

[https://en.wikisource.org/wiki/Of\\_Peace\\_of\\_Mind#cite\\_note-6](https://en.wikisource.org/wiki/Of_Peace_of_Mind#cite_note-6)

**XV.4** As for the several causes which render us happy or sorrowful, let everyone describe them for himself, and learn the truth of Bion's saying, "That all the doings of men were very like what he began with, and that there is nothing in their lives which is more holy or decent than their conception."

**XV.5** Yet it is better to accept public morals and human vices calmly without bursting into either laughter or tears; for to be hurt by the sufferings of others is to be forever miserable, while to enjoy the sufferings of others is an inhuman pleasure,

**XV.6** just as it is a useless piece of humanity to weep and pull a long face because someone is burying his son. In one's own misfortunes, also, one ought so to conduct oneself as to bestow upon them just as much sorrow as reason, not as much as custom requires: for many shed tears in order to show them, and whenever no one is looking at them their eyes are dry, but they think it disgraceful not to weep when everyone does so. So deeply has this evil of being guided by the opinion of others taken root in us, that even grief, the simplest of all emotions, begins to be counterfeited.