**On Consolation and Sadness**

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

|  |  |
| --- | --- |
| 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**

|  |  |
| --- | --- |
| εἰ καὶ τὰ λοιπὰ τῆς τύχης εὐδαίμονος  τύχοιτε, 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, fate  εὐδαίμων (third declension adjective! The genitive is εὐδαίμονος) – having a good daimon => blessed, fortunate  πρόσθεν (adv.) -- before |

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

**Letter 131**

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

**Letter 302**

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

**Thucydides, book 5**

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

**Some Proverbs from Arsenius, Paroemiographer**

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

**Euripides, fr. 1079**

|  |  |
| --- | --- |
| Οὐκ ἔστι λύπης ἄλλο φάρμακον βροτοῖς ὡς ἀνδρὸς ἐσθλοῦ καὶ φίλου παραίνεσις. ὅστις δὲ ταύτῃ τῇ νόσῳ ξυνὼν ἀνὴρ. | ἄλλος , η, ο –other  βροτός, -οῦ, ὁ -- mortal man  ἀνήρ, ἀνδρός, ὁ -- man  ἐσθλός , ή, όν – good, faithful  παραίνεσις, εως, ἡ -- advice  ὅστις – 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 |