

# 'Their God Is The Belly' / "The Root of All Good Is The Pleasure Of The Stomach" And Similar Attributions

Post by “Raphael Raul” of June 8, 2026 at 10:08 PM

The following is a reply to Eikadistes, who replies to Cassius:

Above is an illustration I painted in a "naive" style using pastel on canvas paper titled "A Simple Meal", depicting a quote that scholars, for the most part, agree is from Epicurus or a paraphrase. I think this quote captures the most fundamental endeavor of human existence: our hunt for nourishment, for survival. Everything else is second or third to this, even philosophy and art ("Even wisdom and culture must be referred to this.") All philosophy and art crumble into ash once there is nothing to eat, when hunger in the stomach begins to growl. This topic is largely overlooked in philosophy, as if it were unimportant or uninteresting. How gripping does this subject become once severe hunger or worse starvation rears its ugly head? In extreme cases, even supposedly civilized persons lost in the wild will eat each other once the skeleton of starvation arrives. Nothing else matters, but survival, and the stomach knows this instinctively without the need of science, philosophy, or art... No wonder that the craft of cooking is said to be the "Necessary Art" not only for Survival, but also for...Pleasure. ..."*fames optimum condimentum*"...(Hunger is the best seasoning...)... Cicero.