**On Consolation and Sadness**

**From the Suda (a 10th century Byzantine encyclopedia/lexicon)**

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| Φάρμακον: παραμυθία, ὁμιλία, εἴρηται δὲ ἀπὸ τοῦ φέρειν τὴν ἄκεσιν: εἴρηται δὲ ἀπὸ τῶν ἀνθέων | φάρμακον, -ου, τό **– drug/medicine, but also a remedy or cure****παραμυθία, -ας, ἡ – encouragement, consolation****ὁμιλία, -ας, ἡ – company, association**εἴρηται – “it is said”**ἄκεσις εως, ἡ** – **cure, healing****ἄνθος, ους, τό** – **flower** |

**Euripides, Helen 698-699**

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| εἰ καὶ τὰ λοιπὰ τῆς τύχης εὐδαίμονοςτύχοιτε, πρὸς τὰ πρόσθεν ἀρκέσειεν ἄν. | This is what’s called a “future less vivid” construction—it’s translated as “if you *should* [εἰ + verb, in the optative], you *would* [verb in the optative + ἄν]”τύχοιτε is an (aorist) optative from τυγχάνω, meaning “obtain” (takes the genitive)ἀρκέσειεν is an (aorist) optative from ἀρκέω, meaning “suffice”λοιπός, -ά, -όν – remaining, left over => often, referring to time, this means the future (the remaining time)τύχη, -ης, **ἡ --** fortune, fateεὐδαίμων (third declension adjective! The genitive is εὐδαίμονος) – having a good daimon => blessed, fortunateπρόσθεν (adv.) -- before |

**Basil (Saint Basil, 4th century CE Bishop of Caesarea who wrote many letters)**

**Letter 131**

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| ἐπεὶ οὖν ἀμφότεροι χρῄζομεν παρακλήσεως, ἀλλήλοις γενώμεθα παραμυθία | ἀμφότερος, -α, -ον – both χρῄζω – want, need, lackπαράκλησις, εως, ἡ -- here, consolationἀλλήλων (occurs only in the plural and in oblique cases) – “(of) one another”γενώμεθα = aorist subjunctive from γίγνομαι |

**Letter 302**

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| **Ἐπεὶ οὖν κατέλιπέ σοι τὴν μνήμην τῆς οἰκείας αὐτοῦ ἀρετῆς, ἀρκοῦσαν νόμιζε ἔχειν παραμυθίαν τοῦ πάθους.** | κατέλιπέ is the aorist of καταλείπω – leave behindμνήμη, -ης, ἡ -- memory οἰκεῖος, α, ον – belonging to one’s house => belonging to one’s self, personal, fittingἀρετή, - ῆς, ἡ -- excellence, virtueἀρκοῦσαν is a participle from ἀρκέω – here, it effectively means “enough, sufficient”νομίζω – consider, think, believeπάθος, εος, τό – pain, misfortune (related to πάσχω, can refer to any experience, not just a bad one) |

**Thucydides, book 5**

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| Ἐλπὶς δέ, κινδύνῳ παραμύθιον…  | κίνδυνος, -ου, ὁ -- danger  |

**Some Proverbs from Arsenius, Paroemiographer**

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| Λόγος μέν ἐστι φάρμακον λύπης μόνος.Λόγος ἰατρὸς τοῦ κατὰ ψυχὴν πάθους | λόγος, - ου, ὁ -- word, conversation, reasonλύπη, -ης ἡ -- painἰατρός, -οῦ, ὁ -- doctor  |

**Euripides, fr. 1079**

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| Οὐκ ἔστι λύπης ἄλλο φάρμακον βροτοῖςὡς ἀνδρὸς ἐσθλοῦ καὶ φίλου παραίνεσις.ὅστις δὲ ταύτῃ τῇ νόσῳ ξυνὼν ἀνὴρ. | ἄλλος , η, ο –other βροτός, -οῦ, ὁ -- mortal manἀνήρ, ἀνδρός, ὁ -- man ἐσθλός , ή, όν – good, faithfulπαραίνεσις, εως, ἡ -- adviceὅστις – here, you can just translate this as “who” ταύτῃ comes from οὗτος = “this”ξυνὼν = “knowing (about), familiar with” (this is a participle, but not worth getting into here)νόσος, -ου, ἡ -- sickness disease |