

# An Epicurean Understanding of Valentine's Day: Love, Romance, and Free-will

Post by "Cassius" of January 16, 2022 at 6:17 PM

[Quote from Matt](#)

my entire "romance" life has been dictated by chemical impulses.

That is why I think it is a good analogy to consider what Epicurus was warning about here to be akin to "intoxication."

If Lucretius' section on this topic is reflective of the mature Epicurean position, and I think that it very likely is, then it seems to me that Lucretius is making clear that the benefits of these topics can be achieved in a prudent way without getting burned.

And that's very similar to the observation that the benefits of alcohol can be enjoyed by most people if we do so prudently to avoid everything from terrible hangovers to killing someone else - or ourselves - through drunk driving.

But even there again we should shy away from "universalization" -- some people are apparently so wired biologically that they suffer far more from the intoxicating effects of alcohol than others, so each person's "constitution" has to be taken into account in deciding how much of the activity to engage in.