

# Epicurus' Hierarchy of Needs

Post by "Cassius" of June 3, 2025 at 9:27 AM

[Quote from Rolf](#)

Food is a necessary desire; ice cream is luxurious.

Are we buying into the enemies' conclusions by using their terminology (such as extravagant)?"

What are we really talking about, from an Epicurean point of view?

What is Epicurus saying here as to luxury:

[130] Yet by a scale of comparison and by the consideration of advantages and disadvantages we must form our judgment on all these matters. For the good on certain occasions we treat as bad, and conversely the bad as good. And again independence of desire we think a great good — not that we may at all times enjoy but a few things, but that, if we do not possess many, we may enjoy the few in the genuine persuasion that those have the sweetest pleasure in luxury who least need it, and that all that is natural is easy to be obtained, but that which is superfluous is hard.

"Luxury" carries some of the same negative connotation today, but whatever the Greek is, it is a word Epicurus used.