόν σε οὐ συναρπάσουσιν αἱ φαντασίαι.

[11.1a] Μηδέποτε ἐπὶ μηδενὸς εἴπῃς ὅτι "ἀπώλεσα αὐτό", ἀλλ' ὅτι "ἀπέδωκα". [11.1b] τὸ παιδίον ἀπέθανεν; ἀπεδόθη. [11.1c] ἡ γυνὴ ἀπέθανεν; ἀπεδόθη. [11.1d] "τὸ χωρίον ἀφῆρέθην." οὐκοῦν καὶ τοῦτο ἀπεδόθη. [11.1e] "ἀλλὰ κακὸς ὁ ἀφελόμενος." τί δὲ σοὶ μέλει, διὰ τίνας σε ὁ δοὺς ἀπήτησε; [11.1f] μέχρι δ' ἂν διδῶ, ὡς ἀλλοτρίου αὐτοῦ ἐπιμελοῦ, ὡς τοῦ πανδοχείου οἱ παριόντες.

[10.1a] When anything happens to you, always remember to so turn to yourself and ask what faculty you have to deal with it. [10.1b] If you see a beautiful boy or a beautiful woman, you will find continence the faculty to exercise there; [10.1c] if trouble is laid on you, you will find endurance; [10.1d] if ribaldry, you will find patience. [10.1d] And if you train yourself in this habit your impressions will not carry you away.

[11.1a] Never say of anything, 'I lost it', but say, I gave it back'. [11.1b] Has your child died? It was given back. [11.1c] Has your wife died? She was given back. [11.1d] Has your estate been taken from you? Was not this also given back? [11.1e] But you say, 'He who took it from me is wicked'. What does it matter to you through whom the Giver asked it back? [11.1f] As long as He gives it you, take care of it, but not as your own; treat it as passers-by treat an inn.

[12.1a] Εἰ προκόψαι θέλεις, ἄφες τοὺς τοιούτους ἐπιλογισμούς. [12.1b] "ἔὰν ἀμελήσω τῶν ἐμῶν, οὐχ ἔξω διατροφάς". [12.1c] "ἔὰν μὴ κολάσω τὸν παῖδα, πονηρὸς ἔσται." [12.1d] κρεῖσσον γὰρ λιμῶ ἀποθανεῖν ἄλυτον καὶ ἄφοβον γενόμενον ἢ ζῆν ἐν ἀφθόνοις ταρασσόμενον. [12.1e] κρεῖττον δὲ τὸν παῖδα κακὸν εἶναι ἢ σὲ κακοδαίμονα.

[12.2a] ἄρξαι τοιγαροῦν ἀπὸ τῶν σμικρῶν. [12.2b] ἐκχεῖται τὸ ἐλάδιον, κλέπτεται τὸ οἶνάριον· ἐπίλεγε ὅτι "τοσοῦτου πωλεῖται ἀπάθεια, τοσοῦτου ἀταραξία". [12.2c] προῖκα δὲ οὐδὲν περιγίνεται. [12.2d] ὅταν δὲ καλῆς τὸν παῖδα, ἐνθυμοῦ, ὅτι δύναται μὴ ὑπακοῦσαι καὶ ὑπακούσας μηδὲν ποιῆσαι ὧν θέλεις. [12.2e] ἀλλ' οὐχ οὕτως ἔστιν αὐτῷ καλῶς, ἵνα ἐπ' ἐκείνῳ ἢ τὸ σὲ μὴ ταραχθῆναι.

## Chapter 12

[12.1a] If you wish to make progress, abandon reasonings of this sort: [12.1b] ‘If I neglect my affairs I shall have nothing to live on’; [12.1c] ‘If do not punish my son, he will be wicked.’ [12.1d] For it is better to die of hunger, so that you be free from pain and free from fear, than to live in plenty and be troubled in mind. [12.1e] It is better for your son to be wicked than for you to be miserable.

[12.2a] Wherefore begin with little things. [12.2b] Is your drop of oil spilt? Is your sup of wine stolen? Say to yourself, ‘This is the price paid for freedom from passion, this is the price of a quiet mind.’ [12.2c] Nothing can be had without a price. [12.2d] When you call your slave-boy, reflect that he may not be able to hear you, and if he hears you, he may not be able to do anything you want. [12.2e] But he is not so well off that it rests with him to give you peace of mind.