

Metrodorus project

Post by "Cassius" of July 22, 2026 at 5:46 AM

Here is one of the many useful quotes here that we need to be able to find very often. Lately it seems like every mention of Epicurus is accompanied by the assertion that he lived on bread and water (they like to throw inand a little cheese) when in truth nothing could be further from the truth or make less sense for Epicurus to have done. What does make sense, here as Seneca says, is that at intervals Epicurus would test his ability to remain happy while eating little, much as we might train through exercises of any sort to be at the top of our games in anything we do.

SENECA, Epist. ad Luc, 18, 9 [11]

Even Epicurus, the teacher of pleasure, used to observe stated intervals, during which he satisfied his hunger in niggardly fashion; he wished to see whether he thereby fell short of full and complete happiness, and, if so, by what amount he fell short, and whether this amount was worth purchasing at the price of great effort. At any rate, he makes such a statement in the well known letter written to Polyaenus in the archonship of Charinus. Indeed, he boasts that he himself lived on less than a penny, but that Metrodorus, whose progress was not yet so great, needed a whole penny.