

Discussion of New Substack Article: "A Gate To Be Burst: Absence of Pain"

Post by "Kalosyni" of February 12, 2024 at 12:51 PM

[Quote from Cassius](#)

Yes it's better in terms of the physical health of the body, if that is your *only* measure of "better," but I don't think anyone can persuasively maintain that Epicurus would say (or we should think) that the "health of the body" is the only thing in play. Would or should *everyone* choose to eat a "cave-man" diet in order to live a longer number of days?

I am not proposing a special diet, nor am I thinking about living a long and healthy life, but I am instead thinking about the mental experience of immediate time. Some people may be able to keep sweets in the house without feeling compelled to eat them quickly and without feeling restless (constantly thinking about eating more sweets). And some people may not be using candy in this manner to alleviate boredom (creating a feedback loop of restlessness and agitation). It is a subjective and individual situation, so not something that is applied straight across the board - everyone needs to decide for themselves regarding "the absence of pain is the highest pleasure".