

Daily life of ancient Epicureans / 21st Century Epicureans

Post by "Robert" of May 25, 2025 at 3:19 PM

[Quote from Cassius](#)

[Quote from Robert](#)

If I'm thirsty, and convince myself that I need to have soda, beer, or whatever, might that also be an example? After all, very often a glass of water will do just fine.

I think that here we're talking about the necessary / unnecessary / etc analysis, which yes addresses the problem that through our own mistake, or through outside conditioning, we end up thinking that we have to have X in order to be satisfied, but in truth Y would produce a better overall pleasure over pain result.

The thing I like to caution against, though, is thinking that what a person should target is "just enough to get by" as if "just enough" is the goal. The goal is choosing the "most pleasant" option, rather than the "just enough" option, and I would argue that there is a very important difference between the two. Sometimes the soda, beer, etc., is in fact the most pleasant option and worthy of being chosen.

As VS 63 is usually translated, "Frugality too has a limit, and the man who disregards it is like him who errs through excess."

Thanks--that's a helpful clarification. FWIW, I had in mind situations in which our pleasure is diminished by not having something we *think* that we need (e.g. alcohol or coffee). This can happen while traveling, for instance, or when attending a party where booze is not being served. Habitual attachment to an unnecessary pleasure creates mental turmoil (and sometimes unpleasant bodily sensations as well, aka withdrawal symptoms).