

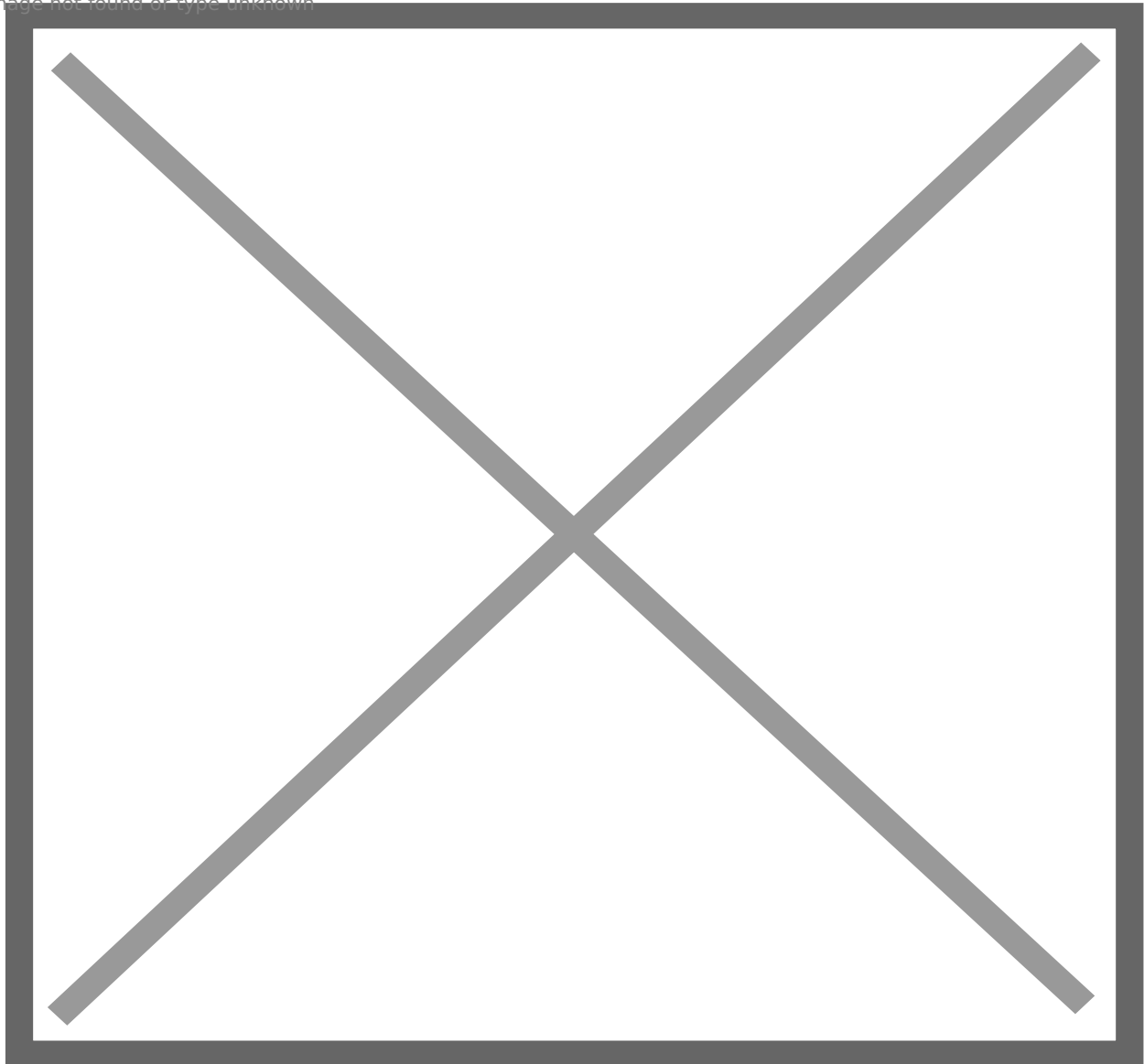
# A "Bread and Water" Question

Post by "Cassius" of September 1, 2024 at 9:06 AM

Don:

This question cries out for your discussion on the meaning of bread and water, but I am not sure where to point him. Do you happen to know the best place for your longest discussion of it?

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When Epicurus said that you could live on bread and water, with an occasional treat of some cheese, I presume the bread was more nutritious than today's but...

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John Bramwell

When Epicurus said that you could live on bread and water, with an occasional treat of some cheese, I presume the bread was more nutritious than today's but have never given it much thought. I know Epicurus had the occasional drop of wine but was his diet that frugal?