

Nicomachean Ethics

Aristotle
c. 350 B.C.

We are not virtuous by nature, but fitted by nature to receive virtue. We acquire the virtues by acting well, as one learns music by playing well. Virtue results from choosing a mean between excess and defect. Our response to pleasure and pain is a good index to the state of our character. Virtuous acts flow from the habit of doing what is virtuous. What is voluntary depends on our own choices; the involuntary results from external force. We praise and blame some actions; we pity and pardon others. Choice proceeds from rational deliberation. We do not deliberate about ends, but about the means to achieve those ends.

Book II
Chapters 1 – 4

Chapter 1

Virtue, then, being of two kinds, intellectual and moral, intellectual virtue in the main owes both its birth and its growth to teaching (for which reason

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it requires experience and time), while moral virtue comes about as a result of habit, whence also its name (*ethike*) is one that is formed by a slight variation from the word *ethos* (habit).

From this it is also plain that none of the moral virtues arises in us by nature; for nothing that exists by nature can form a habit contrary to its nature. For instance the stone which by nature moves downwards cannot be habituated to move upwards, not even if one tries to train it by throwing it up ten thousand times; nor can fire be habituated to move downwards, nor can anything else that by nature behaves in one way be trained to behave in another. Neither by nature, then, nor contrary to nature do the virtues arise in us; rather we are adapted by nature to receive them, and are made perfect by habit.

Again, of all the things that come to us by nature we first acquire the potentiality and later exhibit the activity (this is plain in the case of the senses; for it was not by often seeing or often hearing that we got these senses, but on the contrary we had them before we used them, and did not come to have them by using them); but the virtues we get by first exercising them, as also happens in the case of the arts as well. For the things we have to learn before we can do them, we learn by doing them, e.g., men become builders by building and lyreplayers by playing the lyre; so too we become just by doing just acts, temperate by doing temperate acts, brave by doing brave acts.

This is confirmed by what happens in states; for legislators make the citizens good by forming habits

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in them, and this is the wish of every legislator, and those who do not effect it miss their mark, and it is in this that a good constitution differs from a bad one.

Again, it is from the same causes and by the same means that every virtue is both produced and destroyed, and similarly every art; for it is from playing the lyre that both good and bad lyre-players are produced. And the corresponding statement is true of builders and of all the rest; men will be good or bad builders as a result of building well or badly. For if this were not so, there would have been no need of a teacher, but all men would have been born good or bad at their craft.

This, then, is the case with the virtues also; by doing the acts that we do in our transactions with other men we become just or unjust, and by doing the acts that we do in the presence of danger, and being habituated to feel fear or confidence, we become brave or cowardly. The same is true of appetites and feelings of anger; some men become temperate and good-tempered, others self-indulgent and irascible, by behaving in one way or the other in the appropriate circumstances.

Thus, in one word, states of character arise out of like activities. This is why the activities we exhibit must be of a certain kind; it is because the states of character correspond to the differences between these. It makes no small difference, then, whether we form habits of one kind or of another from our very youth; it makes a very great difference, or rather all the difference.

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Chapter 2

Since, then, the present inquiry does not aim at theoretical knowledge like the others (for we are inquiring not in order to know what virtue is, but in order to become good, since otherwise our inquiry would have been of no use), we must examine the nature of actions, namely how we ought to do them; for these determine also the nature of the states of character that are produced, as we have said.

Now, that we must act according to the right rule is a common principle and must be assumed—it will be discussed later, i.e. both what the right rule is, and how it is related to the other virtues. But this must be agreed upon beforehand, that the whole account of matters of conduct must be given in outline and not precisely, as we said at the very beginning that the accounts we demand must be in accordance with the subject-matter; matters concerned with conduct and questions of what is good for us have no fixity, any more than matters of health.

The general account being of this nature, the account of particular cases is yet more lacking in exactness; for they do not fall under any art or precept but the agents themselves must in each case consider what is appropriate to the occasion, as happens also in the art of medicine or of navigation.

But though our present account is of this nature we must give what help we can. First, then, let us consider this, that it is the nature of such things to be destroyed by defect and excess, as we see in the case

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of strength and of health (for to gain light on things imperceptible we must use the evidence of sensible things); both excessive and defective exercise destroys the strength, and similarly drink or food which is above or below a certain amount destroys the health, while that which is proportionate both produces and increases and preserves it.

So too is it, then, in the case of temperance and courage and the other virtues. For the man who flies from and fears everything and does not stand his ground against anything becomes a coward, and the man who fears nothing at all but goes to meet every danger becomes rash; and similarly the man who indulges in every pleasure and abstains from none becomes self-indulgent, while the man who shuns every pleasure, as boors do, becomes in a way insensible; temperance and courage, then, are destroyed by excess and defect, and preserved by the mean.

But not only are the sources and causes of their origination and growth the same as those of their destruction, but also the sphere of their actualization will be the same; for this is also true of the things which are more evident to sense, e.g., of strength; it is produced by taking much food and undergoing much exertion, and it is the strong man that will be most able to do these things.

So too is it with the virtues; by abstaining from pleasures we become temperate, and it is when we have become so that we are most able to abstain from them; and similarly too in the case of courage; for by being habituated to despise things that are terrible

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and to stand our ground against them we become brave, and it is when we have become so that we shall be most able to stand our ground against them.

Chapter 3

We must take as a sign of states of character the pleasure or pain that ensues on acts; for the man who abstains from bodily pleasures and delights in this very fact is temperate, while the man who is annoyed at it is self-indulgent, and he who stands his ground against things that are terrible and delights in this or at least is not pained is brave, while the man who is pained is a coward.

For moral excellence is concerned with pleasures and pains; it is on account of the pleasure that we do bad things, and on account of the pain that we abstain from noble ones. Hence we ought to have been brought up in a particular way from our very youth, as Plato says, so as both to delight in and to be pained by the things that we ought; for this is the right education.

Again, if the virtues are concerned with actions and passions, and every passion and every action is accompanied by pleasure and pain, for this reason also virtue will be concerned with pleasures and pains. This is indicated also by the fact that punishment is inflicted by these means; for it is a kind of cure, and it is the nature of cures to be effected by contraries.

Again, as we said but lately, every state of soul has a nature relative to and concerned with the kind of

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things by which it tends to be made worse or better; but it is by reason of pleasures and pains that men become bad, by pursuing and avoiding these—either the pleasures and pains they ought not or when they ought not or as they ought not, or by going wrong in one of the other similar ways that may be distinguished.

Hence men even define the virtues as certain states of impassivity and rest; not well, however, because they speak absolutely, and do not say ‘as one ought’ and ‘as one ought not’ and ‘when one ought or ought not’, and the other things that may be added. We assume, then, that this kind of excellence tends to do what is best with regard to pleasures and pains, and vice does the contrary.

The following facts also may show us that virtue and vice are concerned with these same things. There being three objects of choice and three of avoidance, the noble, the advantageous, the pleasant, and their contraries, the base, the injurious, the painful, about all of these the good man tends to go right and the bad man to go wrong, and especially about pleasure; for this is common to the animals, and also it accompanies all objects of choice; for even the noble and the advantageous appear pleasant.

Again, it has grown up with us all from our infancy; this is why it is difficult to rub off this passion, engrained as it is in our life. And we measure even our actions, some of us more and others less, by the rule of pleasure and pain. For this reason, then, our whole inquiry must be about these; for to feel delight

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and pain rightly or wrongly has no small effect on our actions.

Again, it is harder to fight with pleasure than with anger, to use Heraclitus' phrase, but both art and virtue are always concerned with what is harder; for even the good is better when it is harder. Therefore for this reason also the whole concern both of virtue and of political science is with pleasures and pains; for the man who uses these well will be good, he who uses them badly bad.

That virtue, then, is concerned with pleasures and pains, and that by the acts from which it arises it is both increased and, if they are done differently, destroyed, and that the acts from which it arose are those in which it actualizes itself- let this be taken as said.

Chapter 4

The question might be asked, what we mean by saying that we must become just by doing just acts, and temperate by doing temperate acts; for if men do just and temperate acts, they are already just and temperate, exactly as, if they do what is in accordance with the laws of grammar and of music, they are grammarians and musicians.

Or is this not true even of the arts? It is possible to do something that is in accordance with the laws of grammar, either by chance or at the suggestion of another. A man will be a grammarian, then, only when he has both done something grammatical and done it

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grammatically; and this means doing it in accordance with the grammatical knowledge in himself.

Again, the case of the arts and that of the virtues are not similar; for the products of the arts have their goodness in themselves, so that it is enough that they should have a certain character, but if the acts that are in accordance with the virtues have themselves a certain character it does not follow that they are done justly or temperately. The agent also must be in a certain condition when he does them; in the first place he must have knowledge, secondly he must choose the acts, and choose them for their own sakes, and thirdly his action must proceed from a firm and unchangeable character.

These are not reckoned in as conditions of the possession of the arts, except the bare knowledge; but as a condition of the possession of the virtues knowledge has little or no weight, while the other conditions count not for a little but for everything, i.e. the very conditions which result from often doing just and temperate acts.

Actions, then, are called just and temperate when they are such as the just or the temperate man would do; but it is not the man who does these that is just and temperate, but the man who also does them as just and temperate men do them. It is well said, then, that it is by doing just acts that the just man is produced, and by doing temperate acts the temperate man; without doing these no one would have even a prospect of becoming good.

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But most people do not do these, but take refuge in theory and think they are being philosophers and will become good in this way, behaving somewhat like patients who listen attentively to their doctors, but do none of the things they are ordered to do. As the latter will not be made well in body by such a course of treatment, the former will not be made well in soul by such a course of philosophy.

Book III Chapters 1 – 3

Chapter 1

Since virtue is concerned with passions and actions, and on voluntary passions and actions praise and blame are bestowed, on those that are involuntary pardon, and sometimes also pity, to distinguish the voluntary and the involuntary is presumably necessary for those who are studying the nature of virtue, and useful also for legislators with a view to the assigning both of honours and of punishments.

Those things, then, are thought involuntary, which take place under compulsion or owing to ignorance; and that is compulsory of which the moving principle is outside, being a principle in which nothing is contributed by the person who is acting or is feeling the passion, e.g., if he were to be carried somewhere by a wind, or by men who had him in their power.

But with regard to the things that are done from fear of greater evils or for some noble object (e.g. if a

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tyrant were to order one to do something base, having one's parents and children in his power, and if one did the action they were to be saved, but otherwise would be put to death), it may be debated whether such actions are involuntary or voluntary.

Something of the sort happens also with regard to the throwing of goods overboard in a storm; for in the abstract no one throws goods away voluntarily, but on condition of its securing the safety of himself and his crew any sensible man does so. Such actions, then, are mixed, but are more like voluntary actions; for they are worthy of choice at the time when they are done, and the end of an action is relative to the occasion.

Both the terms, then, 'voluntary' and 'involuntary', must be used with reference to the moment of action. Now the man acts voluntarily; for the principle that moves the instrumental parts of the body in such actions is in him, and the things of which the moving principle is in a man himself are in his power to do or not to do. Such actions, therefore, are voluntary, but in the abstract perhaps involuntary; for no one would choose any such act in itself.

For such actions men are sometimes even praised, when they endure something base or painful in return for great and noble objects gained; in the opposite case they are blamed, since to endure the greatest indignities for no noble end or for a trifling end is the mark of an inferior person.

On some actions praise indeed is not bestowed, but pardon is, when one does what he ought not un-

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der pressure which overstrains human nature and which no one could withstand. But some acts, perhaps, we cannot be forced to do, but ought rather to face death after the most fearful sufferings; for the things that 'forced' Euripides Alcmaeon to slay his mother seem absurd.

It is difficult sometimes to determine what should be chosen at what cost, and what should be endured in return for what gain, and yet more difficult to abide by our decisions; for as a rule what is expected is painful, and what we are forced to do is base, whence praise and blame are bestowed on those who have been compelled or have not.

What sort of acts, then, should be called compulsory? We answer that without qualification actions are so when the cause is in the external circumstances and the agent contributes nothing. But the things that in themselves are involuntary, but now and in return for these gains are worthy of choice, and whose moving principle is in the agent, are in themselves involuntary, but now and in return for these gains voluntary. They are more like voluntary acts; for actions are in the class of particulars, and the particular acts here are voluntary. What sort of things are to be chosen, and in return for what, it is not easy to state; for there are many differences in the particular cases.

But if some one were to say that pleasant and noble objects have a compelling power, forcing us from without, all acts would be for him compulsory; for it is for these objects that all men do everything they do. And those who act under compulsion and unwill-

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ingly act with pain, but those who do acts for their pleasantness and nobility do them with pleasure; it is absurd to make external circumstances responsible, and not oneself, as being easily caught by such attractions, and to make oneself responsible for noble acts but the pleasant objects responsible for base acts. The compulsory, then, seems to be that whose moving principle is outside, the person compelled contributing nothing.

Everything that is done by reason of ignorance is not voluntary; it is only what produces pain and repentance that is involuntary. For the man who has done something owing to ignorance, and feels not the least vexation at his action, has not acted voluntarily, since he did not know what he was doing, nor yet involuntarily, since he is not pained. Of people, then, who act by reason of ignorance he who repents is thought an involuntary agent, and the man who does not repent may, since he is different, be called a not voluntary agent; for, since he differs from the other, it is better that he should have a name of his own.

Acting by reason of ignorance seems also to be different from acting in ignorance; for the man who is drunk or in a rage is thought to act as a result not of ignorance but of one of the causes mentioned, yet not knowingly but in ignorance.

Now every wicked man is ignorant of what he ought to do and what he ought to abstain from, and it is by reason of error of this kind that men become unjust and in general bad; but the term 'involuntary' tends to be used not if a man is ignorant of what is

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to his advantage—for it is not mistaken purpose that causes involuntary action (it leads rather to wickedness), nor ignorance of the universal (for that men are blamed), but ignorance of particulars, i.e. of the circumstances of the action and the objects with which it is concerned. For it is on these that both pity and pardon depend, since the person who is ignorant of any of these acts involuntarily.

Perhaps it is just as well, therefore, to determine their nature and number. A man may be ignorant, then, of who he is, what he is doing, what or whom he is acting on, and sometimes also what (e.g. what instrument) he is doing it with, and to what end (e.g. he may think his act will conduce to some one's safety), and how he is doing it (e.g. whether gently or violently).

Now of all of these no one could be ignorant unless he were mad, and evidently also he could not be ignorant of the agent; for how could he not know himself? But of what he is doing a man might be ignorant, as for instance people say 'it slipped out of their mouths as they were speaking', or 'they did not know it was a secret', as Aeschylus said of the mysteries, or a man might say he 'let it go off when he merely wanted to show its working', as the man did with the catapult.

Again, one might think one's son was an enemy, as Merope did, or that a pointed spear had a button on it, or that a stone was pumicestone; or one might give a man a draught to save him, and really kill him; or one might want to touch a man, as people do in sparring, and really wound him.

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The ignorance may relate, then, to any of these things, i.e. of the circumstances of the action, and the man who was ignorant of any of these is thought to have acted involuntarily, and especially if he was ignorant on the most important points; and these are thought to be the circumstances of the action and its end. Further, the doing of an act that is called involuntary in virtue of ignorance of this sort must be painful and involve repentance.

Since that which is done under compulsion or by reason of ignorance is involuntary, the voluntary would seem to be that of which the moving principle is in the agent himself, he being aware of the particular circumstances of the action.

Presumably acts done by reason of anger or appetite are not rightly called involuntary. For in the first place, on that showing none of the other animals will act voluntarily, nor will children; and secondly, is it meant that we do not do voluntarily any of the acts that are due to appetite or anger, or that we do the noble acts voluntarily and the base acts involuntarily? Is not this absurd, when one and the same thing is the cause?

But it would surely be odd to describe as involuntary the things one ought to desire; and we ought both to be angry at certain things and to have an appetite for certain things, e.g., for health and for learning. Also what is involuntary is thought to be painful, but what is in accordance with appetite is thought to be pleasant.

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Again, what is the difference in respect of involuntariness between errors committed upon calculation and those committed in anger? Both are to be avoided, but the irrational passions are thought not less human than reason is, and therefore also the actions which proceed from anger or appetite are the man's actions. It would be odd, then, to treat them as involuntary.

Chapter 2

Both the voluntary and the involuntary having been delimited, we must next discuss choice; for it is thought to be most closely bound up with virtue and to discriminate characters better than actions do.

Choice, then, seems to be voluntary, but not the same thing as the voluntary; the latter extends more widely. For both children and the lower animals share in voluntary action, but not in choice, and acts done on the spur of the moment we describe as voluntary, but not as chosen.

Those who say it is appetite or anger or wish or a kind of opinion do not seem to be right. For choice is not common to irrational creatures as well, but appetite and anger are. Again, the incontinent man acts with appetite, but not with choice; while the continent man on the contrary acts with choice, but not with appetite. Again, appetite is contrary to choice, but not appetite to appetite. Again, appetite relates to the pleasant and the painful, choice neither to the painful nor to the pleasant.

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Still less is it anger; for acts due to anger are thought to be less than any others objects of choice.

But neither is it wish, though it seems near to it; for choice cannot relate to impossibles, and if any one said he chose them he would be thought silly; but there may be a wish even for impossibles, e.g. for immortality. And wish may relate to things that could in no way be brought about by one's own efforts, e.g. that a particular actor or athlete should win in a competition; but no one chooses such things, but only the things that he thinks could be brought about by his own efforts. Again, wish relates rather to the end, choice to the means; for instance, we wish to be healthy, but we choose the acts which will make us healthy, and we wish to be happy and say we do, but we cannot well say we choose to be so; for, in general, choice seems to relate to the things that are in our own power.

For this reason, too, it cannot be opinion; for opinion is thought to relate to all kinds of things, no less to eternal things and impossible things than to things in our own power; and it is distinguished by its falsity or truth, not by its badness or goodness, while choice is distinguished rather by these.

Now with opinion in general perhaps no one even says it is identical. But it is not identical even with any kind of opinion; for by choosing what is good or bad we are men of a certain character, which we are not by holding certain opinions. And we choose to get or avoid something good or bad, but we have opinions about what a thing is or whom it is good for or how it

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is good for him; we can hardly be said to opine to get or avoid anything.

And choice is praised for being related to the right object rather than for being rightly related to it, opinion for being truly related to its object. And we choose what we best know to be good, but we opine what we do not quite know; and it is not the same people that are thought to make the best choices and to have the best opinions, but some are thought to have fairly good opinions, but by reason of vice to choose what they should not. If opinion precedes choice or accompanies it, that makes no difference; for it is not this that we are considering, but whether it is identical with some kind of opinion.

What, then, or what kind of thing is it, since it is none of the things we have mentioned? It seems to be voluntary, but not all that is voluntary to be an object of choice. Is it, then, what has been decided on by previous deliberation? At any rate choice involves a rational principle and thought. Even the name seems to suggest that it is what is chosen before other things.

Chapter 3

Do we deliberate about everything, and is everything a possible subject of deliberation, or is deliberation impossible about some things? We ought presumably to call not what a fool or a madman would deliberate about, but what a sensible man would deliberate about, a subject of deliberation.

Now about eternal things no one deliberates, e.g. about the material universe or the incommensura-

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bility of the diagonal and the side of a square. But no more do we deliberate about the things that involve movement but always happen in the same way, whether of necessity or by nature or from any other cause, e.g. the solstices and the risings of the stars; nor about things that happen now in one way, now in another, e.g. droughts and rains; nor about chance events, like the finding of treasure. But we do not deliberate even about all human affairs; for instance, no Spartan deliberates about the best constitution for the Scythians. For none of these things can be brought about by our own efforts.

We deliberate about things that are in our power and can be done; and these are in fact what is left. For nature, necessity, and chance are thought to be causes, and also reason and everything that depends on man. Now every class of men deliberates about the things that can be done by their own efforts.

And in the case of exact and self-contained sciences there is no deliberation, e.g. about the letters of the alphabet (for we have no doubt how they should be written); but the things that are brought about by our own efforts, but not always in the same way, are the things about which we deliberate, e.g. questions of medical treatment or of money-making. And we do so more in the case of the art of navigation than in that of gymnastics, inasmuch as it has been less exactly worked out, and again about other things in the same ratio, and more also in the case of the arts than in that of the sciences; for we have more doubt about the former.

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Deliberation is concerned with things that happen in a certain way for the most part, but in which the event is obscure, and with things in which it is indeterminate. We call in others to aid us in deliberation on important questions, distrusting ourselves as not being equal to deciding.

We deliberate not about ends but about means. For a doctor does not deliberate whether he shall heal, nor an orator whether he shall persuade, nor a statesman whether he shall produce law and order, nor does any one else deliberate about his end. They assume the end and consider how and by what means it is to be attained; and if it seems to be produced by several means they consider by which it is most easily and best produced, while if it is achieved by one only they consider how it will be achieved by this and by what means this will be achieved, till they come to the first cause, which in the order of discovery is last.

For the person who deliberates seems to investigate and analyse in the way described as though he were analysing a geometrical construction (not all investigation appears to be deliberation—for instance mathematical investigations—but all deliberation is investigation), and what is last in the order of analysis seems to be first in the order of becoming. And if we come on an impossibility, we give up the search, e.g., if we need money and this cannot be got; but if a thing appears possible we try to do it.

By 'possible' things I mean things that might be brought about by our own efforts; and these in a sense include things that can be brought about by

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the efforts of our friends, since the moving principle is in ourselves. The subject of investigation is sometimes the instruments, sometimes the use of them; and similarly in the other cases—sometimes the means, sometimes the mode of using it or the means of bringing it about.

It seems, then, as has been said, that man is a moving principle of actions; now deliberation is about the things to be done by the agent himself, and actions are for the sake of things other than themselves. For the end cannot be a subject of deliberation, but only the means; nor indeed can the particular facts be a subject of it, as whether this is bread or has been baked as it should; for these are matters of perception. If we are to be always deliberating, we shall have to go on to infinity.

The same thing is deliberated upon and is chosen, except that the object of choice is already determinate, since it is that which has been decided upon as a result of deliberation that is the object of choice. For every one ceases to inquire how he is to act when he has brought the moving principle back to himself and to the ruling part of himself; for this is what chooses.

This is plain also from the ancient constitutions, which Homer represented; for the kings announced their choices to the people. The object of choice being one of the things in our own power which is desired after deliberation, choice will be deliberate desire of things in our own power; for when we have decided as a result of deliberation, we desire in accordance with our deliberation.

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We may take it, then, that we have described choice in outline, and stated the nature of its objects and the fact that it is concerned with means.

[Translated by W. D. Ross]