

## Physical Training/Regimen

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Guardians have simple diet.

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Complicated regimens, treatments, diets, etc. to be avoided.

# Plato's Theory of Medicine

For Plato, medicine is only of use to healthy people-- to restore healthy people to health (when they get sick, injured, etc.)

## Harmonizing Musical and Physical

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Too much musical training →  
Guardians will be too “soft”. Too  
much “philosophical element.”

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Too much physical training →  
Guardians will be too “tough”. Too  
much “physical element.”

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Need to use correct amount of  
each, relative to the *individual*  
*character* of a candidate Guardian.



# Discussion Question

What is the importance  
of physical education?  
Of musical education?

## The True Guardians

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We picked people with best natures suited to be guardians and educated them.

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Therefore, none of the potential guardians would *willingly* betray the city.

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However, some of them might be able to be *tricked* or *compelled* into doing so and so *unwillingly* betray the city.

# Testing the Guardians

We subject the Guardians to trials and tests.

These include:

- hardships
- feasts, fine things, etc.

Plato thinks that the second kind of thing is *more dangerous!* He compares such luxuries to a gentle soap which washes away virtue.

## Testing the Guardians,

“... subject our young people to fears and then plunge them once again into pleasures, so as test them much more thoroughly than people test gold in a fire. And if any of them seems to be immune to sorcery, preserves [their] composure throughout, is a good guardian of [themselves] and of the musical training [they have] received ... [they are] the sort of person who would be most useful, both to [themselves] and the city. ... But those who do not, should be rejected ...” (413e).

# True Guardians and the Auxiliaries

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Those who survive the tests  
are the True Guardians.

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Others are still very valuable,  
but they cannot be trusted to  
lead- they are the *Auxiliaries*.

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The Auxiliaries carry out the  
orders of the Guardians.