

# **Epicurus' Warning To the Young Man Who Was "Too Prone To The Pleasures Of Love"**

**Post by "Matt" of February 11, 2019 at 1:54 PM**

Indulging our *natural* desires (as long as it is both legal and culturally acceptable) is perfectly normal in all cases. We require food and drink ...so we eat, do we need to only moderately subsist on meager food? No way! If it is prudent and good for your health to indulge every so often (maybe more often than not) then SO BE IT! As long as you aren't going to cause health problems for yourself then indulge as long as it is in your means.

As for sex, it's the same. If the sex drive is there (and for most it is) then it is unhealthy to deny that natural urge. In fact, it could cause physical and mental issues if suppressed unnecessarily. Do everything within your means. Find consenting partners who share your desires and go for it! We live once, that's it. It's a shame to suppress one of life's most pleasurable and natural gifts.