

# **[Toby Sherman's Ancient Guide To Modern Well-being] That article I mentioned at the on line Wednesday 8/17 meeting**

**Post by “Cassius” of August 18, 2022 at 7:07 AM**

Lots of good stuff in that which will require several posts from me to begin to tackle. One thing I want to memorialize is this list from Bentham which may be useful in future discussions:

Bentham’s famous calculus provides six criteria for judging the true value of a pleasure or pain, as considered by the one who feels it:

- Intensity: how strongly the pleasure or pain is felt.
- Duration: the length of time that the pleasure or pain extends for.
- Certainty or uncertainty: the likelihood that the pleasure or pain will actually occur.
- Propinquity or remoteness: the closeness or distance of the pleasure or pain to the subject.
- Purity: how much a pleasure is tempered by accompanying pains, and vice versa.
- Fecundity: how likely the pleasure or pain is to produce more pleasures and pains.<sup>51</sup>