

Nothing in Excess: Herodotus and the Tradition of the Seven Sages

I. Cleoboulus of Lindos

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| <ol style="list-style-type: none"> 1. μέτρον ἄριστον. 2. πατέρα δεῖ αἰδεῖσθαι. 3. φιλήκοον εἶναι καὶ μὴ πολύλαλον. 4. ἡδονῆς κρατεῖν. | <ol style="list-style-type: none"> 1. Measure is best. 2. Honor thy father. 3. Hear much but say little. 4. Overcome pleasure. |
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II. Solon of Athens

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| <ol style="list-style-type: none"> 1. μηδὲν ἄγαν 2. ἡδονὴν φεῦγε, ἥτις λύπην τίκτει. 3. μὴ θρασύνου. 4. τὰ ἀφανῆ τοῖς φανεροῖς τεκμαίρου. | <ol style="list-style-type: none"> 1. Nothing in excess. 2. Flee pleasure; it brings pain. 3. Don't be rash. 4. Infer the hidden from the clear. |
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III. Chilon of Sparta

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| <ol style="list-style-type: none"> 1. γῶθι σεαυτόν. 2. νόμοις πείθου. 3. ἢ γλῶσσά σου μὴ
προτρεχέτω τοῦ νοῦ. 4. θυμοῦ κράτει. | <ol style="list-style-type: none"> 1. Know thyself. 2. Obey the laws. 3. Don't let your tongue outrun
your mind. 4. Control desire. |
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IV. Thales of Miletus

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| <ol style="list-style-type: none"> 1. χαλεπὸν τὸ ἑαυτὸν γῶναι. 2. ἄρχων κόσμει σεαυτόν. 3. μέτρον χρῶ. 4. φθονοῦ μάλλον ἢ οἰκτίρου. | <ol style="list-style-type: none"> 1. It is difficult to know thyself. 2. While ruling, govern thyself. 3. Live according to measure. 4. Better envied than pitied. |
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V. Pittacus of Mytilene

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| <ol style="list-style-type: none"> 1. καιρὸν γῶθι. 2. θεράπευε σωφροσύνην. 3. παρακαταθήκας ἀπόδος. 4. ἄπληστον κέρδος. | <ol style="list-style-type: none"> 1. Know the right moment. 2. Practice sophrosyne. 3. Return others' deposits. 4. Gain is unlimited. |
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VI. Bias of Priene

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| <ol style="list-style-type: none"> 1. ἀφροσύνην μὴ προσδέχου.. 2. ἄκουε πολλά. 3. λάλει καίρια. 4. ὅτι ἂν ἀγαθὸν πράσσης, θεοῦς,
μὴ σεαυτὸν αἰτιῶ. | <ol style="list-style-type: none"> 1. Reject folly. 2. Hear many things. 3. Speak prudently. 4. Whatever good you do, attribute
to the gods, not to yourself. |
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VII. Periander of Corinth

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| <ol style="list-style-type: none"> 1. εὐτυχῶν μὲν μέτριος ἴσθι,
ἀτυχῶν δὲ φρόνιμος. 2. καλὸν ἡσυχία. 3. δημοκρατία κρεῖττον τυραννίδος. 4. ζῶν μὲν ἐπαινοῦ, ἀποθανῶν δὲ
μακαρίζου. | <ol style="list-style-type: none"> 1. Be moderate in good times, be
sensible in bad. 2. Peace and quiet is a fine thing. 3. Democracy is better than tyranny. 4. Be praised while alive, be called
happy after death. |
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