

https://en.wikisource.org/wiki/Of_Peace_of_Mind

VII.4 As, therefore, in times of pestilence we have to be careful not to sit near people who are infected and in whom the disease is raging, because by so doing, we shall run into danger and catch the plague from their very breath; so, too, in choosing our friends' dispositions, we must take care to select those who are as far as may be unspotted by the world; for the way to breed disease is to mix what is sound with what is rotten. Yet I do not advise you to follow after or draw to yourself no one except a wise man: for where will you find him whom for so many centuries we have sought in vain? in the place of the best possible man take him who is least bad.

VII.5 You would hardly find any time that would have enabled you to make a happier choice than if you could have sought for a good man from among the Platos and Xenophons and the rest of the produce of the brood of Socrates, or if you had been permitted to choose one from the age of Cato: an age which bore many men worthy to be born in Cato's time (just as it also bore many men worse than were ever known before, planners of the blackest crimes: for it needed both classes in order to make Cato understood: it wanted both good men, that he might win their approbation, and bad men, against whom he could prove his strength): but at the present day, when there is such a dearth of good men, you must be less squeamish in your choice.

VII.6 Above all, however, avoid dismal men who grumble at whatever happens, and find something to complain of in everything. Though he may continue loyal and friendly towards you, still one's peace of mind is destroyed by a comrade whose mind is soured and who meets every incident with a groan.