

New Annual Event - The "Bread And Water Multimedia Award" - Nominations for 2021 Award (to be selected in December) Now Open!

Post by "Don" of April 27, 2021 at 8:03 AM

Quote from Dewitt

Another catchword of Epicurus is "fullness." It was part of his teaching that a limit to the desires had been set by Nature; thus a normal appetite could easily be satisfied to the full. The consequence was that fullness of pleasure was attainable. In the aggregate it meant that the fullness of all wholesome pleasures was feasible within the limits of mortal life.

It seems like we're talking about two different things here in relation to this ill-conceived video. I agree that the bread and water visuals and commentary are way overdone. But Epicurus did say that, if it was necessary, he could get pleasure from a simple meal of bread and water. I do not think that he meant he lived on that alone at all times. But he was saying his hunger could be satisfied and he could find pleasure in that meal. Would he attend a banquet and drink wine? Of course! If the opportunity presented itself! But I believe he would still listen to his body's natural limit and not eat to the point of pain. A life's "fullness of pleasure" is related to this but not the exact same thing. As in Dewitt's quote above, There's both the natural limit of appetites before pain sets in and, "in the aggregate" a pleasurable life could contain the limit of pleasures.