

# Weight Loss Methods - Poll of Epicurean Friends Results

Post by "Don" of January 18, 2023 at 12:14 PM

Diogenes Laertius 10.7:

he spent a whole mina daily on his table, as he himself says in his letter to Leontion and in that to the philosophers at Mitylene.

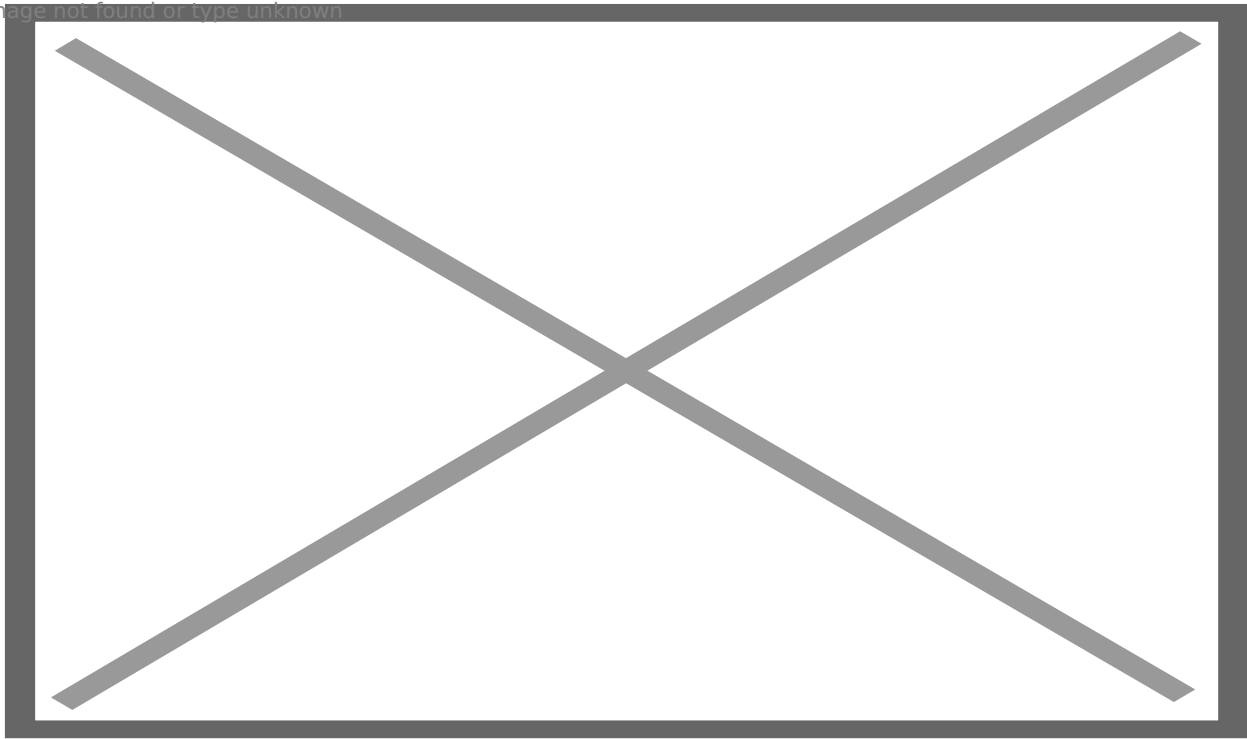
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Seneca, Letters to Lucilius, 18.9: The great hedonist teacher Epicurus used to observe certain periods during which he would be niggardly in satisfying his hunger, with the object of seeing to what extent, if at all, one thereby fell short of attaining full and complete pleasure, and whether it was worth going to much trouble to make the deficit good. At least so he says in the letter he wrote to Polyaeus in the archonship of Charinus {308 - 307 B.C.}. He boasts in it indeed that he is managing to feed himself for less than a half-penny, whereas Metrodorus, not yet having made such good progress, needs a whole half-penny!

And I'm going to have to find out from the Latin what those "pennies" actually translate.

[9] Certos habebat dies ille magister voluptatis Epicurus quibus maligne famem exstingueret, visurus an aliquid deesset ex plena et consummata voluptate, vel quantum deesset, et an dignum quod quis magno labore pensaret. Hoc certe in iis epistulis ait quas scripsit Charino magistratu ad Polyaeum; et quidem gloriatur non toto asse <se> pasci, Metrodorum, qui nondum tantum profecerit, toto.

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[As \(Roman coin\) - Wikipedia](#)

en.wikipedia.org

PS: According to some websites I found:

*(1st Century A.D.)*

*1 one pound loaf of bread = 2 asses*

*1 sextarius wine (~0.5 liter) = 1 - 5 asses*

Remember that it is Seneca using the as as the coin in question, and he lived 4 BC - 65 AD. So, technically according to Seneca's quotation of a letter by Epicurus, Epicurus didn't need a whole "as" to live on for per day. However, Epicurus wouldn't have used the "as" coin since that was a Roman currency. Without the original text, there is NO way of knowing how much money Epicurus was referring to. However, even if we take Seneca's anachronistic currency, if Epicurus were "experimenting" with eating bread and drinking water, he could have bought a 1 pound loaf of bread for 2 asses and it would have lasted him two days. A pound of bread is a pretty good-sized loaf.

*In his Coinage and History of the Roman Empire (vol. 2, p. 21), Vagi reports that "around the time of its destruction in A.D. 79 the average pay of a laborer in Pompeii was about 8 asses (half a denarius) per day, though actual salaries ranged from 5 to 16 asses per day. Skilled miners in rural Dacia earned wages of 6 to 10 asses, which were supplemented by free room and board values at 2 to 3 asses per day, bringing their true salaries more in line with the workers at the resort town of Pompeii."*

<https://www.epicureanfriends.com/thread/2839-weight-loss-methods-poll-of-epicureanfriends-results/?postID=22019#post22019>