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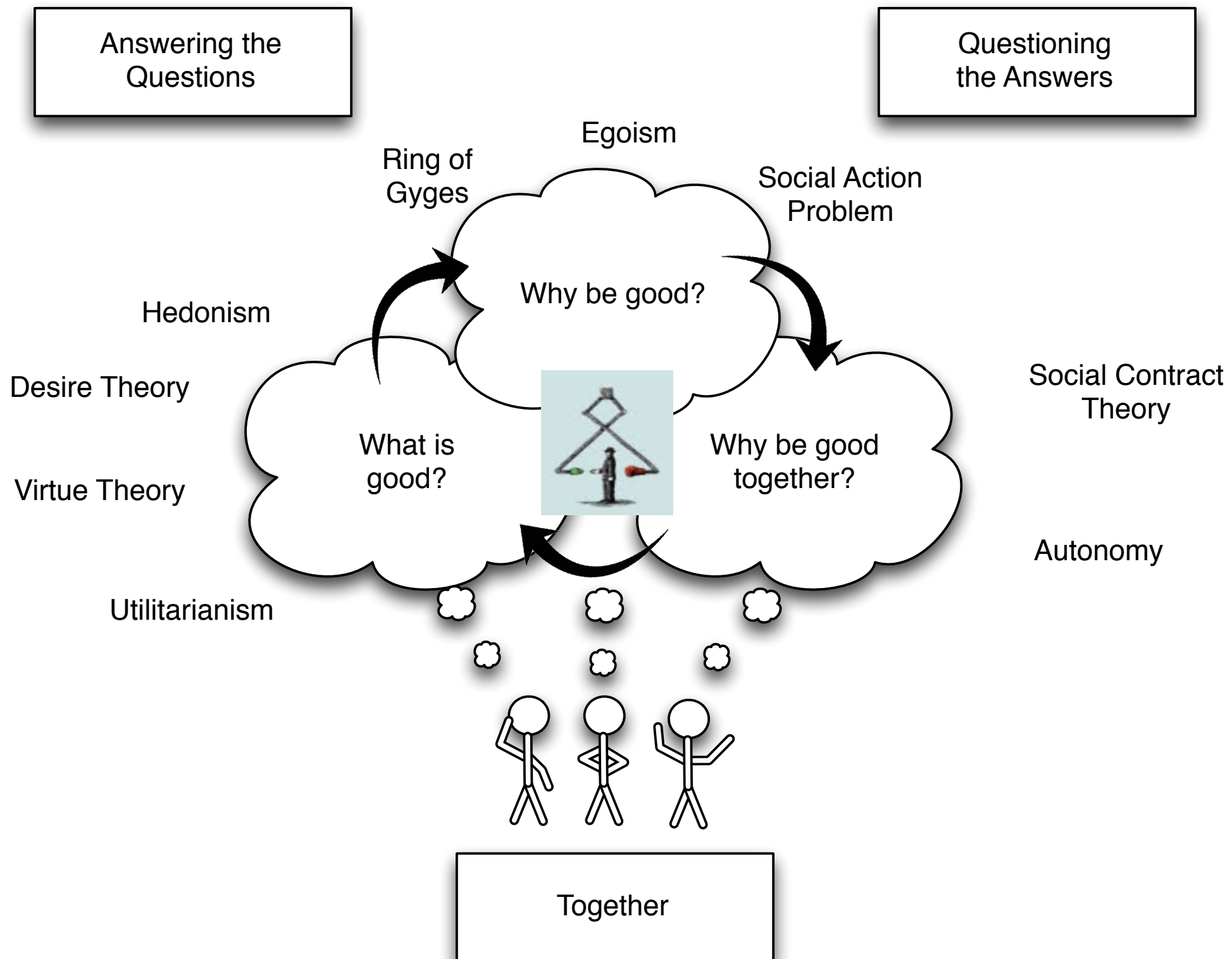
May 11, 2015

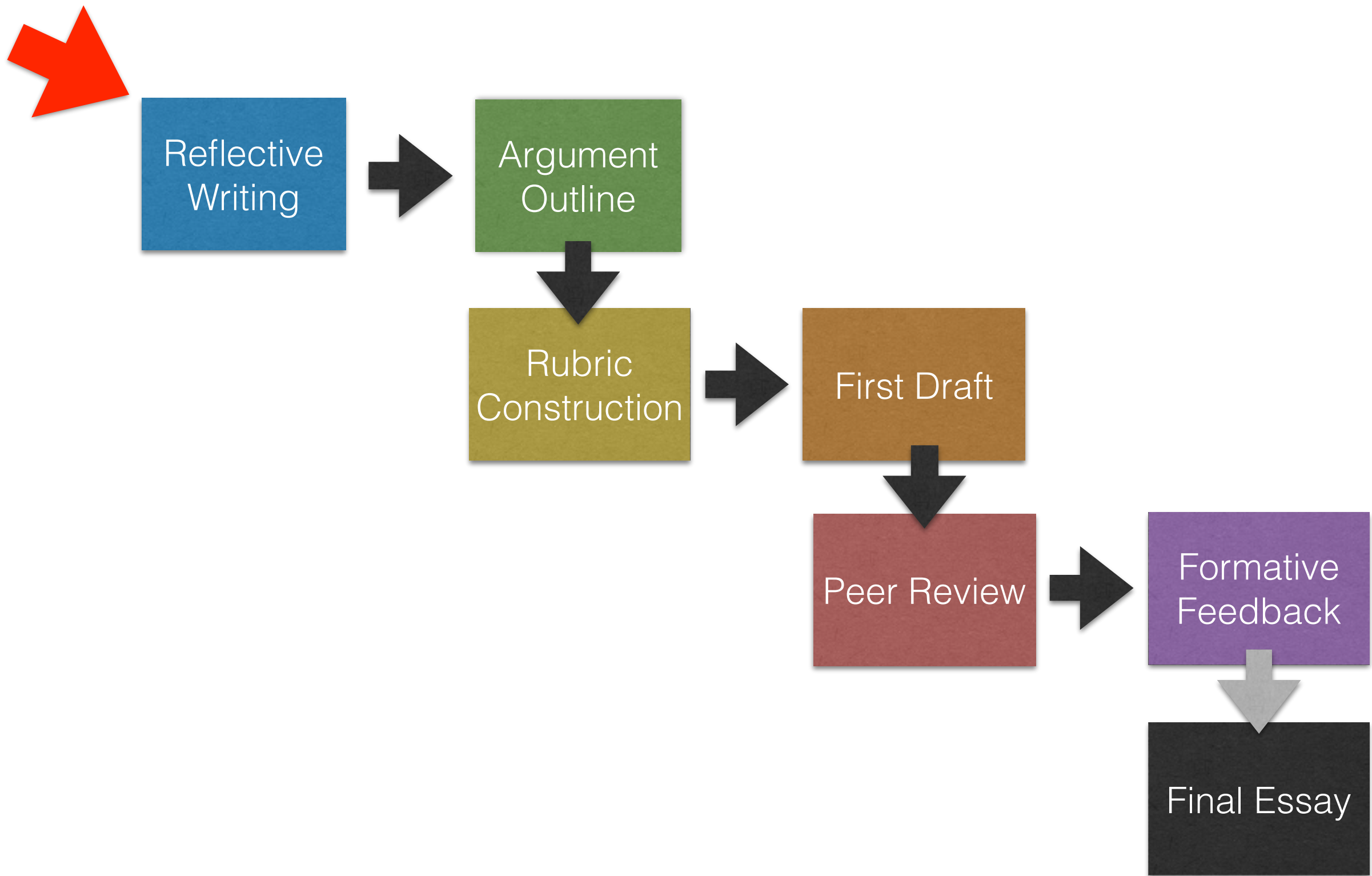
Hedonism

Objectives:

By the end of this lecture you should be able to:

- State the difference between instrumental value and intrinsic value
- Compare and contrast Epicurus' and Mill's form of hedonism
- State the explanatory elegance of hedonism





What do you think when you hear the word *Hedonism*?



2



14



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Feb 05, 2015 | [Vote](#) 2 14

'Business is war,' Kevin O'Leary tells University of Waterloo students

To be successful in business, entrepreneurs have to forget about life and work balance. They have to make sacrifices, he said.

He told the story of a student entrepreneur who was working flat-out running a successful software business while also finishing his degree, but his fiancé was threatening to leave him because he wasn't spending enough time with her and he was missing important family occasions and dates.

O'Leary said the entrepreneur had the wrong life partner. If you are going to start a business, you have to love what you are selling and "find a life partner that understands your drive and your passion," he said.

He added that money is the key to personal freedom. "The whole point of wealth is that your choices are endless at that point. You can do whatever you wish," O'Leary said. "I have been rich and I have been poor, and rich is better."

Two questions:

- 1) Is there a tension in O'Leary's advice?
- 2) Is money the key to happiness?

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O'Leary said the entrepreneur had the wrong life partner. If you are going to start a business, you have to love what you are selling and "find a life partner that understands your drive and your passion," he said.

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Poll

Claim

Money is *the* key to happiness.

A B C D E

Strongly Agree Agree Disagree Strongly Disagree



Value

Better question:

What type of value does money have?

Two types of value

1. Instrumental value
(the road)
2. Intrinsic value
(the destination)



Determine whether the following has instrumental or intrinsic value

1. Pencils
2. Paper
3. Lectures
4. Music
5. Food

(A) Instrumental

(B) Intrinsic



But what has intrinsic value?

What makes us better off?
Think of people in your life
that have truly good lives.
What makes their lives so
good?



Person 1	Person 2	Person 3
descriptor 1	descriptor 1	descriptor 1
descriptor 2	descriptor 2	descriptor 2
descriptor 3	descriptor 3	descriptor 3
descriptor 4	descriptor 4	descriptor 4



Russ Shafer-Landau

“

The most popular answer is just what you'd expect: happiness. On this view, a good life is a happy life. This means something pretty specific. It means that happiness is necessary for a good life: a life without happiness cannot be a good life.

- Text, p. 24

”



Russ Shafer-Landau

“

It also means that happiness is sufficient for a good life: when you are happy, your life is going well. The happier you are, the better your life is going for you. And the unhappier you are, the worse off you are.

- Text, p. 24

”

Happiness is necessary and sufficient for a good life???





Russ Shafer-Landau

“

On this view, there is only a single thing that is intrinsically valuable: happiness. Everything else is valuable only to the extent that it makes us happy.

- Text, p. 24

”



Russ Shafer-Landau

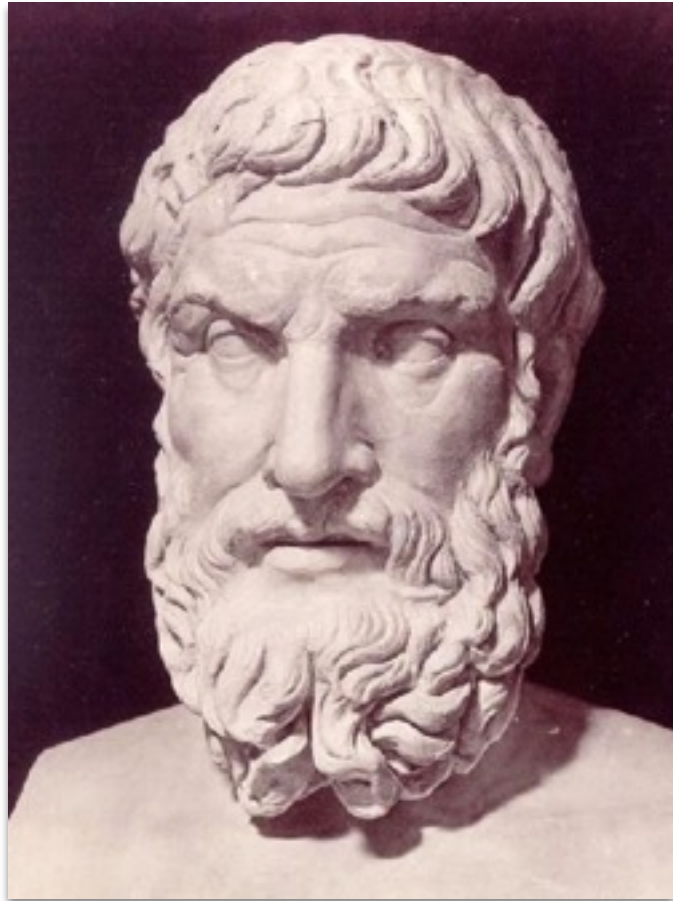
“

There is a name for this kind of view: hedonism...According to hedonists, a life is good to the extent that it is filled with pleasure and is free of pain.

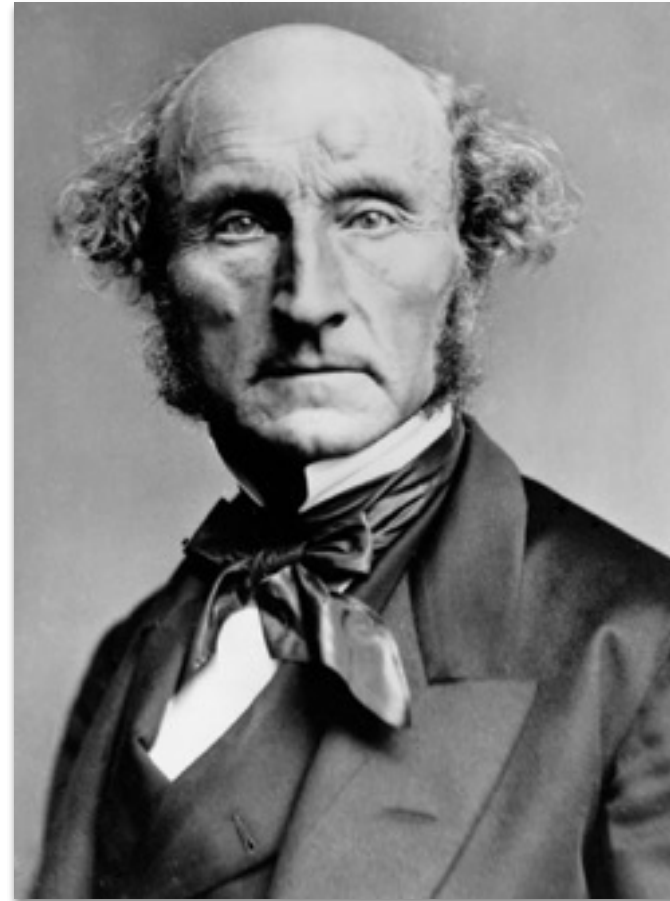
- Text, p. 24

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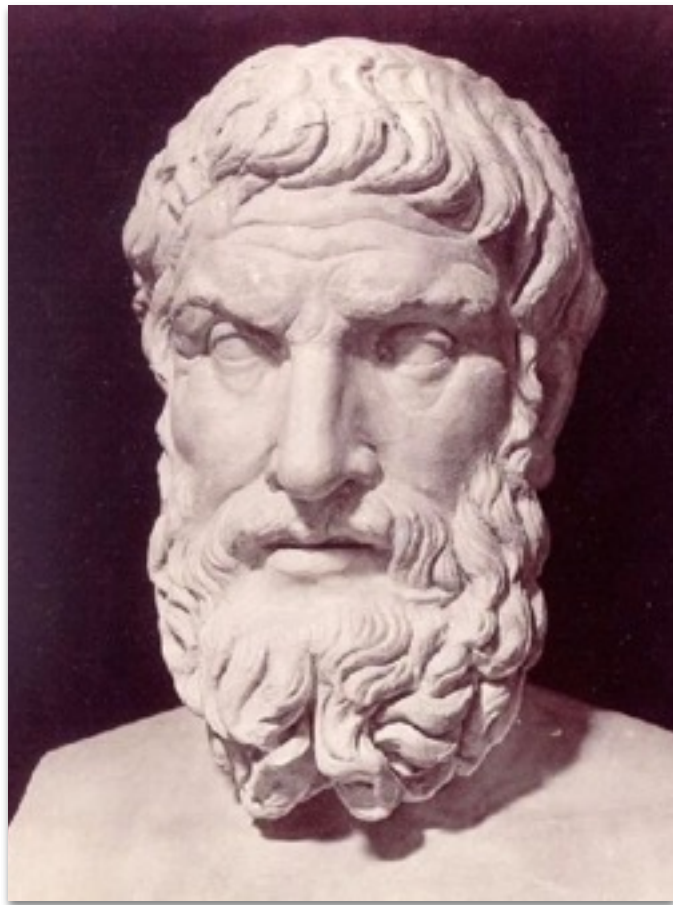
Two hedonists



Epicurus (341-270 BCE)



J.S. Mill (1806-1873)



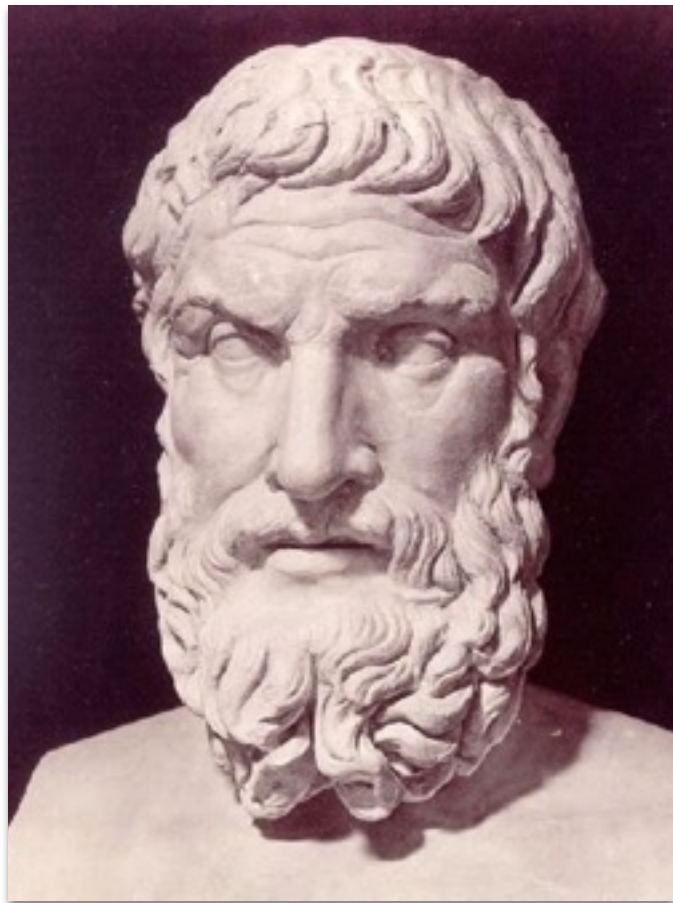
Epicurus (341-270 BCE)

“

Let no one be slow to seek wisdom when he is young nor weary in the search of it when he has grown old. For no age is too early or too late for the health of the soul.

- Epicurus, *Letter to Menoeceus*

”



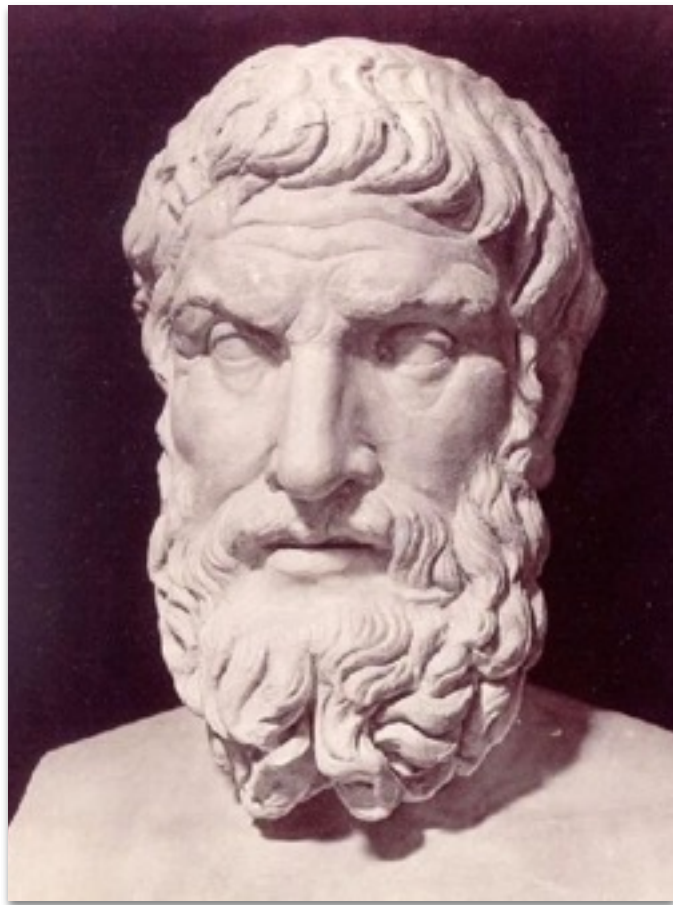
Epicurus (341-270 BCE)

“

And to say that the season for studying philosophy has not yet come, or that it is past and gone, is like saying that the season for happiness is not yet or that it is now no more.

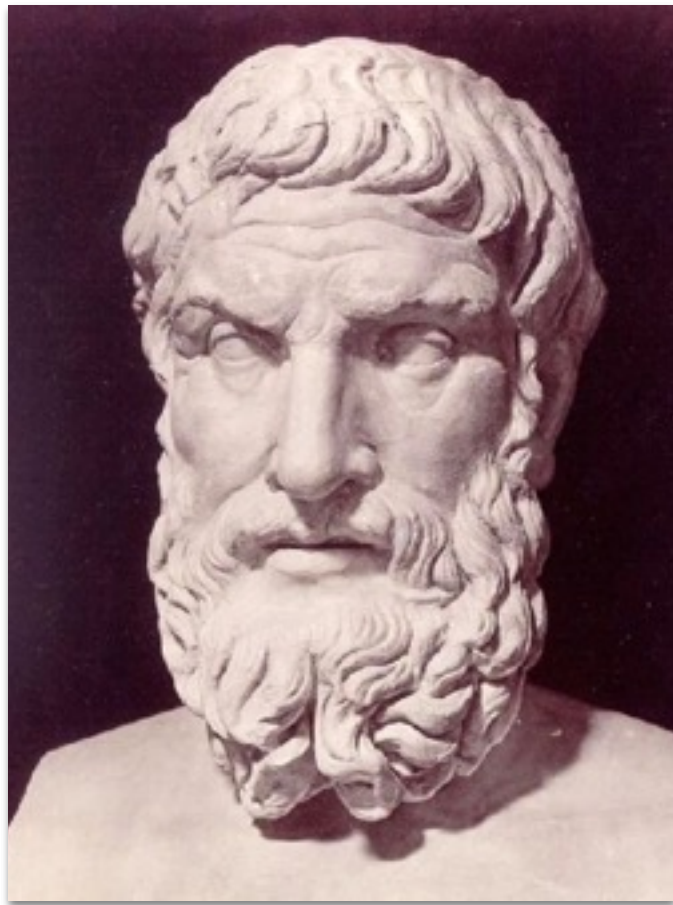
- Epicurus, *Letter to Menoeceus*

”



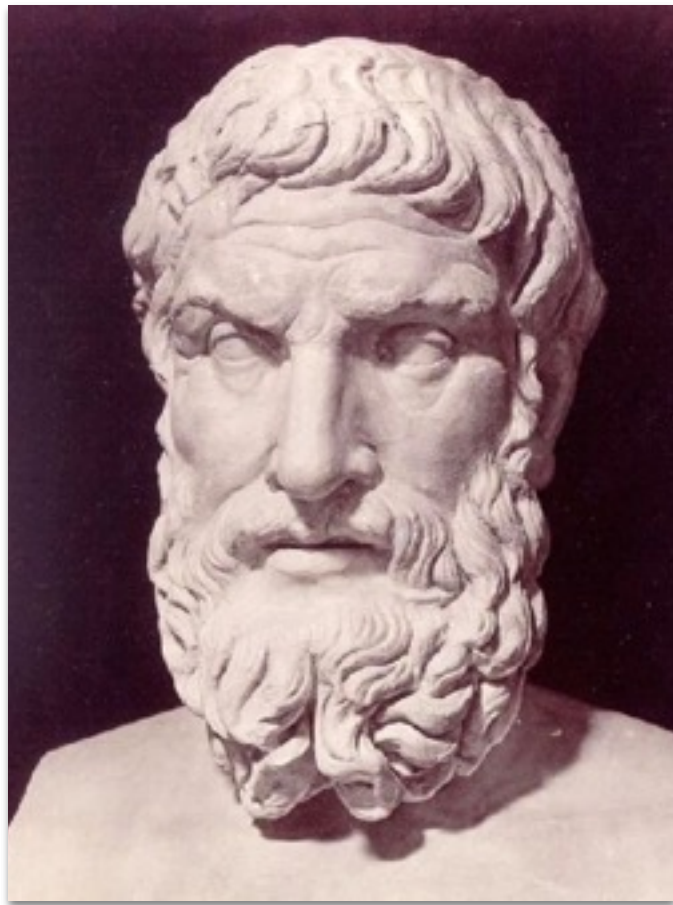
Epicurus (341-270 BCE)

So what do we need for the good life?



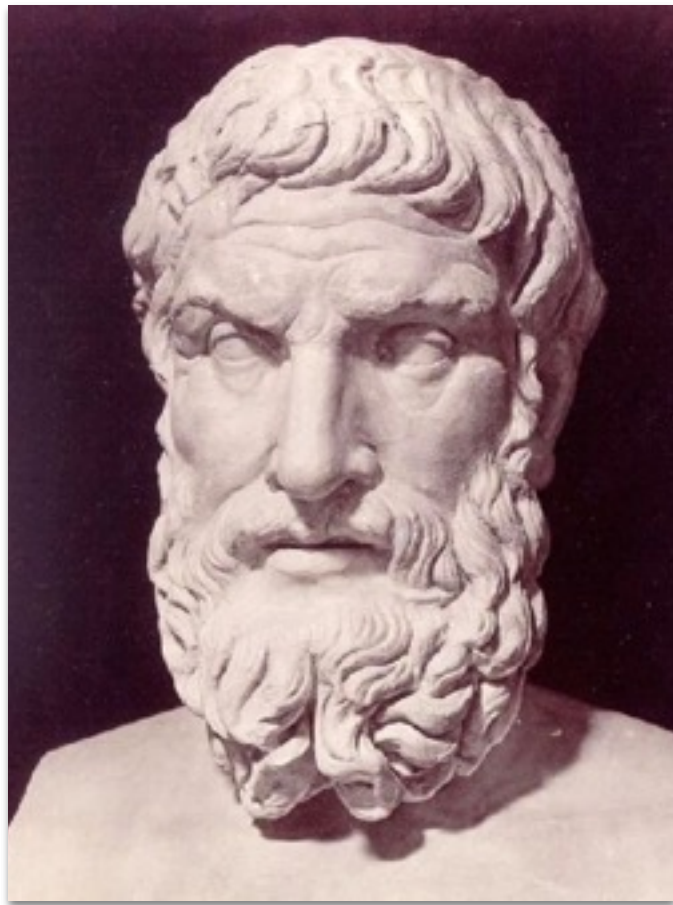
Epicurus (341-270 BCE)

For Epicurus it's all about having the right attitudinal stance



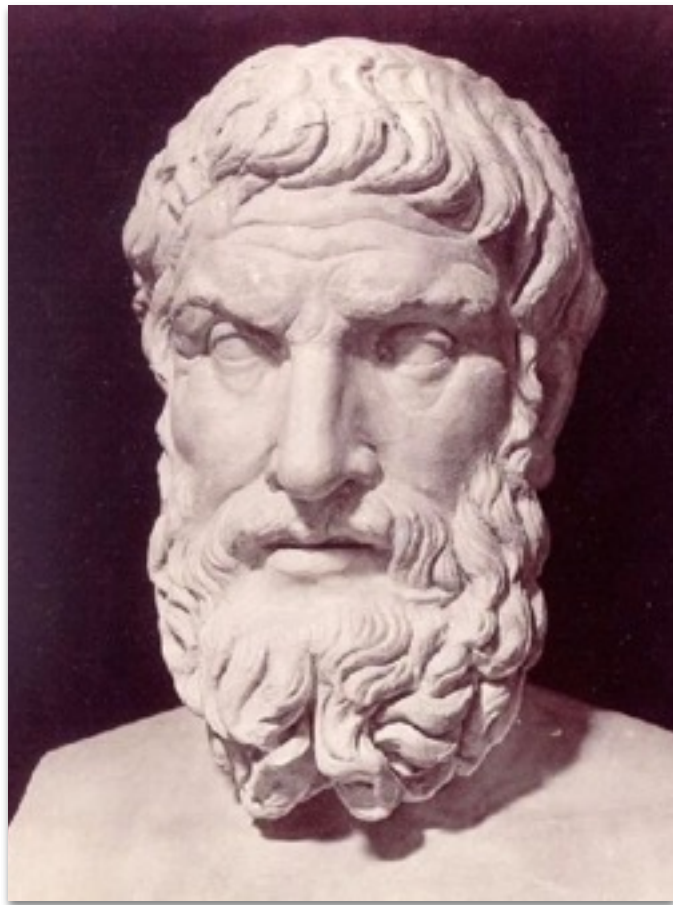
Epicurus (341-270 BCE)

So...first believe that the gods exist...*



Epicurus (341-270 BCE)

Second...don't fret about death...
death means nothing to us*



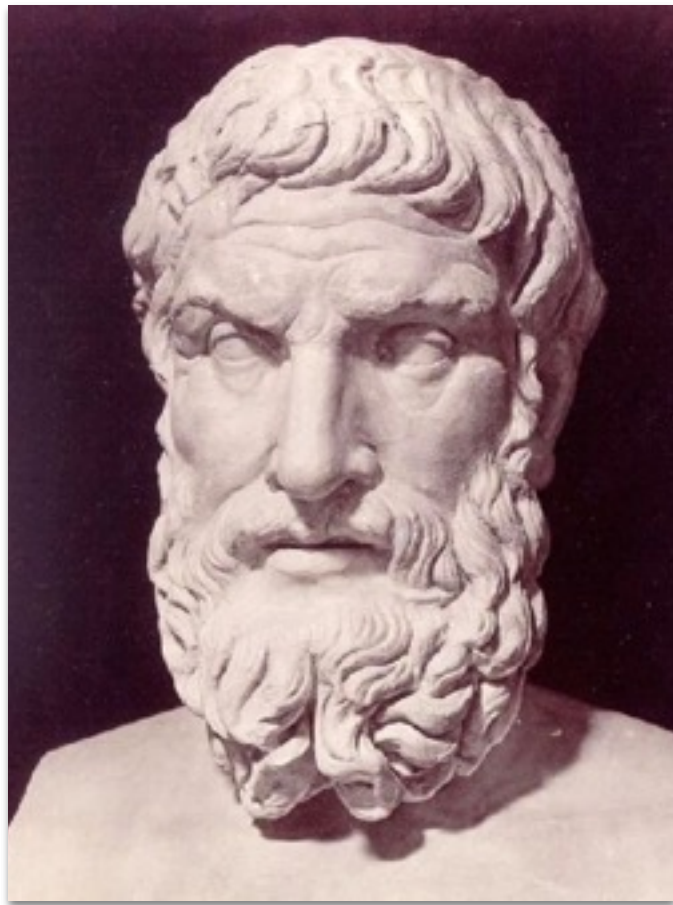
Epicurus (341-270 BCE)

“

The wise man does not deprecate life nor does he fear the cessation of life. The thought of life is no offence to him, nor is the cessation of life regarded as an evil.

- Epicurus, *Letter to Menoeceus*

”



Epicurus (341-270 BCE)

“

And even as men choose of food not merely and simply the larger portion, but the more pleasant, so the wise seek to enjoy the time which is most pleasant and not merely that which is longest.

- Epicurus, *Letter to Menoeceus*

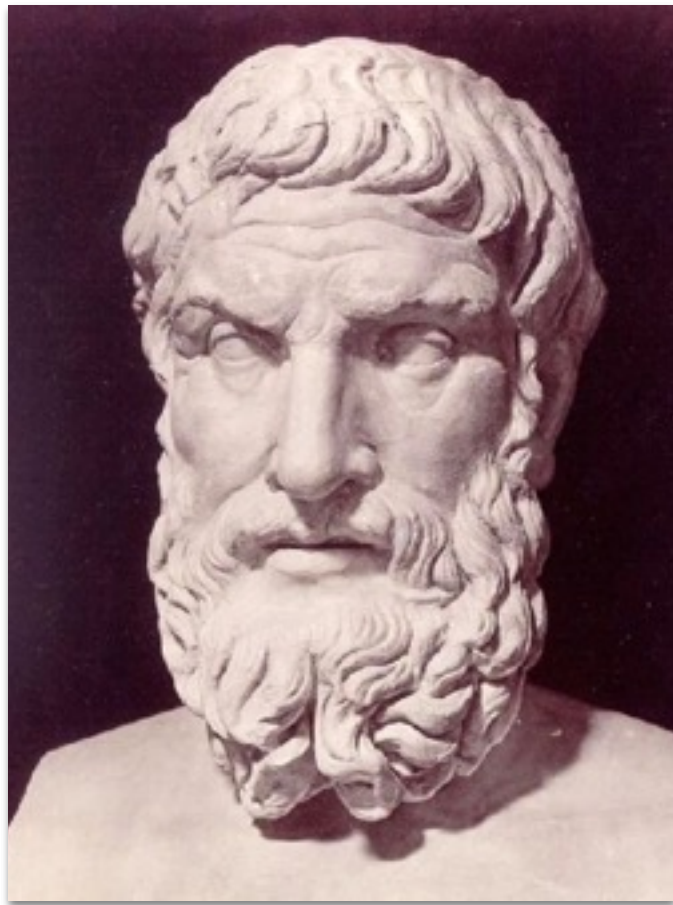
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Volume...



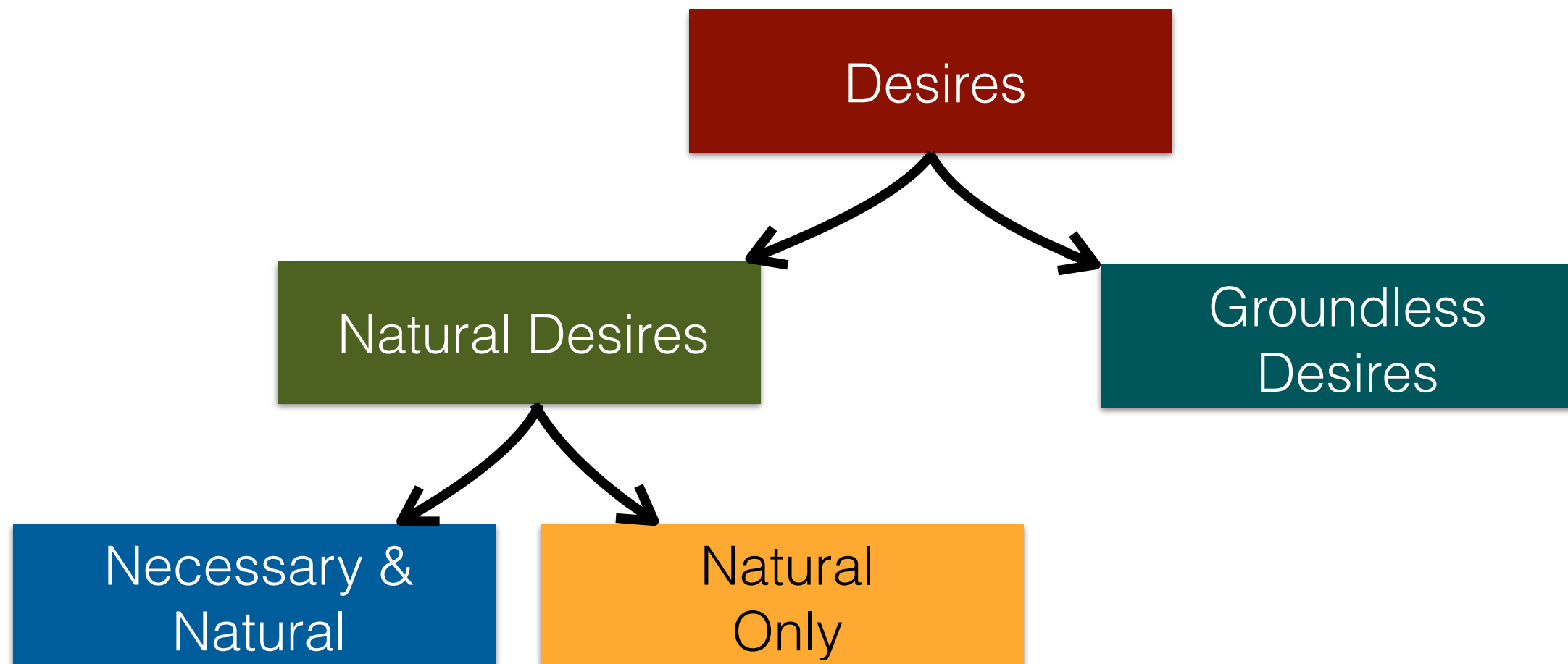
Enjoyable...

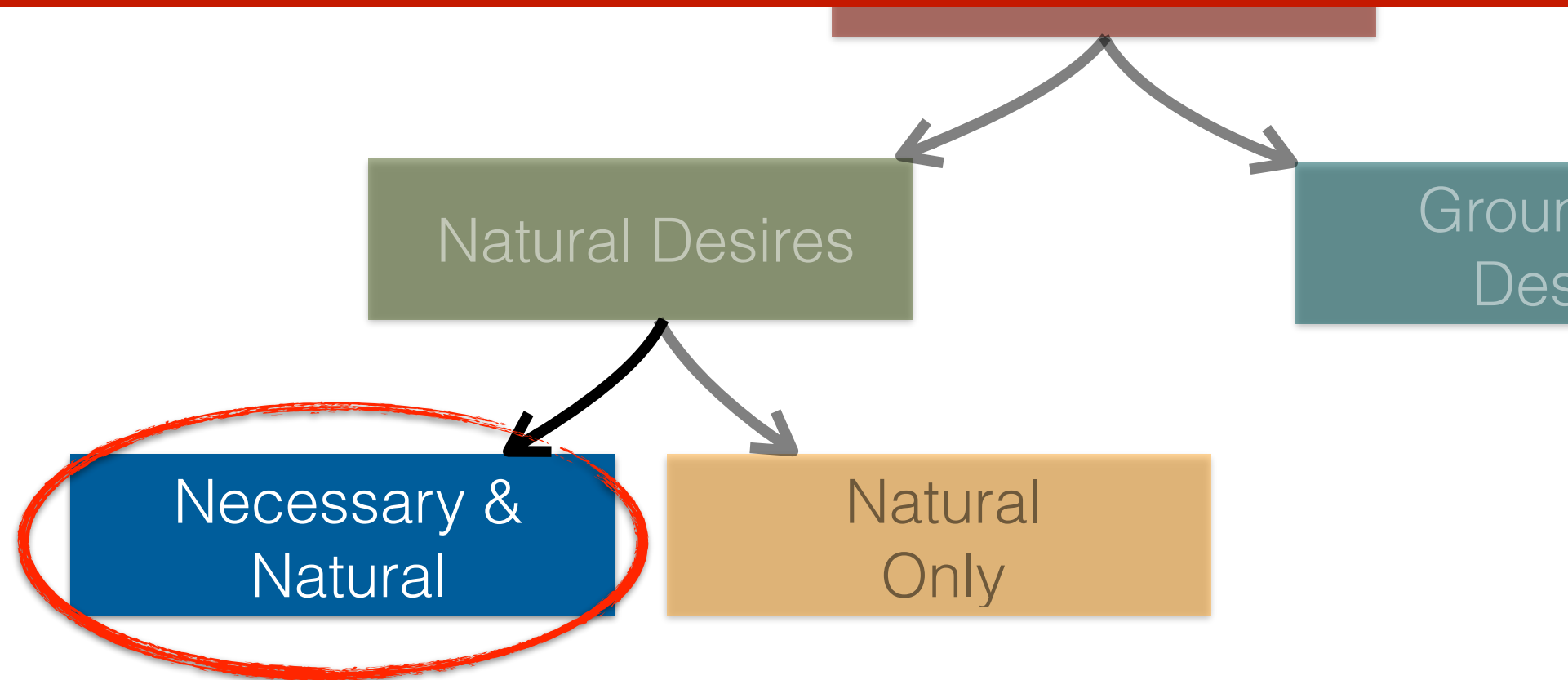


Epicurus (341-270 BCE)

Third...acknowledge that “pleasure is the alpha and omega of a blessed life”

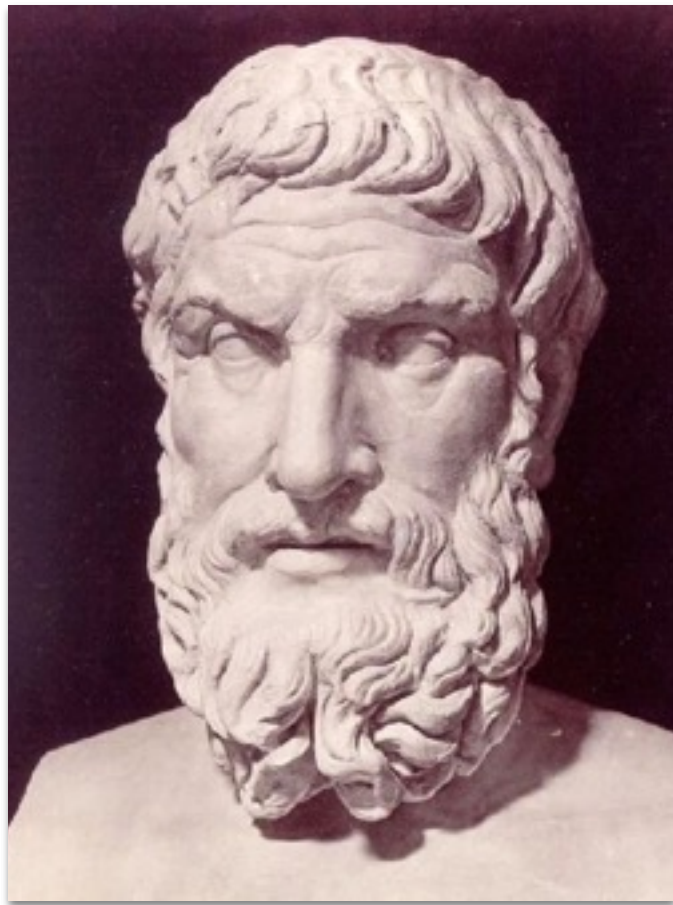
Hedonism according to Epicurus





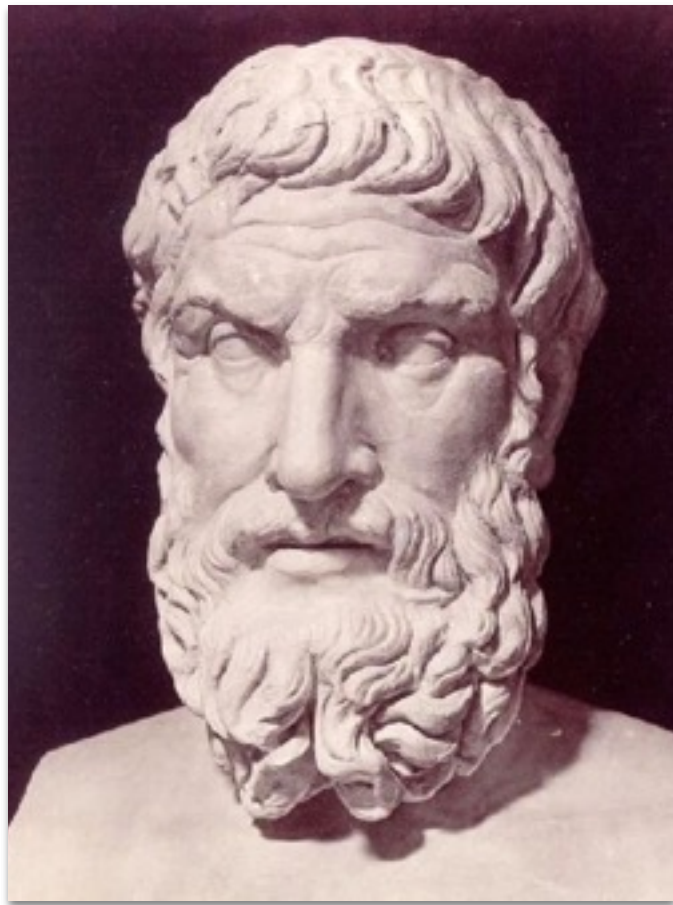
Some are necessary:

- if we are to be happy
- if the body is to be rid of uneasiness
- if we are to even live



Epicurus (341-270 BCE)

We need to differentiate between these desires if we are to achieve a tranquil mind...*



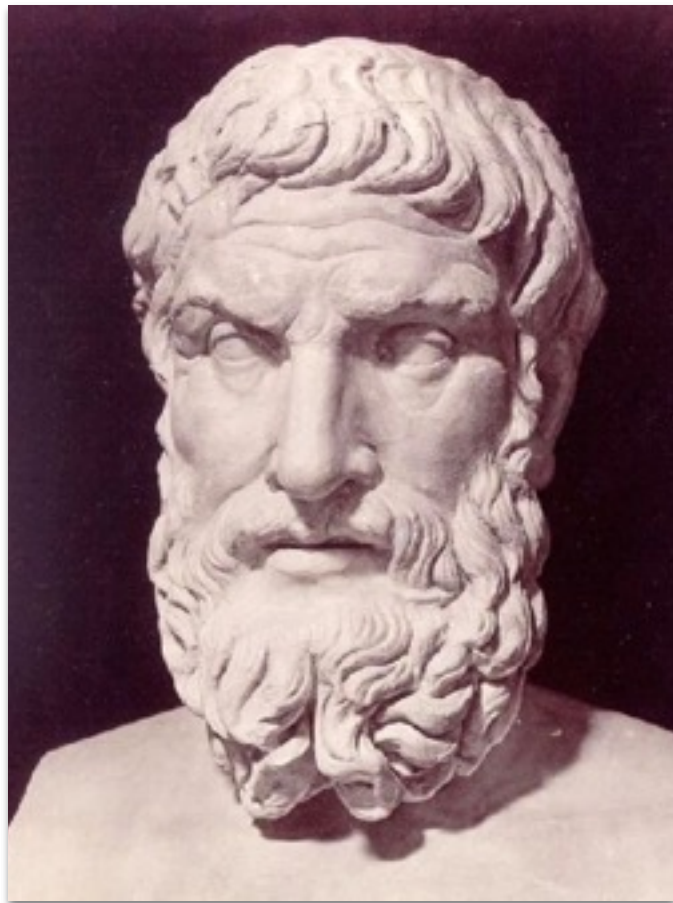
Epicurus (341-270 BCE)

“

For the end of all our actions is to be free from pain and fear, and, when once we have attained all this, the tempest of the soul is laid; seeing that the living creature has no need to go in search of something that is lacking...

- Epicurus, *Letter to Menoeceus*

”



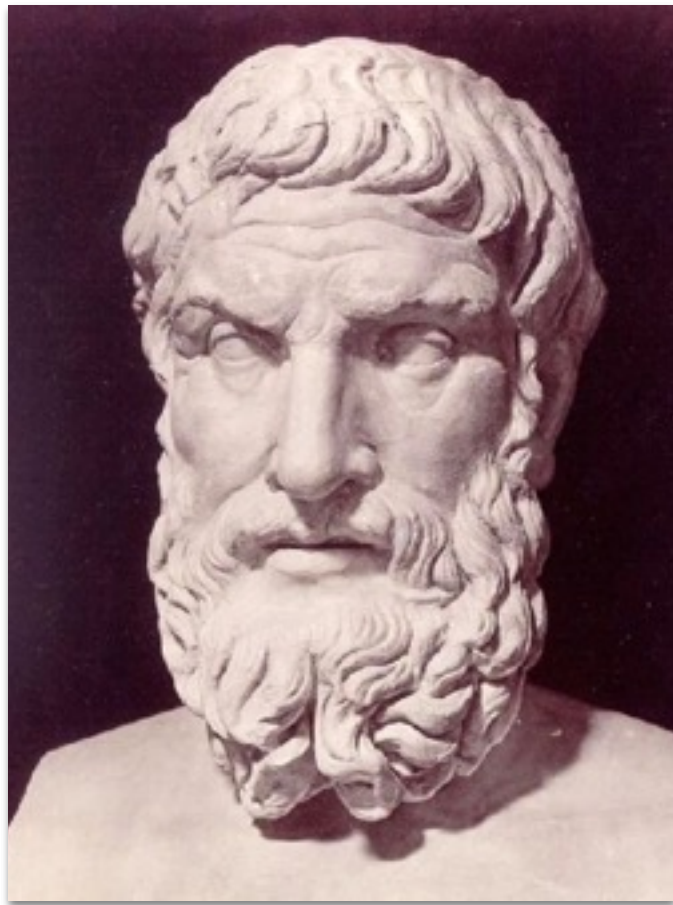
Epicurus (341-270 BCE)

“

...nor to look for anything else by which the good of the soul and of the body will be fulfilled. When we are pained because of the absence of pleasure, then, and then only, do we feel the need of pleasure.

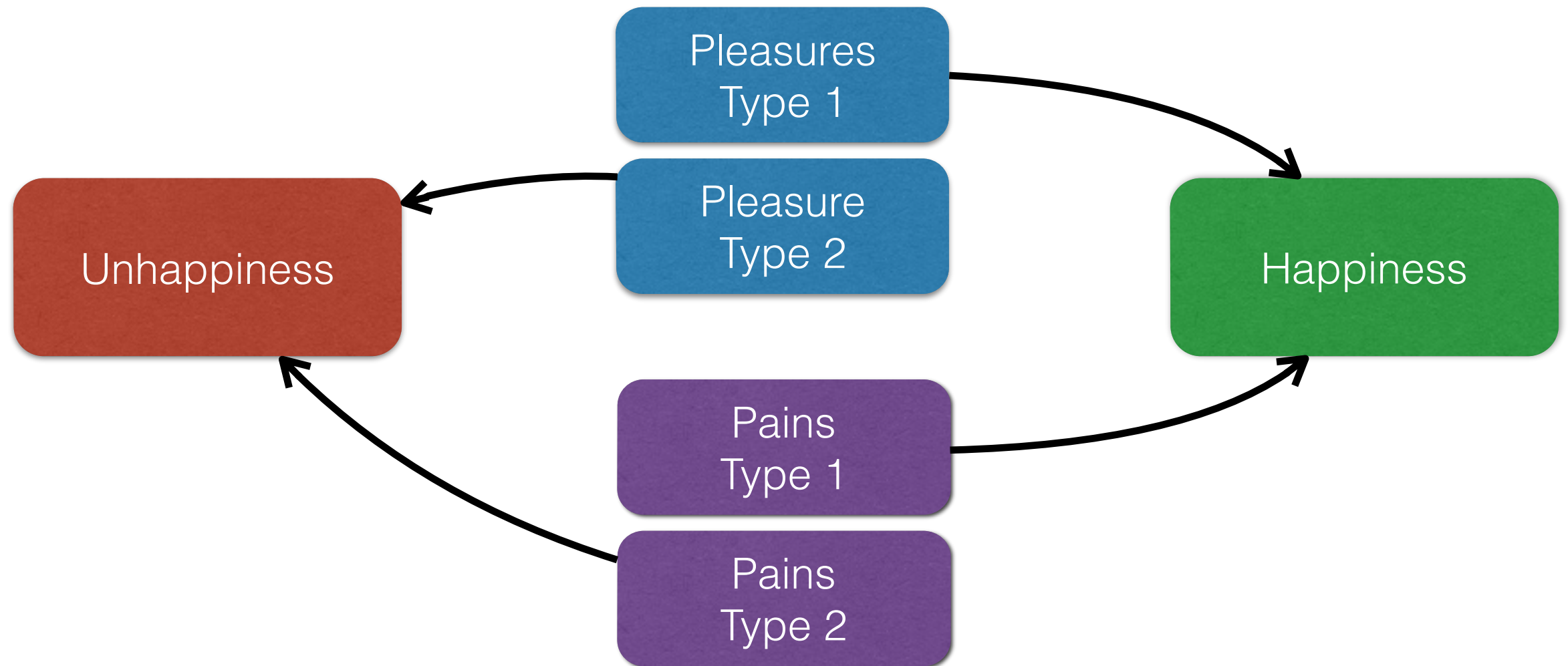
- Epicurus, *Letter to Menoeceus*

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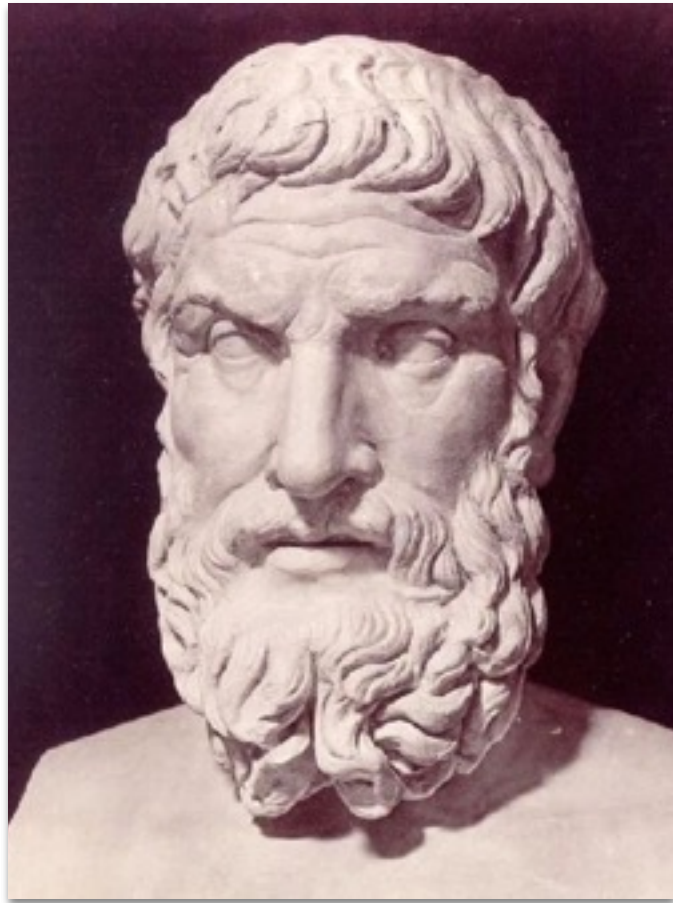
Epicurus (341-270 BCE)

REMEMBER: “pleasure is the alpha and omega of a blessed life”



Two questions:

- 1) What does Epicurus mean by pleasure?
- 2) How do we arrive at the tranquil life?



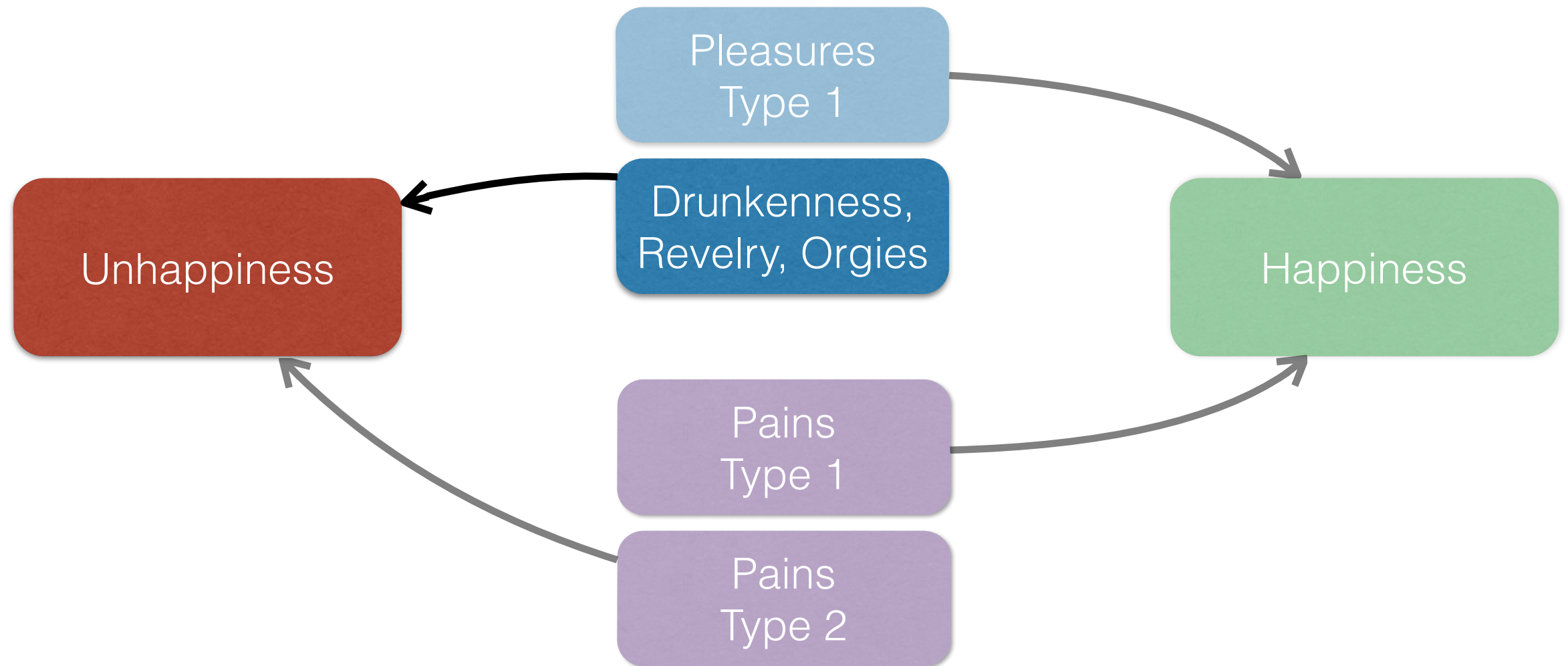
Epicurus (341-270 BCE)

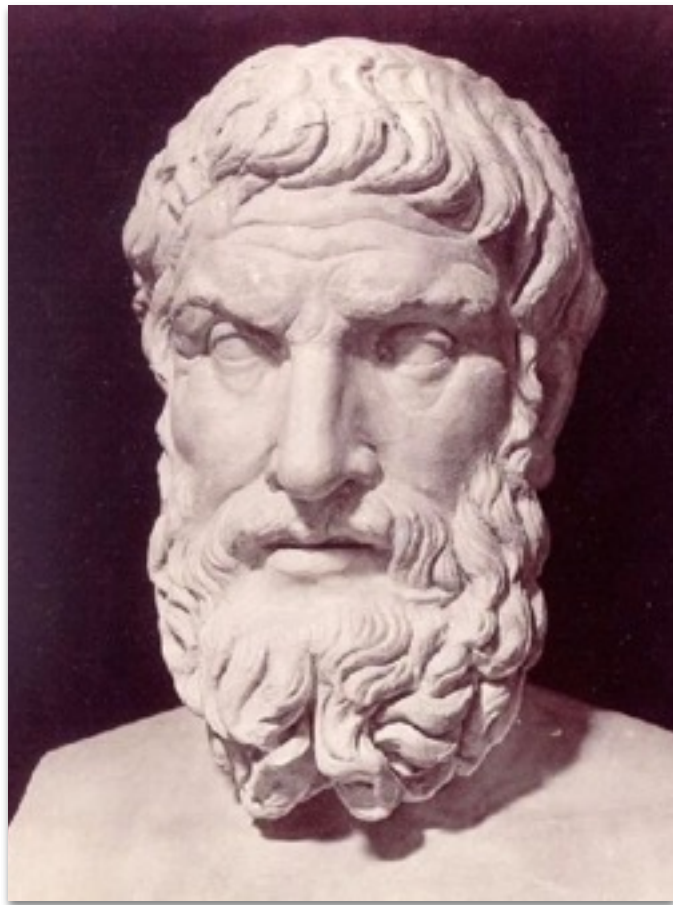
“

When we say, then, that pleasure is the end and aim, we do not mean the pleasures of the prodigal or the pleasures of sensuality...

- Epicurus, *Letter to Menoeceus*

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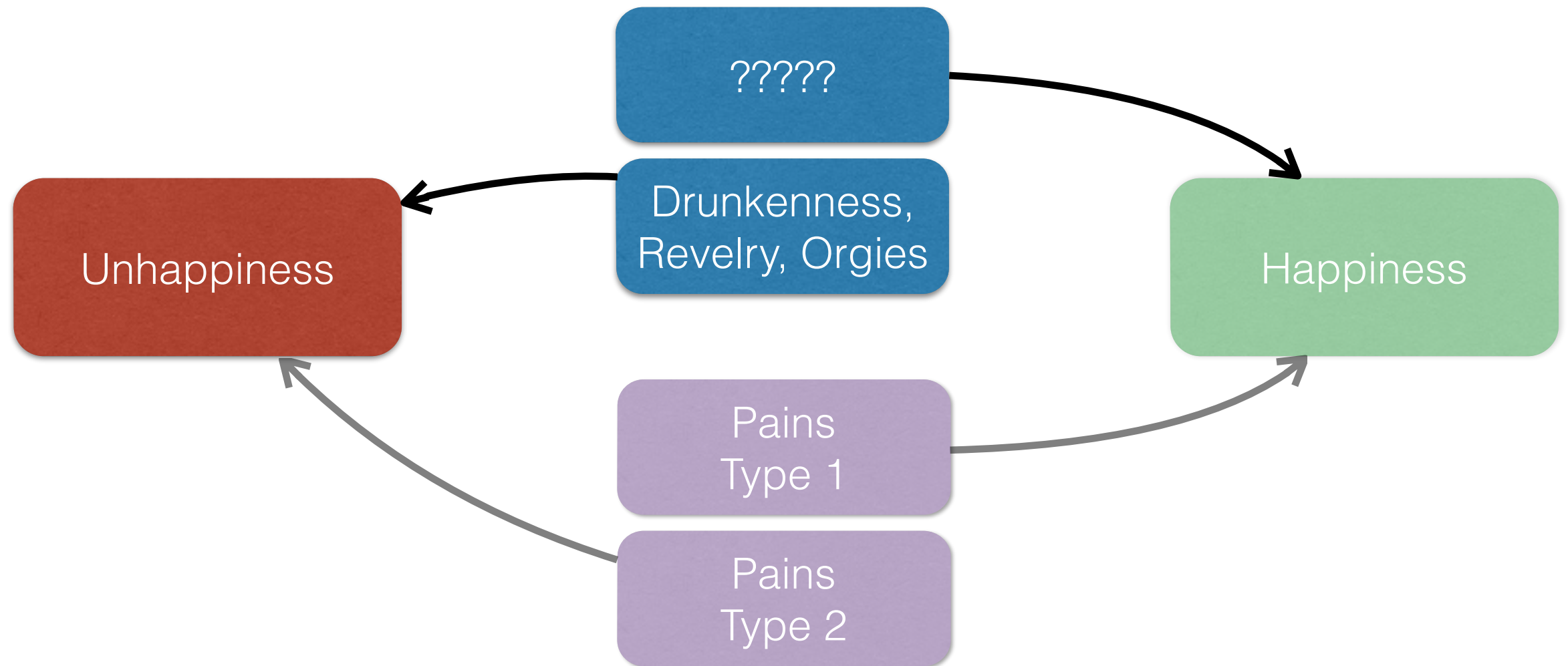
Epicurus (341-270 BCE)

“

By pleasure we mean the
absence of pain in the body and
of trouble in the soul

- Epicurus, *Letter to Menoeceus*

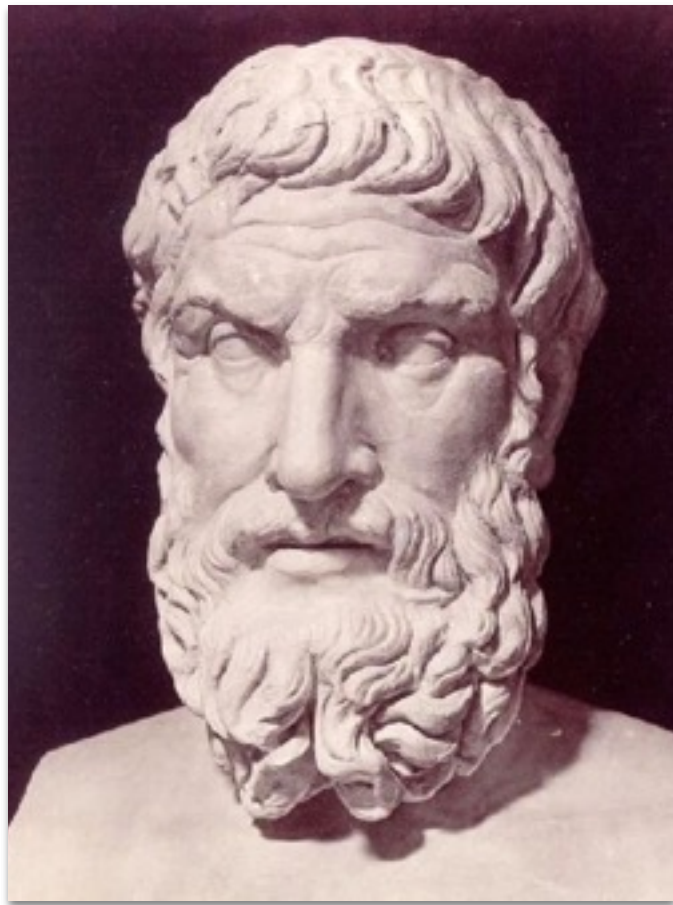
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So how do we achieve tranquility in the soul?

1. Living a life of moderation
2. Rooting out false beliefs





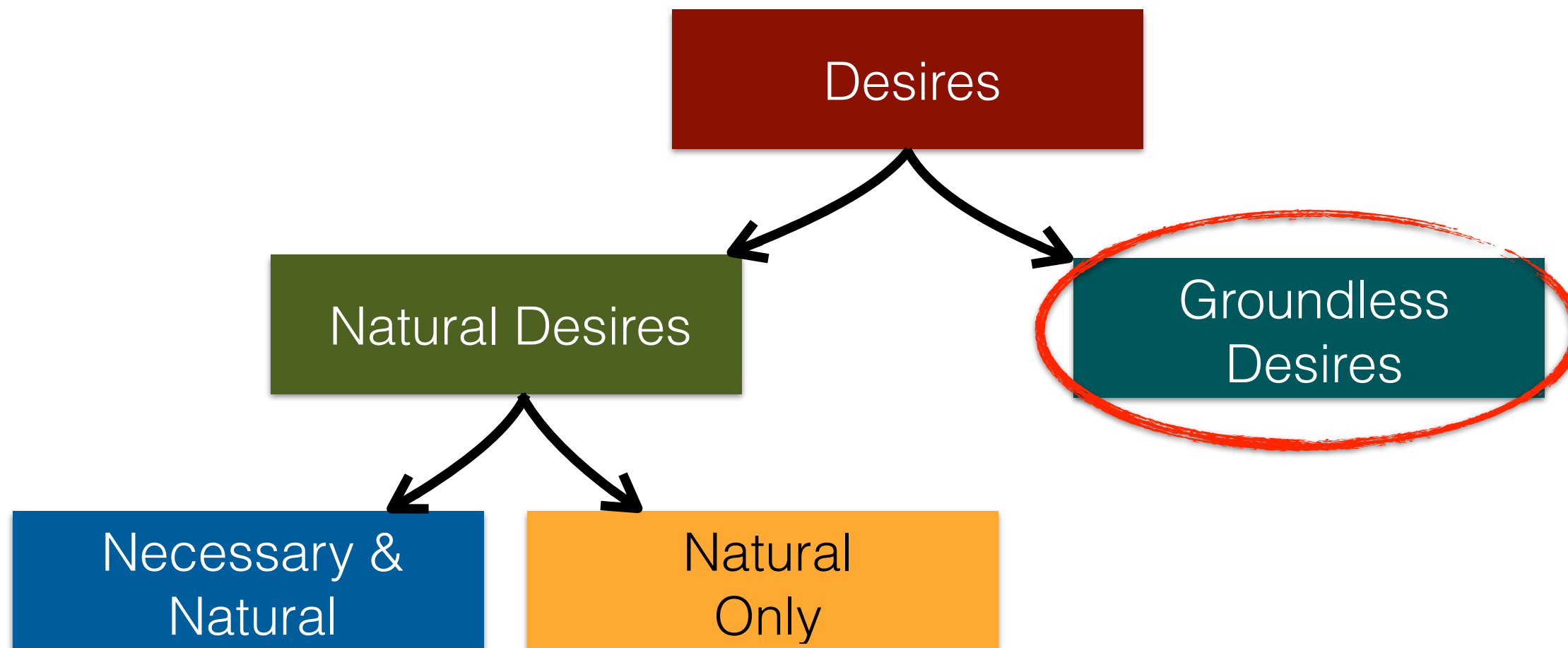
Epicurus (341-270 BCE)

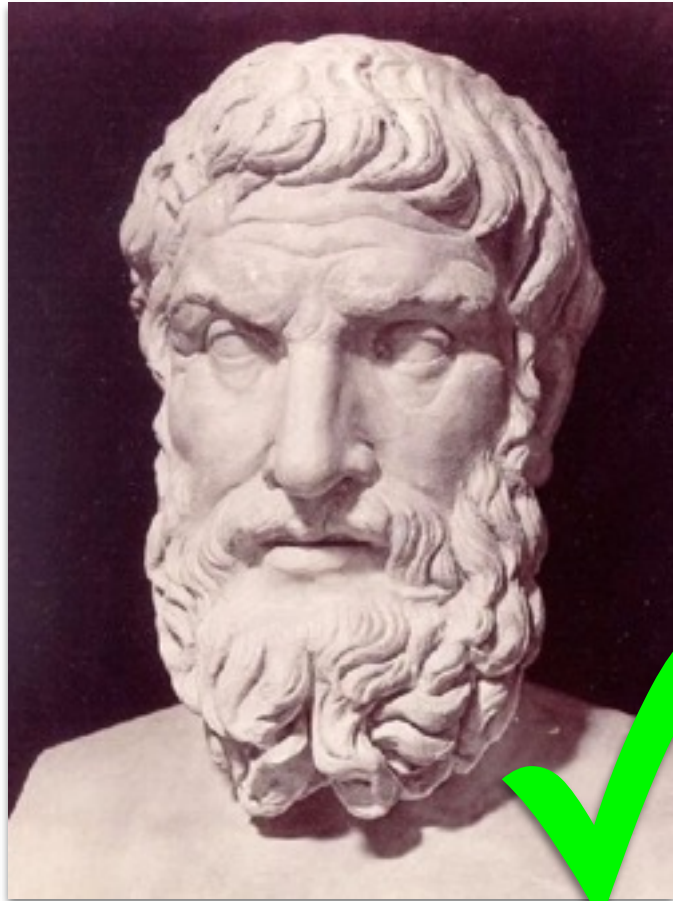
“

...it is sober reasoning,
searching out the grounds of
every choice and avoidance,
and banishing those beliefs
through which the greatest
tumults take possession of the
soul.

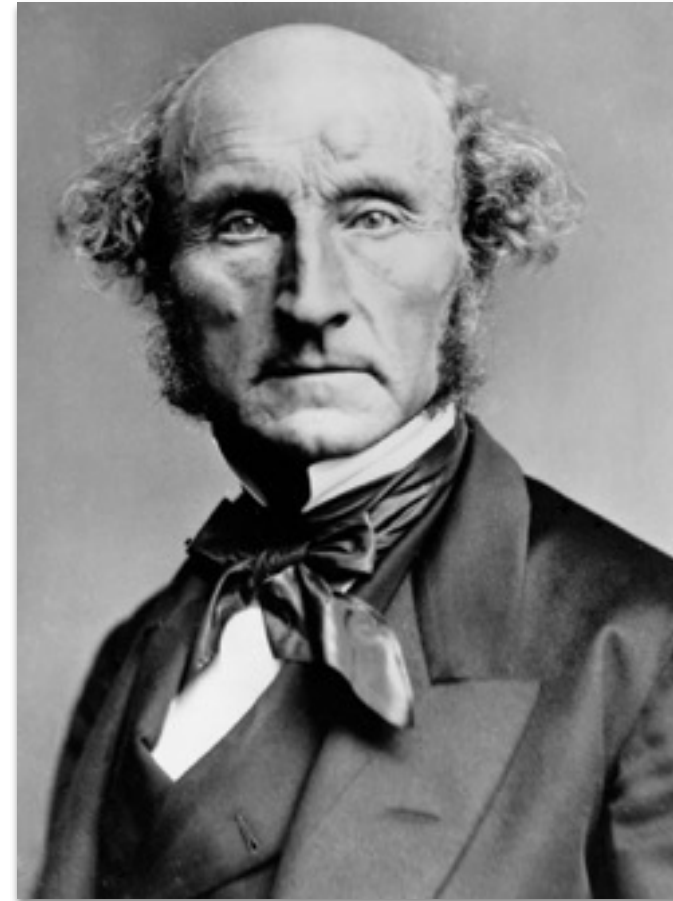
- Epicurus, *Letter to Menoeceus*

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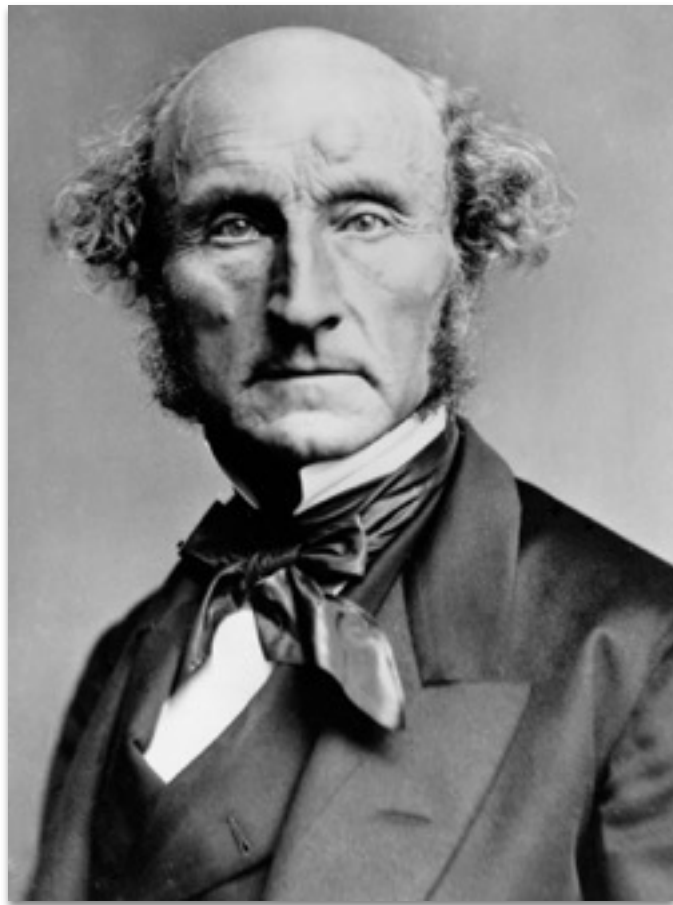




Epicurus (341-270 BCE)



J.S. Mill (1806-1873)

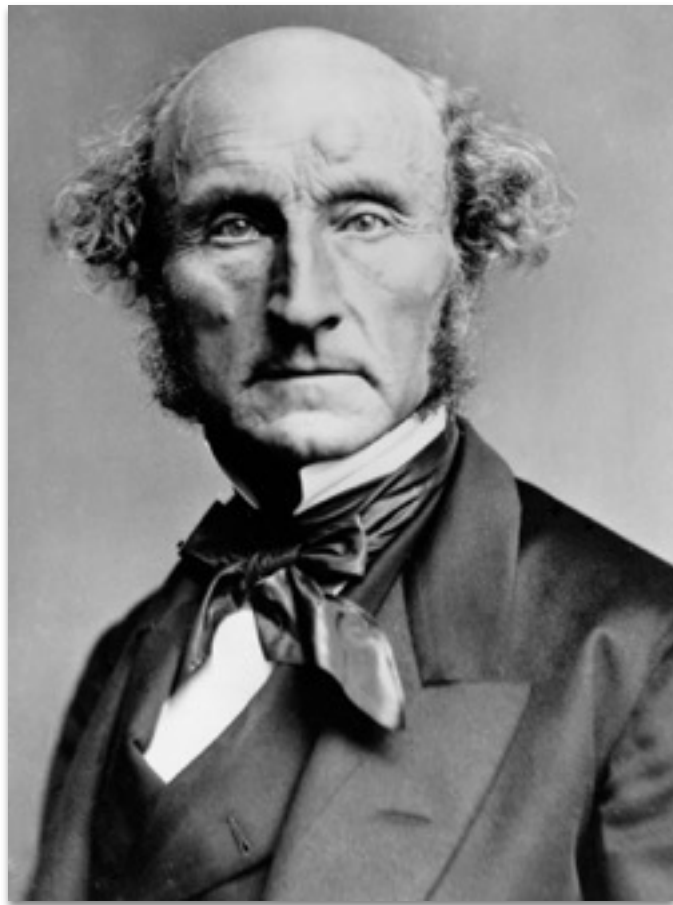


J.S. Mill (1806-1873)

Mill begins by addressing a misrepresentation of hedonism

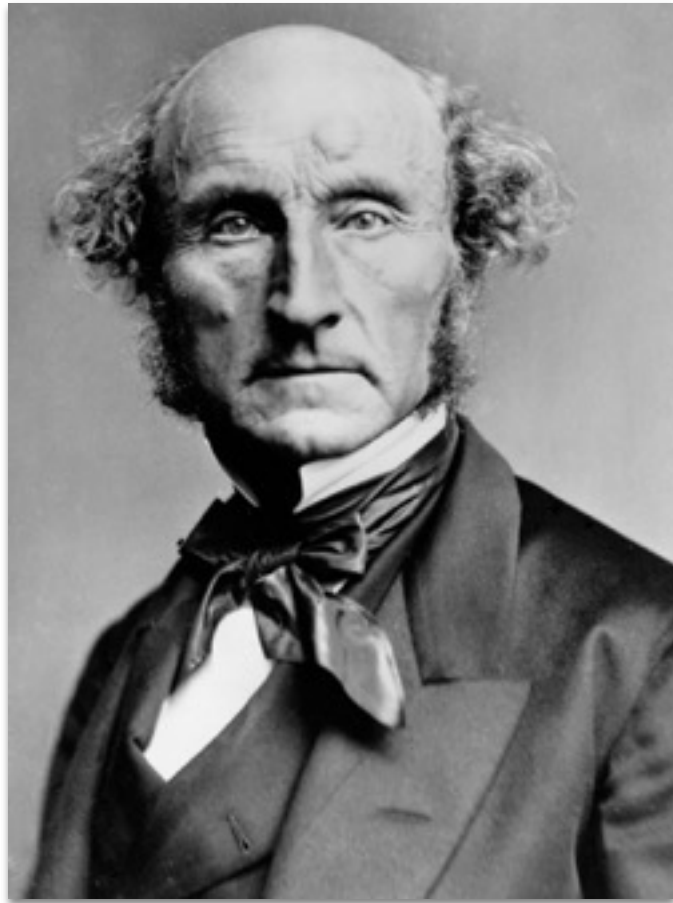


Isn't hedonism simply the doctrine of the swine???



J.S. Mill (1806-1873)

Distinguish between animal and intellectual pleasures



J.S. Mill (1806-1873)

“

...some kinds of pleasure are more desirable and more valuable than others. It would be absurd, that while, in estimating all other things, quality is considered as well as quantity, the estimation of pleasures should be supposed to depend on quantity alone...

- J.S. Mill, *Hedonism*

”

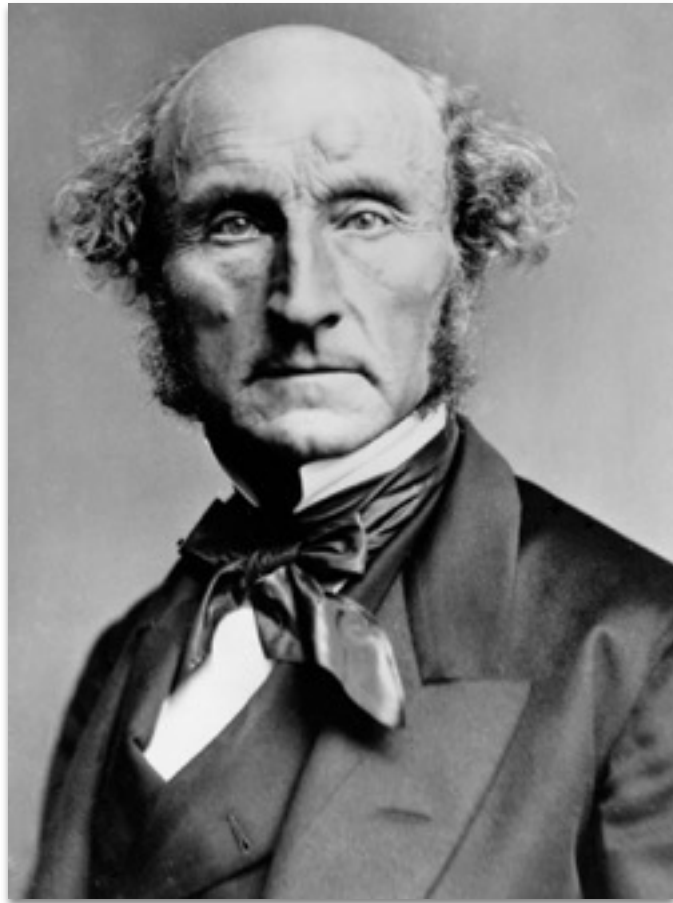
What are some examples?

Animal pleasures

A

Intellectual pleasures

B



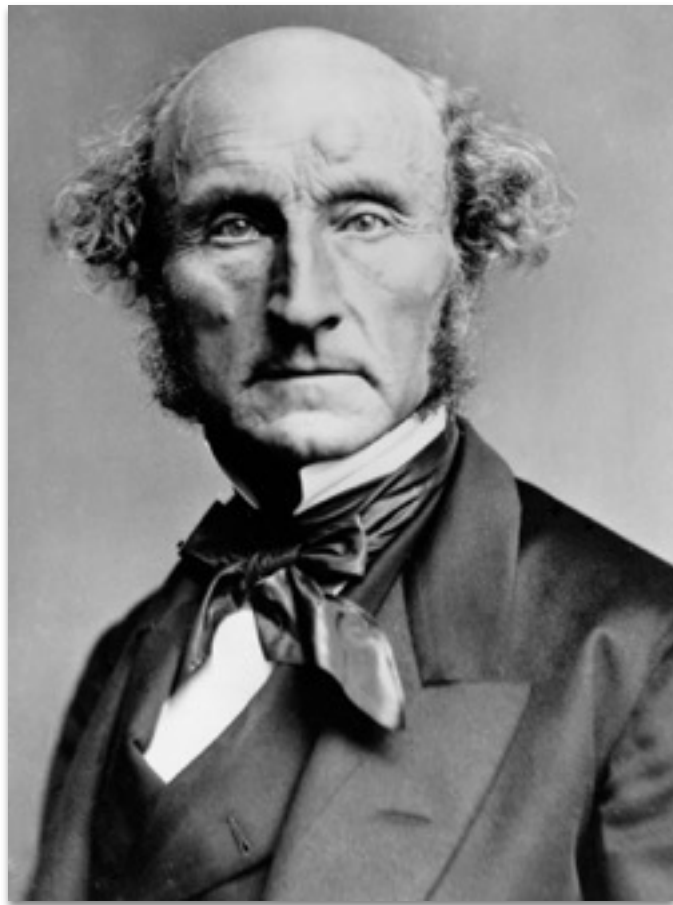
J.S. Mill (1806-1873)

“

...if there be one to which all or almost all who have experience of both give a decided preference, irrespective of any feeling of moral obligation to prefer it, that is the more desirable pleasure.

- J.S. Mill, *Hedonism*

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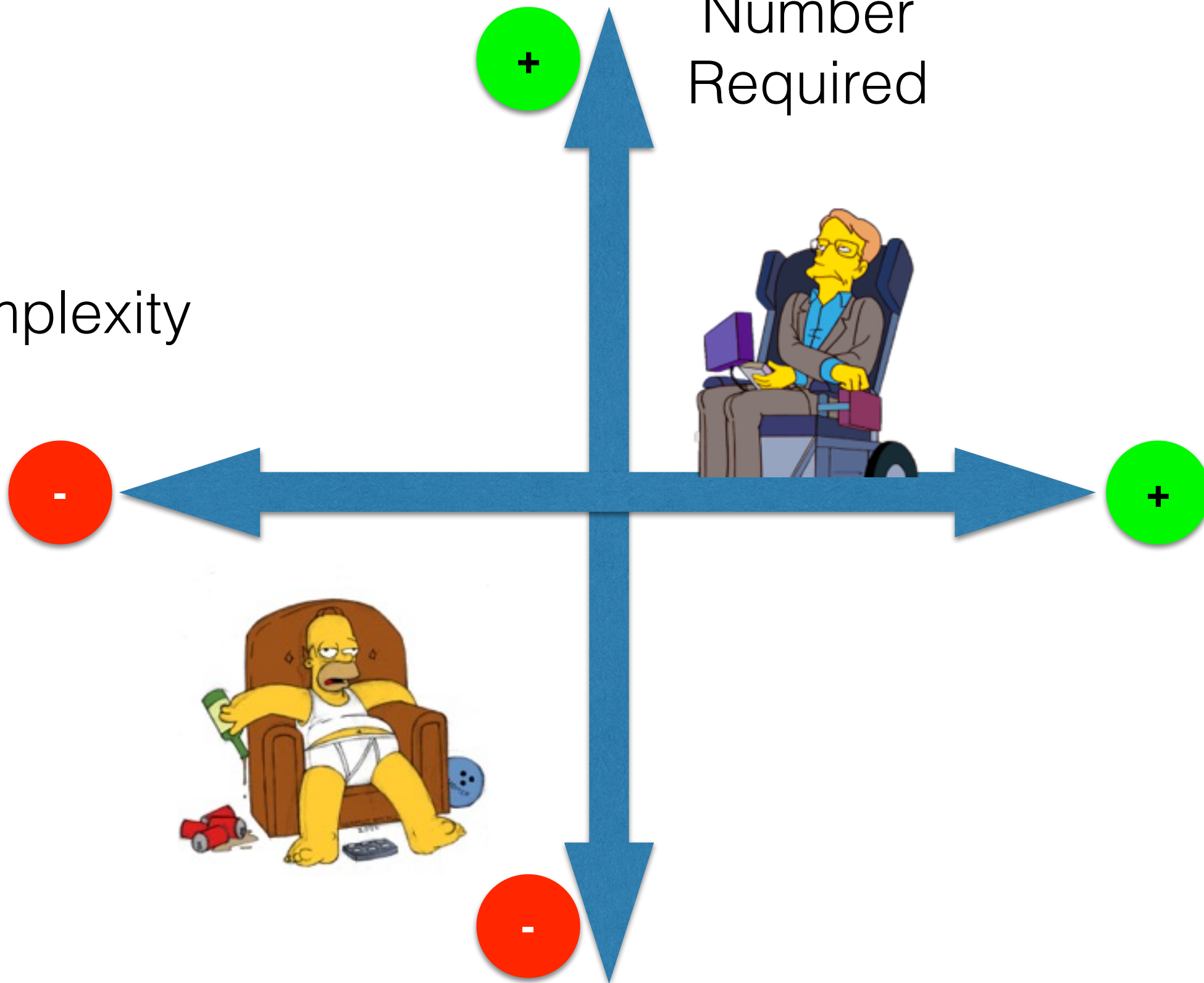


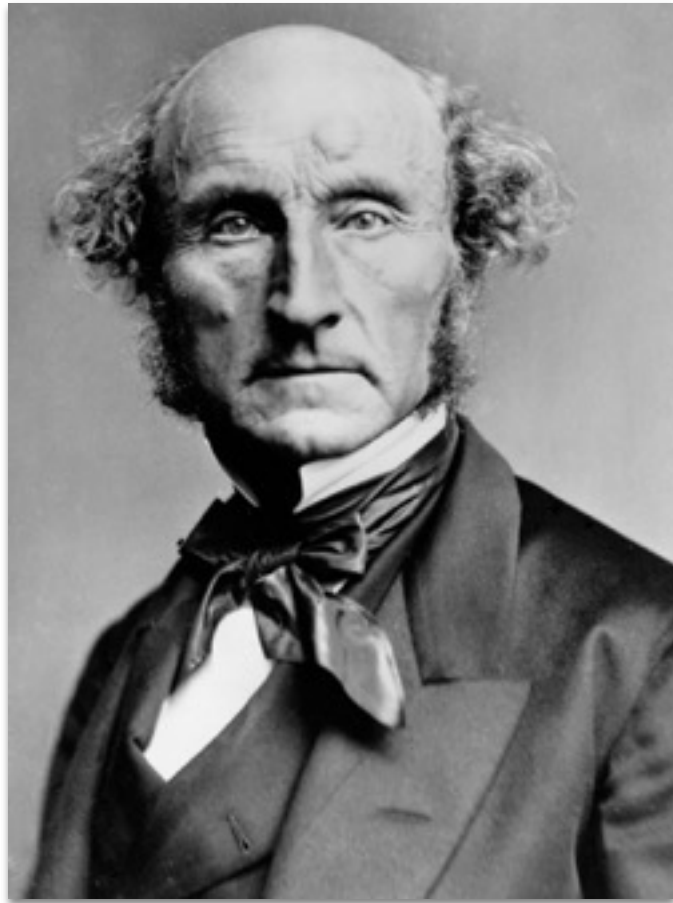
J.S. Mill (1806-1873)

Disputes are settled by the competent judges

Complexity

Number
Required





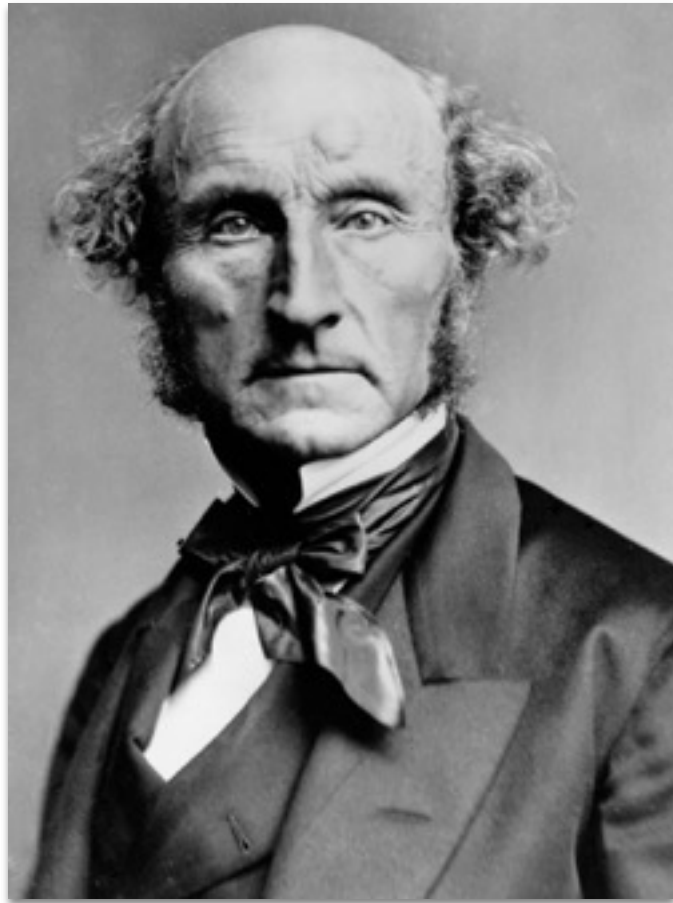
J.S. Mill (1806-1873)

“

It is better to be a human being dissatisfied, than a pig satisfied; better to be Socrates dissatisfied, than a fool satisfied. And if the fool or the pig are of a different opinion...

- J.S. Mill, *Hedonism*

”



J.S. Mill (1806-1873)

“

...it is because they only know their own side of the question. The other party to the comparison knows both sides.

- J.S. Mill, *Hedonism*

”

What do you think when you hear the word *Hedonism*?