

Discussion of Article: "On Pleasure, Pain and Happiness"

Post by "Elayne" of July 13, 2019 at 8:43 AM

I think I have a way to allay those concerns about modern people not knowing what pleasure is.

1) I will add a mention that in addition to absence of pain not being a hypothetical "nothing" experience, it is also not a hypothetical type of pleasure different from what we already know as pleasure from ordinary activities. This, I believe, is another key aspect of what Epicurus said about only variation after the cup is full. It's not a different feeling.

Along this line, I disagree with the idea that a person who has deep enjoyment of a smaller variety and number of experiences and thereby achieves continual pleasure as often as anyone can is somehow having a less full cup or smaller cup than someone who enjoys a great many experiences. And vice versa-- both can be fully happy. Some of that is really just a preference. If a person in Ancient Greece couldn't be fully happy with the limited variety of availability activities compared to the much wider number of experiences to choose from now, due to technology, this philosophy wouldn't make sense. However, if the person feels a lack of variety, she has not met her personal need for it and should do more things.

2) I will add a section on the most effective practical method of minimizing pain, which is to maximize pleasure. If both methods worked as well, they would have the exact same end result-- pleasure-- but in practice, focusing on pleasure is more effective.

3) I will add a section explaining that humans are not fundamentally insatiable.