

Nicomachean Ethics

Aristotle
c. 350 B.C.

Happiness is an activity, not amusement; it must be connected with reason, as this is our divine element. Happiness is contemplation; specifically, the contemplation of what is eternally true. In a secondary sense, happiness is the exercise of the moral virtues, but these concern our bodily nature. They are therefore dependent on circumstances beyond our control. Contemplation is almost entirely self-sufficient. Contemplation also imitates the activity of the gods. He who engages in this most god-like of activities is therefore most loved by the gods.

Book X
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Chapter 6

Now that we have spoken of the virtues, the forms of friendship, and the varieties of pleasure, what remains is to discuss in outline the nature of happiness,

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since this is what we state the end of human nature to be.

Our discussion will be the more concise if we first sum up what we have said already. We said, then, that [happiness] is not a disposition; for if it were it might belong to some one who was asleep throughout his life, living the life of a plant, or, again, to some one who was suffering the greatest misfortunes. If these implications are unacceptable, and we must rather class happiness as an activity, as we have said before, and if some activities are necessary, and desirable for the sake of something else, while others are so in themselves, evidently happiness must be placed among those desirable in themselves, not among those desirable for the sake of something else; for happiness does not lack anything, but is self-sufficient.

Now those activities are desirable in themselves from which nothing is sought beyond the activity. And of this nature virtuous actions are thought to be; for to do noble and good deeds is a thing desirable for its own sake.

Pleasant amusements also are thought to be of this nature; we choose them not for the sake of other things; for we are injured rather than benefited by them, since we are led to neglect our bodies and our property. But most of the people who are deemed happy take refuge in such pastimes, which is the reason why those who are ready-witted at them are highly esteemed at the courts of tyrants; they make themselves pleasant companions in the tyrants' favourite pursuits, and that is the sort of man they want.

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Now these things are thought to be of the nature of happiness because people in despotic positions spend their leisure in them, but perhaps such people prove nothing; for virtue and reason, from which good activities flow, do not depend on despotic position; nor, if these people, who have never tasted pure and generous pleasure, take refuge in the bodily pleasures, should these for that reason be thought more desirable; for boys, too, think the things that are valued among themselves are the best.

It is to be expected, then, that, as different things seem valuable to boys and to men, so they should to bad men and to good. Now, as we have often maintained, those things are both valuable and pleasant which are such to the good man; and to each man the activity in accordance with his own disposition is most desirable, and, therefore, to the good man that which is in accordance with virtue.

Happiness, therefore, does not lie in amusement; it would, indeed, be strange if the end were amusement, and one were to take trouble and suffer hardship all one's life in order to amuse oneself. For, in a word, everything that we choose we choose for the sake of something else—except happiness, which is an end.

Now to exert oneself and work for the sake of amusement seems silly and utterly childish. But to amuse oneself in order that one may exert oneself, as Anacharsis puts it, seems right; for amusement is a sort of relaxation, and we need relaxation because we cannot work continuously. Relaxation, then, is not an end; for it is taken for the sake of activity.

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The happy life is thought to be virtuous; now a virtuous life requires exertion, and does not consist in amusement. And we say that serious things are better than laughable things and those connected with amusement, and that the activity of the better of any two things—whether it be two elements of our being or two men—is the more serious; but the activity of the better is ipso facto superior and more of the nature of happiness.

And any chance person—even a slave—can enjoy the bodily pleasures no less than the best man; but no one assigns to a slave a share in happiness—unless he assigns to him also a share in human life. For happiness does not lie in such occupations, but, as we have said before, in virtuous activities.

Chapter 7

If happiness is activity in accordance with virtue, it is reasonable that it should be in accordance with the highest virtue; and this will be that of the best thing in us. Whether it be reason or something else that is this element which is thought to be our natural ruler and guide and to take thought of things noble and divine, whether it be itself also divine or only the most divine element in us, the activity of this in accordance with its proper virtue will be perfect happiness. That this activity is contemplative we have already said.

Now this would seem to be in agreement both with what we said before and with the truth. For, firstly, this activity is the best (since not only is reason

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the best thing in us, but the objects of reason are the best of knowable objects); and secondly, it is the most continuous, since we can contemplate truth more continuously than we can do anything.

And we think happiness has pleasure mingled with it, but the activity of philosophic wisdom is admittedly the pleasantest of virtuous activities; at all events the pursuit of it is thought to offer pleasures marvellous for their purity and their enduringness, and it is to be expected that those who know will pass their time more pleasantly than those who inquire.

And the self-sufficiency that is spoken of must belong most to the contemplative activity. For while a philosopher, as well as a just man or one possessing any other virtue, needs the necessaries of life, when they are sufficiently equipped with things of that sort the just man needs people towards whom and with whom he shall act justly, and the temperate man, the brave man, and each of the others is in the same case, but the philosopher, even when by himself, can contemplate truth, and the better the wiser he is; he can perhaps do so better if he has fellow-workers, but still he is the most self-sufficient.

And this activity alone would seem to be loved for its own sake; for nothing arises from it apart from the contemplating, while from practical activities we gain more or less apart from the action. And happiness is thought to depend on leisure; for we are busy that we may have leisure, and make war that we may live in peace.

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Now the activity of the practical virtues is exhibited in political or military affairs, but the actions concerned with these seem to be unpleasurably. Warlike actions are completely so (for no one chooses to be at war, or provokes war, for the sake of being at war; any one would seem absolutely murderous if he were to make enemies of his friends in order to bring about battle and slaughter); but the action of the statesman is also unpleasurably, and—apart from the political action itself—aims at despotic power and honours, or at all events happiness, for him and his fellow citizens—a happiness different from political action, and evidently sought as being different.

So if among virtuous actions political and military actions are distinguished by nobility and greatness, and these are unpleasurably and aim at an end and are not desirable for their own sake, but the activity of reason, which is contemplative, seems both to be superior in serious worth and to aim at no end beyond itself, and to have its pleasure proper to itself (and this augments the activity), and the self-sufficiency, pleasurable, unweariedness (so far as this is possible for man), and all the other attributes ascribed to the supremely happy man are evidently those connected with this activity, it follows that this will be the complete happiness of man, if it be allowed a complete term of life (for none of the attributes of happiness is incomplete).

But such a life would be too high for man; for it is not in so far as he is man that he will live so, but in so far as something divine is present in him; and by

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so much as this is superior to our composite nature is its activity superior to that which is the exercise of the other kind of virtue. If reason is divine, then, in comparison with man, the life according to it is divine in comparison with human life.

But we must not follow those who advise us, being men, to think of human things, and, being mortal, of mortal things, but must, so far as we can, make ourselves immortal, and strain every nerve to live in accordance with the best thing in us; for even if it be small in bulk, much more does it in power and worth surpass everything.

This would seem, too, to be each man himself, since it is the authoritative and better part of him. It would be strange, then, if he were to choose not the life of his self but that of something else. And what we said before' will apply now; that which is proper to each thing is by nature best and most pleasant for each thing; for man, therefore, the life according to reason is best and pleasantest, since reason more than anything else is man. This life therefore is also the happiest.

Chapter 8

But in a secondary degree the life in accordance with the other kind of virtue is happy; for the activities in accordance with this befit our human estate. Just and brave acts, and other virtuous acts, we do in relation to each other, observing our respective duties with regard to contracts and services and all manner of actions and with regard to passions; and all of these seem to be typically human.

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Some of them seem even to arise from the body, and virtue of character to be in many ways bound up with the passions. Practical wisdom, too, is linked to virtue of character, and this to practical wisdom, since the principles of practical wisdom are in accordance with the moral virtues and rightness in morals is in accordance with practical wisdom. Being connected with the passions also, the moral virtues must belong to our composite nature; and the virtues of our composite nature are human; so, therefore, are the life and the happiness which correspond to these.

The excellence of the reason is a thing apart; we must be content to say this much about it, for to describe it precisely is a task greater than our purpose requires. It would seem, however, also to need external equipment but little, or less than moral virtue does. Grant that both need the necessaries, and do so equally, even if the statesman's work is the more concerned with the body and things of that sort; for there will be little difference there; but in what they need for the exercise of their activities there will be much difference.

The liberal man will need money for the doing of his liberal deeds, and the just man too will need it for the returning of services (for wishes are hard to discern, and even people who are not just pretend to wish to act justly); and the brave man will need power if he is to accomplish any of the acts that correspond to his virtue, and the temperate man will need opportunity; for how else is either he or any of the others to be recognized? It is debated, too, whether the will or

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the deed is more essential to virtue, which is assumed to involve both; it is surely clear that its perfection involves both; but for deeds many things are needed, and more, the greater and nobler the deeds are.

But the man who is contemplating the truth needs no such thing, at least with a view to the exercise of his activity; indeed they are, one may say, even hindrances, at all events to his contemplation; but in so far as he is a man and lives with a number of people, he chooses to do virtuous acts; he will therefore need such aids to living a human life.

But that perfect happiness is a contemplative activity will appear from the following consideration as well. We assume the gods to be above all other beings blessed and happy; but what sort of actions must we assign to them? Acts of justice? Will not the gods seem absurd if they make contracts and return deposits, and so on? Acts of a brave man, then, confronting dangers and running risks because it is noble to do so? Or liberal acts? To whom will they give? It will be strange if they are really to have money or anything of the kind. And what would their temperate acts be? Is not such praise tasteless, since they have no bad appetites?

If we were to run through them all, the circumstances of action would be found trivial and unworthy of gods. Still, every one supposes that they live and therefore that they are active; we cannot suppose them to sleep like Endymion. Now if you take away from a living being action, and still more production, what is left but contemplation? Therefore the activity of God, which surpasses all others in bless-

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edness, must be contemplative; and of human activities, therefore, that which is most akin to this must be most of the nature of happiness.

This is indicated, too, by the fact that the other animals have no share in happiness, being completely deprived of such activity. For while the whole life of the gods is blessed, and that of men too in so far as some likeness of such activity belongs to them, none of the other animals is happy, since they in no way share in contemplation.

Happiness extends, then, just so far as contemplation does, and those to whom contemplation more fully belongs are more truly happy, not as a mere concomitant but in virtue of the contemplation; for this is in itself precious. Happiness, therefore, must be some form of contemplation.

But, being a man, one will also need external prosperity; for our nature is not self-sufficient for the purpose of contemplation, but our body also must be healthy and must have food and other attention. Still, we must not think that the man who is to be happy will need many things or great things, merely because he cannot be supremely happy without external goods; for self-sufficiency and action do not involve excess, and we can do noble acts without ruling earth and sea; for even with moderate advantages one can act virtuously (this is manifest enough; for private persons are thought to do worthy acts no less than despots-indeed even more); and it is enough that we should have so much as that; for the life of the man who is active in accordance with virtue will be happy.

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Solon, too, was perhaps sketching well the happy man when he described him as moderately furnished with externals but as having done (as Solon thought) the noblest acts, and lived temperately; for one can with but moderate possessions do what one ought. Anaxagoras also seems to have supposed the happy man not to be rich nor a despot, when he said that he would not be surprised if the happy man were to seem to most people a strange person; for they judge by externals, since these are all they perceive. The opinions of the wise seem, then, to harmonize with our arguments.

But while even such things carry some conviction, the truth in practical matters is discerned from the facts of life; for these are the decisive factor. We must therefore survey what we have already said, bringing it to the test of the facts of life, and if it harmonizes with the facts we must accept it, but if it clashes with them we must suppose it to be mere theory.

Now he who exercises his reason and cultivates it seems to be both in the best state of mind and most dear to the gods. For if the gods have any care for human affairs, as they are thought to have, it would be reasonable both that they should delight in that which was best and most akin to them (i.e., reason) and that they should reward those who love and honour this most, as caring for the things that are dear to them and acting both rightly and nobly.

And that all these attributes belong most of all to the philosopher is manifest. He, therefore, is the dearest to the gods. And he who is that will presum-

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ably be also the happiest; so that in this way too the philosopher will more than any other be happy.

[Translated by W. D. Ross]