

The Axiology of Pain and Pleasure (are they intrinsic good/bad ?)

Post by "Kalosyni" of June 5, 2024 at 11:41 AM

[Quote from Cassius](#)

But this attitude toward life and the way you conduct yourself under its influence is *not* in fact the same experience as continuous sex, drugs, and rock and roll. Those who study Epicurus expecting to find that result will get very disappointed and disillusioned. They will fall back into their old habits of looking for magical stimulative fixes that they think might actually allow them to experience those stimulations constantly.

[PD10](#): "If the things that produce the pleasures of profligates could dispel the fears of the mind about the phenomena of the sky, and death, and its pains, **and also teach the limits of desires** (and of pains), we should never have cause to blame them: for they would be filling themselves full, with pleasures from every source, and never have pain of body or mind, which is the evil of life." (Bailey).

It is natural to enjoy pleasures, however there is something within us which has us coming back for more, over and over again...and...many people have a craving for novelty, which we could label "pleasure as variation".

I sat down to breakfast this morning, eating my humble hard boiled egg, and began reading the special flyer for Trader Joe's:



...from such a scale, we're able to sell each 16-ounce bag for the unbelievable everyday price of \$3.

And since we sell such large quantities of **Almonds**, they don't stay on our shelves before you get them home. What this means for you is that you can always count on them being super fresh. Enjoy **Trader Joe's Raw California Almonds** as a snack, blend them into cakes & cookies, or combined with other nuts & dried fruit to make a personalized trail mix. Whenever you're in need of dependable, delicious, exceptionally affordable almonds, just stop by the **T** Trader Joe's nut section.

**Like all California almonds (which means more or less all the almonds produced in the U.S.), our Raw Almonds are not exactly raw; they undergo a steam-bath before being bagged. Since 2007, the USDA has required either fumigation with chemicals or steam pasteurization to ensure food safety. We have chosen the steam pasteurization route in which temperatures reach a high of 165°F. We think this results in the best tasting nuts!*

Putting the Passion Back into Breakfast

Is your morning routine feeling a little... uninspired? Does your plain granola leave you longing for more? Look no further than **Trader Joe's Passion Fruit Granola**! These sweet, tropical-tasting clusters will ignite a brand-new passion for breakfast and set your snacking spirits soaring. You might even say that granola got its groove back—really, you might!

Made from a base of rolled oats and cane sugar, this otherwise simple **Granola** gets its punch and pizzazz from **Passion Fruit** purée and bits of sweet-tart, freeze-dried raspberries. You can munch on these clusters straight out of the bag, or you can enjoy them with milk, in place of your tired breakfast routine. You might

From the flyer: "Putting the Passion Back Into Breakfast - Is your morning routine feeling a little...uninspired? Does your plain granola leave you longing for more?"

For some reason when we indulge our desire for "pleasure as variation" it does not teach us the limits. Instead, we have to think about it and apply reasoning. The desire for "pleasure as variation" has no limit (is endless). This would be one reason why the pleasures of the profligate are considered a "dead-end" (not good). But as for the desire for pleasure as the removal of pain (eating to remove the feeling of hunger) it does have a limit when we pay attention and sense that our stomach is full. An Epicurean enjoys the flavors of the food while also removing the pain of hunger.

VS42: The same span of time embraces both the beginning and the end of the greatest good. Note 42. This is the Norman DeWitt translation from his article "The Summum Bonum Fallacy" in *The Classical Weekly*, Vol. 44, No. 5 (Dec. 18, 1950), pp. 69-71. The same item is rendered by Epicurus.net as: "The same time produces both the beginning of the greatest good and the dissolution of the evil." Bailey: "The greatest blessing is created and enjoyed at the same moment." (This last paragraph is copied directly from the VS Text section of the forum).