

# "But when we do not feel pain, we no longer need pleasure"

Post by "Joshua" of December 24, 2025 at 6:17 PM

Quote

τότε γὰρ ἡδονῆς χρεῖαν ἔχομεν, ὅταν ἐκ τοῦ μὴ παρεῖναι τὴν ἡδονὴν ἀλγῶμεν· <ὅταν δὲ μὴ ἀλγῶμεν> οὐκέτι τῆς ἡδονῆς δεόμεθα.

For it is then that we have need of pleasure, when we feel pain owing to the absence of pleasure; (but when we do not feel pain), we no longer need pleasure.

δεόμεθα ([δέω](#)) can have the meaning of *need*, but it can also mean *lack*, which is more in keeping with Epicurean ethics; when we are not in pain, we no longer *lack* pleasure because we are already experiencing the fullest possible pleasure (as described in [Principle Doctrine 3](#)).

As usual, I invite [Bryan](#), [Don](#), and @Eikadistes to review my handling of the Greek.

In the meantime, I recommend reviewing [page 61](#) of Don's *Translation with Commentary*.

Sage advice for the holidays, Kalosyni, which many of us will no doubt consider applying come...January!