

THE LOEB CLASSICAL LIBRARY
FOUNDED BY JAMES LOEB 1911

EDITED BY
JEFFREY HENDERSON

EDITOR EMERITUS
G. P. GOOLD

SENECA
IV

LCL 75

SENECA

EPISTLES

1-65

WITH AN ENGLISH TRANSLATION BY
RICHARD M. GUMMERE



HARVARD UNIVERSITY PRESS
CAMBRIDGE, MASSACHUSETTS
LONDON, ENGLAND

First published 1917
Reprinted 1925, 1934, 1953, 1961, 1967, 1979,
1989, 1996, 2002

LOEB CLASSICAL LIBRARY® is a registered trademark
of the President and Fellows of Harvard College

ISBN 0-674-99084-6

Printed in Great Britain by St Edmundsbury Press Ltd,
Bury St Edmunds, Suffolk, on acid-free paper.
Bound by Hunter & Foulis Ltd, Edinburgh, Scotland.

CONTENTS

INTRODUCTION	vii
EPISTLES	
1. SAVING TIME	2
2. DISCURSIVENESS IN READING	6
3. TRUE AND FALSE FRIENDSHIP	8
4. THE TERRORS OF DEATH	12
5. THE PHILOSOPHER'S MEAN	20
6. SHARING KNOWLEDGE	24
7. CROWDS	28
8. THE PHILOSOPHER'S SECLUSION	36
9. PHILOSOPHY AND FRIENDSHIP	42
10. LIVING TO ONESELF	56
11. THE BLUSH OF MODESTY	60
12. OLD AGE	64
13. GROUNDLESS FEARS	72
14. WITHDRAWING FROM THE WORLD	84
15. BRAWN AND BRAINS	94
16. PHILOSOPHY, THE GUIDE OF LIFE	102

CONTENTS

17. PHILOSOPHY AND RICHES	108
18. FESTIVALS AND FASTING	116
19. WORLDLINESS AND RETIREMENT	124
20. PRACTISING WHAT YOU PREACH	132
21. THE RENOWN MY WRITINGS WILL BRING	140
22. THE FUTILITY OF HALF-WAY MEASURES	148
23. THE JOY WHICH COMES FROM PHILOSOPHY	158
24. DESPISING DEATH	164
25. REFORMATION	182
26. OLD AGE AND DEATH	186
27. THE GOOD WHICH ABIDES	192
28. TRAVEL AS A CURE FOR DISCONTENT	198
29. MARCELLINUS' CONDITION	202
30. CONQUERING THE CONQUEROR	210
31. SIREN SONGS	222
32. PROGRESS	228
33. THE FUTILITY OF LEARNING MAXIMS	232
34. A PROMISING PUPIL	240
35. THE FRIENDSHIP OF KINDRED MINDS	242
36. THE VALUE OF RETIREMENT	246
37. ALLEGIANCE TO VIRTUE	252
38. QUIET CONVERSATION	256
39. NOBLE ASPIRATIONS	258

CONTENTS

40. THE PROPER STYLE FOR A PHILOSOPHER'S DISCOURSE	262
41. THE GOD WITHIN US	272
42. VALUES	278
43. THE RELATIVITY OF FAME	284
44. PHILOSOPHY AND PEDIGREES	286
45. SOPHISTICAL ARGUMENTATION	290
46. A NEW BOOK BY LUCILIUS	298
47. MASTER AND SLAVE	300
48. QUIBBLING UNWORTHY OF THE PHILOSOPHER	312
49. THE SHORTNESS OF LIFE	322
50. OUR BLINDNESS AND ITS CURE	330
51. BAIÆ AND MORALS	336
52. CHOOSING OUR TEACHERS	344
53. THE FAULTS OF THE SPIRIT	352
54. ASTHMA AND DEATH	360
55. VATIA'S VILLA	364
56. QUIET AND STUDY	372
57. THE TRIALS OF TRAVEL	382
58. BEING	386
59. PLEASURE AND JOY	408
60. HARMFUL PRAYERS	422
61. MEETING DEATH CHEERFULLY	424
62. GOOD COMPANY	426

END OF SAMPLE TEXT



The Complete Text can be found on our CD:
Primary Literary Sources For Ancient Literature
which can be purchased on our Website :
www.Brainfly.net

or

by sending **\$64.95** in check or money order to :
Brainfly Inc.
5100 Garfield Ave. #46
Sacramento CA 95841-3839

TEACHER'S DISCOUNT:

If you are a **TEACHER** you can take advantage of our teacher's discount. Click on **Teachers Discount** on our website (www.Brainfly.net) or **Send us \$55.95** and we will send you a full copy of *Primary Literary Sources For Ancient Literature* **AND** our *5000 Classics CD (a collection of over 5000 classic works of literature in electronic format (.txt))* plus our *Wholesale price list*.

If you have any suggestions such as books you would like to see added to the collection or if you would like our wholesale prices list please send us an email to:

webcomments@brainfly.net