

# A Food Analogy That May Be Useful In Thinking About Stimulative vs Non-Stimulative Pleasures

Post by “Kalosyni” of March 28, 2024 at 12:23 PM

## [Quote from Joshua](#)

Unlike a hangover, neither eventuality is easily predictable.

## [Quote from Pacatus](#)

feeling over-full after a delicious meal) will be less than the pleasure indulged (say, the taste-pleasure of the meal - one more bite of delicious fare)?

It really depends on if this is a very rare occurrence or a regular habit. After a year of "one more bite" you may have gained 10 lbs. and then if that feels painful enough (pants are too tight to button) then you will have to implement a plan to create a calorie deficit ... i.e. ...a diet (which can be painful). You can't "cheat" with calories - nature will take its course if you eat more calories than you burn.

Also, if you look at the Letter to Menoecus, it sheds some light on this matter:

"And because this is the primary and inborn good, we do not choose every pleasure. Instead, we pass up many pleasures when we will gain more of what we need from doing so. **And we consider many pains to be better than pleasures, if we experience a greater pleasure for a long time from having endured those pains.** So every pleasure is a good thing because its nature is favorable to us, yet not every pleasure is to be chosen — just as every pain is a bad thing, yet not every pain is always to be shunned. It is proper to make all these decisions through measuring things side by side and looking at both the advantages and disadvantages, for sometimes we treat a good thing as bad and a bad thing as good."

## [Quote from Pacatus](#)

Does the pleasure/pain calculus only run one way sequentially?

So according to this you only endure pain if it leads you to "experience a greater pleasure for a long time from having endured those pains".

So I would say that the "one more bite" runs contrary to what is said in Letter to Menoecus.

Also we have the Vatican Saying 59: "The stomach is not insatiable, as most people say; instead the opinion that the stomach needs unlimited filling is false."

And Vatican Saying 68: "Nothing is enough to one for whom enough is very little."

These almost have a bit of a harsh tone, but worth considering in the choice calculus.