

# Toronto Canada Meetup Group (Discussion on Implementation)

Post by “Eikadistes” of April 5, 2025 at 12:30 PM

Frugality has a limit for Epicureans, true, but bread and water are not described as frugal pleasures:

**"Therefore I teem with sweet [sensations] through a modest body, desiring water and bread, and I spit upon pleasures that come from extravagance not *because* of them, but because of the *difficulties* that follow them. (Usener Fragment 181 / Bailey 37)**

"[T]hen [Dioklés](#) in the third [book] of his *Epitome* affirms [Epíkouros] lived his cheapest and simplest life; 'well a teacup,' [he] affirms '*of the cheap wine is sufficient, but just the water would be the [preferred] drink [for] us.*'" (*Lives and Opinions of Eminent Philosophers* 10.11).