

Episode One Hundred Twelve - Epicurus' Letter to Herodotus 01 (Introduction)

Post by “Don” of March 14, 2022 at 10:13 PM

Nice episode, guys!

First, thank you [Joshua](#) for the kind words about my Menoikeus work. Even if you end up being the only one to get benefit from it, it was worth the effort for all the kind words about it and references you've provided to it. Thank you! 😊

I was also interested in what the original Greek was for Epicurus's finding calm in the study of nature in section 37. I was especially curious if it was ataraxia. It is not. The phrase is ἐγγαληνίζω τῷ βίῳ "I spend life calmly/in tranquility." The verb ἐγγαληνίζω (enggalēnízō) is related to γαληνίζω which denotes to become calm, tranquil, or still, especially of waves or winds... Which is itself related to the many water metaphors that Epicurus uses from ataraxia's calm seas to safe harbors to setting sail on your own little boat to more I'm probably forgetting. LSJ:

[Henry George Liddell, Robert Scott, A Greek-English Lexicon, γ , γα^λακτό-ρυ^τος , γα^λην-ίζω](#)

PS. It appears from the additional sources I've seen that this word (ἐγγαληνίζω < εν "in" + γαληνίζω "I live calmly, in tranquility") only occurs in Epicurus's writing.