

# Upbeat, Optimistic, and Joyful Epicurean Text Excerpts

Post by “Kalosyni” of November 11, 2025 at 6:49 PM

[Quote from Kalosyni](#)

De Rerum Natura, book 2, excerpt:

Will add soon [sunshine, birds-song in forests]

As I was listening to an audio recording of De Rerum Natura last week when sick in bed, this section cheered me up:

De Rerum Natura, Book 2, section 142 (Humphries translation):

When dawn bathes earth with morning light, and birds,

All kinds of them, flying through pathless woods,

Fill all the delicate air with liquid song,

How suddenly at such a time the sun

Clothes everything with light! This we can see,

And so can all men, plain before the eyes.

But the sun's warmth and that calm light come on

Not through an empty void; their course is set

More slowly, as if they parted waves of air

The way a swimmer does. Not one by one

Do the tiny particles of heat proceed,

But rather en masse,...