

## VS63

VS63. Frugality too has a limit, and the man who disregards it is like him who errs through excess.

Alternate Translations:

From Erik Anderson's "Epicurus Wiki" (Epicurism.info)

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Natican Saying 63

~Frax | Natican Saying 63~

ἔστι καὶ ἐν λεπτότητι καὶ ἀκαρδίᾳ, ἧς ὁ ἀνεπιλόγιστος παραλήπτω τι  
There is [due measure] even in frugality, of which he who [is] thoughtless [does not] take [due measure] anything

πάσχει τῷ ὁι' ἀκαρδίαν ἐκείνῳ.  
suffers [consequently as badly] as the one who [is] thoughtless out of bounds [due to indifference]

Translation

Template: Natican Saying 63

Analysis

This saying depicts the notion that Epicurus was a strict, extreme ascetic. There is, he tells us, a proper measure even for frugality; there is in fact such a thing as too much, and too little of it. The person who is thoughtless (presumably in being a hedonist), or one who thoughtlessly indulges in gratifying his desires without measure suffers just about as badly as the one who shows "indifference" (i.e. one who overdoes it, and exposure "indifference" frugality to an extreme). There is indeed a happy medium between indulgence and excessive self-denial (both literally and metaphorically).

VS63: "There is also a limit to frugality. The man unable to consider this suffers a similar end as the man who indulges in excess." --Eugene O'Connor

VS63: "There is also a limit in simple living. He who fails to heed this limit falls into an error as great as that of the man who gives way to extravagance." --Russel M. Greer

Please reserve the comments section below for brief comments only - let's discuss this saying in detail at the following link in the forum: [VS 63 -Frugality too has a limit, and the man who disregards...](https://www.epicureanfriends.com/wcf/lexicon/entry/59-vs63/)