

WHY SHOULD WE ENJOY LIFE AND HELP LIVE?

The principle "Enjoy life" cannot be proved. Moreover, it is unnecessary except for those who have been taught that suffering and preparation for death are the goals (or purposes) of life. Like any other principle, it can only be validated (though not demonstrated) by its consequences. Now, obviously its consequences are good for the individual who adopts it: if he pursues his own happiness he has a chance of satisfying it to some extent, whereas if he prefers suffering he will soon die.

How about the second conjunct of our basic principle? This one has a very different methodological status: indeed, it can be defended by showing that helping others is necessary for our own well-being, i.e. to enjoy life. In particular, helping others is necessary for the preservation of the social group(s) that host the individual.

82933
Ft 0914