

# Letter to Menoikeus translation by Peter Saint-Andre

Post by “Kalosyni” of May 27, 2023 at 9:15 AM

I was looking at line 131 of this translation and noticed that it included "the enjoyment of sleep" as a type of pleasure not to be pursued. [Don](#) what is your take on this? I looked at [your translation](#) and didn't see anything referring to sleep.

Here is the text from Peter Saint-Andre:

"So when we say that pleasure is the goal, we do not mean the pleasures of decadent people or the enjoyment of sleep, as is believed by those who are ignorant or who don't understand us or who are ill-disposed to us, but to be free from bodily pain and mental disturbance. For a pleasant life is produced not by drinking and endless parties and enjoying boys and women and consuming fish and other delicacies of an extravagant table, but by sober reasoning, searching out the cause of everything we accept or reject, and driving out opinions that cause the greatest trouble in the soul."

[Letter to Menoikos, by Epicurus](#)