

# Thomas Jefferson's Religious Beliefs

Post by "Cassius" of February 3, 2022 at 9:31 AM

[Quote from smoothiekiwi](#)

Great; if I won't be able to gather food without inflicting pain, I'll happily end my own life

I agree with the thrust of your post but I pick this part out just to extend the conversation:

It's pretty tricky to carry that statement out to a logical extreme, and in my view therefore important not to treat it as an absolute. If we consider animal pain in the equation (and I think we probably should), then most of us live off the spoils of some pretty horrible treatment of animals in factory farming and otherwise.

So it's important to keep before the eyes (right [Don?](#)) a clear view of the limits of what we can realistically experience in life. We inflict a certain degree of pain (in the form of effort) on ourselves every day just to continue living. And we do that for the pleasures obtained.

So yes ending our own lives is in fact a realistic option if the circumstances truly deserve it, but we have to be very careful in deciding when that is the case. If we choose unwisely in when to exit we don't get a "do-over!"

And that too is one of the invigorating things about Epicurus - we're playing for keeps, and there's no recompense for a mistake for us - no strumming harps in heaven as consolation prize.