

Socrates and Polus

	<p>Well-Being = real fitness</p> <p>Produced by: friendship, edification, building up</p> <p>Aided by: <i>techne</i> (knack + <i>logos</i>)</p> <p>Guided by: the good</p>	<p>Feeling Good = apparent fitness</p> <p>Produced by: flattery (<i>kolakeia</i>), pandering, stooping down</p> <p>Aided by: knack (<i>empeiria</i> = skill without <i>logos</i>) + guesswork, schmoozing, puffery, bravado</p> <p>Guided by: The pleasurable</p>
The Soul	<p style="text-align: center;">Politics</p> <p>(produces spiritual well-being)</p> <ol style="list-style-type: none"> 1. legislation (builds up spiritual health) 2. justice (punishment, purges spiritual sickness) 	<p style="text-align: center;">Counterfeit Politics</p> <p>(produces spiritual corruption)</p> <ol style="list-style-type: none"> 1. sophistry (in legislatures, produces unjust legislation) 2. oratory (in law courts, produces unjust punishments)
The Body	<p style="text-align: center;">Health Production & Restoration</p> <p>(produces physical well-being)</p> <ol style="list-style-type: none"> 1. gymnastics (health production = diet, exercise, healthy living) 2. medicine (restores good health, purges bad health) 	<p style="text-align: center;">Counterfeiting Health</p> <p>(produces the appearance of physical well-being)</p> <ol style="list-style-type: none"> 1. cosmetics (creates the appearance of good health) 2. confectionery (creates the feeling of good health while creating bad health)

Cosmetics : gymnastics :: confectionery : medicine

Sophistry : legislation :: oratory : justice

Confectionery : medicine :: oratory : justice

Cosmetics : gymnastics :: sophistry : legislation

Legislation is the gymnastics of the soul. Gymnastics is the legislation of the body

Medicine is the justice of the body. Justice is the medicine of the soul.

Confectionery is the oratory of the body. Oratory is the confectionery of the soul.

Cosmetics is the sophistry of the body. Sophistry is the cosmetics of the soul.