

# VS11 - Translation and Commentary: VS 11

Post by “Don” of March 14, 2020 at 12:39 AM

[Elayne](#) , I would concur with your post. I hope I didn't imply "*rest was preferable.*" I would agree that Epicurus is saying "most people" don't know how to be at rest or how to be active. An Epicurean should be able to find pleasure in both stillness/rest and activity/motion. So, an alternative translation, taking advantage of the stereotypical translation of  $\mu\epsilon\nu\dots\delta\epsilon\dots$  would be:

*On the one hand, for the majority of people, being at rest is to be in a stupor and numb; on the other hand, being active for them is to be raving like a rabid dog.*