

# Happy Belated 20th - And Thoughts On Suicide from An Epicurean Perspective

**Post by "Elli" of March 21, 2019 at 2:43 PM**

I am sad to hear that and this is a very serious issue on how Epicurean Philosophy will be helpful to this situation that concerns young people 😞. Imo Epicuru's epistle to Meneoeus should become known to the most of the young people, since as we know Epicurus had addressed this letter to a young man.

However, in Greece we did not experience an epidemic of young persons suicides. We did experience an epidemic of adults-parents suicides when the financial crisis made them to lost their jobs, their homes and in general things that were the means that were build upon their personality. Any of their reputation was structured on things and not on themselves or on their pleasurable relationships with the very next people i.e. their values had no any value, and not purpose. And when there is no value without an aim, the desires are measured without prudence. So the desires are reaching the infinite, and may lead to the nihilism of suicide.

However Epicuru's admonishes to self-sufficiency and his sayings 44-45 are :

"The wise man when he has accommodated himself to straits knows better how to give than to receive, so great is the treasure of self-sufficiency which he has discovered".

"The study of nature does not make men productive of boasting or bragging nor apt to display that culture which is the object of rivalry with the many, but high-spirited and self-sufficient, taking pride in the good things of their own minds and not of their circumstances of external things".

Thus, for some of greek people when they did not had money to pay the loans to the banks for their luxury home they committed suicide. Because their measurement was that the things will be always the same, and the banks are our good fellows. They did not take for granted those wise greek idioms that are told by the old people saying "You do not take loans from banks, because you have to cover your bed with that blanket that fits to your bed" OR " the prudent children are cooking before they will be hungry".

Meanwhile in Greece the only epidemic of the young people is their migration to the other countries of Europe for finding better conditions for jobs. And as I learn from many sources the most of them are managed to be fine, because as we see in Nature the most adaptable in any environment is the one that survives. IMO the problem for young people is based on the inability to express their feelings of love and care to each other, and is due to their fear of the rejection from others, and many other fears e.g. for the future. They be focused to the unknown future without living the present. So, I agree that closer relationships would be a cure, as well as to understand that the purpose in life is the pleasure that is build upon values like friendship

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and not upon antagonism. Friendship that is based on frankness of speech and the common benefit that is accompanied with the self-sufficiency are the strongest armors and the fortresses to confront any difficult situation in every era.