

The "Natural and Necessary List" Question

Post by "Cassius" of August 20, 2021 at 6:49 AM

The [Natural and Necessary List Question](#) appears today again at Facebook in a question from DG - might be good to record it again here:

Ἀναλογιστέον δὲ ὡς τῶν ἐπιθυμιῶν αἱ μὲν εἰσι φυσικαί, αἱ δὲ
κεναί, καὶ τῶν φυσικῶν αἱ μὲν ἀναγκαῖαι, αἱ δὲ φυσικαὶ μόνον·
τῶν δὲ ἀναγκαίων αἱ μὲν πρὸς εὐδαιμονίαν εἰσὶν ἀναγκαῖαι, αἱ δὲ πρὸς τὴν τοῦ σώματος
ἀοχλησίαν, αἱ δὲ πρὸς αὐτὸ τὸ ζῆν.
τούτων γὰρ ἀπλανῆς θεωρία πᾶσαν αἴρεσιν καὶ φυγὴν ἐπανά-
γειν οἶδεν ἐπὶ τὴν τοῦ σώματος ὑγίειαν καὶ τὴν τῆς ψυχῆς ἀτα-
ραξίαν, ἐπεὶ τοῦτο τοῦ μακαρίως ζῆν ἐστὶ τέλος.

And one must calculate, so far as desire is concerned, that some are natural and some are empty, and among the natural desires, some are necessary, and some are only natural; and among the necessary desires some are necessary for happiness, and some for the freedom of disturbance of the body, and some for life itself. For, a fixed contemplation [observation] of these desires understands every choice and avoidance to lead to the health of the body and to the tranquility of the mind, since this is the final end of the blessed life.

-Has anyone worked out a table differentiating the natural and necessary desires as they relate to happiness, freedom from physical disturbance, and the basic needs of survival? I'm curious how others here may carve out these distinctions among the field of natural and necessary desires. What is the bare minimum one needs for survival, freedom from physical disturbance, and for happiness?