THE LOEB CLASSICAL LIBRARY
FOUNDED BY JAMES LOEB 1911

EDITED BY
JEFFREY HENDERSON

EDITOR EMERITUS
G. P. GOOLD

SENECA
IV

LCL 75
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
<table>
<thead>
<tr>
<th>CONTENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>40. THE PROPER STYLE FOR A PHILOSOPHER'S DISCOURSE</td>
</tr>
<tr>
<td>41. THE GOD WITHIN US</td>
</tr>
<tr>
<td>42. VALUES</td>
</tr>
<tr>
<td>43. THE RELATIVITY OF FAME</td>
</tr>
<tr>
<td>44. PHILOSOPHY AND PEDIGREES</td>
</tr>
<tr>
<td>45. SOPHISTICAL ARGUMENTATION</td>
</tr>
<tr>
<td>46. A NEW BOOK BY LUCILIUS</td>
</tr>
<tr>
<td>47. MASTER AND SLAVE</td>
</tr>
<tr>
<td>48. QUIBBLING UNWORTHY OF THE PHILOSOPHER</td>
</tr>
<tr>
<td>49. THE SHORTNESS OF LIFE</td>
</tr>
<tr>
<td>50. OUR BLINDNESS AND ITS CURE</td>
</tr>
<tr>
<td>51. BAIAE AND MORALS</td>
</tr>
<tr>
<td>52. CHOOSING OUR TEACHERS</td>
</tr>
<tr>
<td>53. THE FAULTS OF THE SPIRIT</td>
</tr>
<tr>
<td>54. ASTHMA AND DEATH</td>
</tr>
<tr>
<td>55. VATIA'S VILLA</td>
</tr>
<tr>
<td>56. QUIET AND STUDY</td>
</tr>
<tr>
<td>57. THE TRIALS OF TRAVEL</td>
</tr>
<tr>
<td>58. BEING</td>
</tr>
<tr>
<td>59. PLEASURE AND JOY</td>
</tr>
<tr>
<td>60. HARMFUL PRAYERS</td>
</tr>
<tr>
<td>61. MEETING DEATH CHEERFULLY</td>
</tr>
<tr>
<td>62. GOOD COMPANY</td>
</tr>
</tbody>
</table>
The Complete Text can be found on our CD: 
**Primary Literary Sources For Ancient Literature**
which can be purchased on our Website:
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**