## SS 2025 Lat. Lektüre-Übung: Seneca, *De tranquillitate animi* (5. Sitzung) (Karanasiou)

## https://en.wikisource.org/wiki/Of Peace of Mind

**VIII.6** Do you call Demetrius, Pompeius's freedman, a happier man, he who was not ashamed to be richer than Pompiius, who was daily furnished with a list of the number of his slaves, as a general is with that of his army, though he had long deserved that all his riches should consist of a pair of underlings, and a roomier cell than the other slaves?

**VIII.7** But Diogenes's only slave ran away from him, and when he was pointed out to Diogenes, he did not think him worth fetching back. "It is a shame," he said, "that Manes should be able to live without Diogenes, and that Diogenes should not be able to live without Manes." He seems to me to have said, "Fortune, mind your own business: Diogenes has nothing left that belongs to you. Did my slave run away? nay, he went away from me as a free man."

**VIII.8** A household of slaves requires food and clothing: the bellies of so many hungry creatures have to be filled: we must buy raiment for them, we must watch their most thievish hands, and we must make use of the services of people who weep and execrate us. How far happier is he who is indebted to no man for anything except for what he can deprive himself of with the greatest ease!

**VIII.9** Since we, however, have not such strength of mind as this, we ought at any rate to diminish the extent of our property, in order to be less exposed to the assaults of fortune: those men whose bodies can be within the shelter of their armour, are more fitted for war than those whose huge size everywhere extends beyond it, and exposes them to wounds: the best amount of property to have is that which is enough to keep us from poverty, and which yet is not far removed from it.