

The Letter to Menoikeus - A New Translation with Commentary

Post by “Cleveland Okie” of December 5, 2025 at 12:04 AM

I just wanted to take a moment to mention how much I enjoyed Don's new translation with commentary of "Meditate On These Things: Epicurus's Letter to Menoikeus." I have nothing scholarly to offer, but I thought if I explained why I like it, it might be useful to other people who might be tempted to download it.

There can never be enough translations of the Letter to Menoikeus for those of us who don't know Greek, so the first thing I did was simply read Don's translation.

But I also enjoyed the way Don explained his translation choices, as it helped me think about the text. For example, in some of the translations I have read, Epicurus refers to bread and water, and in some others, to barley cakes and water. So I was interested not just in Don's translation but in his discussion of how he arrived at that translation, and how it relates to being able to enjoy simple food and also being able to enjoy gourmet meals, when the opportunity presents itself.