

Tim O'Keefe's "Epicurean Guide To Christmas" (An Article And Responses)

Post by "Don" of December 30, 2021 at 12:10 AM

[Quote from Godfrey](#)

This reminds me of [VS11](#):

For most people, to be quiet is to be numb and to be active is to be frenzied.

I'm not aware of the specific source of this, but it does seem to reinforce Don's post above.

Thanks for the reminder. My own translation of [VS11](#) is:

Quote

For the majority of people, to be at rest is to be bored stiff; but to be active is to be raving like a rabid dog. [It seems to be saying that there needs to be a balance or that stillness is important and that most people don't recognize this. Plus they're just running around to appear important or just simply to do something, they can't be alone with their own thoughts... they're not self-reliant.]

I found it interesting that the word used to describe the active people could also refer to rabies: λύσσα I. rage, fury, esp. martial rage, II. 2. after Hom. raging madness, raving, frenzy; II. canine madness, rabies.

PS: This is Bailey's commentary on [VS11](#):

Quote

XI. There is no close parallel to this sentence, but it is obviously a striking contrast with the life of the Epicurean philosopher, for whom both rest and activity are a part of his ἀταραξία [ataraxia].