

## Temperance and Choices

Aristotle was a Greek thinker who lived from 384 to 322 B.C. He wrote books on a variety of topics in science and philosophy. His book *The Nicomachean Ethics* explores the question of how people should live.

Aristotle discusses a variety of questions raised by the very complex topic. One of the questions he raises is, "Why do people do things?" He considers the goals people have: happiness, pleasure, and so on. Then he considers whether each of these goals is worthwhile.

Aristotle concludes that pleasure is often a good thing. He explains that some pleasures come from doing good things, like eating the right amount of food. Other pleasures come from doing bad things, like eating too much food.

Aristotle describes three different types of people. He points out that Person A gets pleasure from doing good things. Other people get pleasure from doing bad things. Of these people, Aristotle mentions two types.

Person B eats too much food because he gets pleasure from it. Person C would also get pleasure from eating too much food. However, this person controls himself and eats the right amount of food even though he would prefer to eat more.

In Aristotle's system, both Person A and Person B eat the right amount of food. Person A eats the right amount of food by nature. Person B eats the right amount of food by choice.

**Writing situation:**

Your class has just finished reading “Temperance and Choices” and will be discussing which kind of person demonstrates more admirable qualities—Person A, Person B, or Person C.

**Writing directions:**

Write an explanation you will present to your class about which person possesses more admirable qualities. Use information from the passage in your explanation.