

# 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)

Natican Saying 63

Ἔστι καὶ ἐν λεπτότητι καθαρότης, ἧς ὁ ἀνεπιλόγιμος παραλήθειν τι πάσχει· τὸ ὅτι ἄφορτίον ἐκπίπτει.

Translation

Template:Natican Saying 63

**Analysis**

The 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 even this of it. The person who is thoughtless (presumably in being a spendthrift), or one who thoughtlessly indulges in gratifying his desires without measures suffers just about as badly as the one who shows "inordinance" (i.e. one who overdoes it, and expresses "inordinant" frugality to an extreme). There is indeed a happy medium between indulgence and excessive self-denial (both likely and notlogically).

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/)