

# Victor Frankl

**Post by "Cassius" of November 22, 2020 at 7:15 AM**

Beyond his name I don't know much of anything about Victor Frankl, so I can't address that part at the moment.

As to suffering, I am writing this early in the morning so my response is not very deep - but I agree with what you've written in the post and I think you're ultimately seconding what is contained in "On Ends" as to the wisdom of enduring some pains in order to experience more pleasure / less pain.

I think maybe the issue is in thinking that suffering itself has some value, rather than the value coming through your prudent response to things that cause pain.

Now the "faculty of pain" is valuable in that if you did not have the faculty you would not have the information that it provides, and be able to adjust your choices accordingly.

On Ends:

## Quote

X. But I must explain to you how all this mistaken idea of reprobating pleasure and extolling pain arose. To do so, I will give you a complete account of the system, and expound the actual teachings of the great explorer of the truth, the master-builder of human happiness. No one rejects, dislikes or avoids pleasure itself, because it is pleasure, but because those who do not know how to pursue pleasure rationally encounter consequences that are extremely painful. Nor again is there anyone who loves or pursues or desires to obtain pain of itself, because it is pain, but because occasionally circumstances occur in which toil and pain can procure him some great pleasure. To take a trivial example, which of us ever undertakes laborious physical exercise, except to obtain some advantage from it? But who has any right to find fault with a man who chooses to enjoy a pleasure that has no annoying consequences, or one who avoids a pain that produces no resultant pleasure?

On the other hand, we denounce with righteous indignation and dislike men who are so beguiled and demoralized by the charms of the pleasure of the moment, so blinded by desire, that they cannot foresee the pain and trouble that are bound to ensue; and equal blame belongs to those who fail in their duty through weakness of will, which is the same as saying through shrinking from toil and pain. These cases are perfectly simple and easy to distinguish. In a free hour, when our power of choice is untrammelled and when nothing prevents our being able to do what we like best, every

pleasure is to be welcomed and every pain avoided.

But in certain emergencies and owing to the claims of duty or the obligations of business it will frequently occur that pleasures have to be repudiated and annoyances accepted. The wise man therefore always holds in these matters to this principle of selection: he rejects pleasures to secure other greater pleasures, or else he endures pains to avoid worse pains.