

# New Christos Yapijakis Article: "The Philosophical Management of Stress"

Post by "Don" of January 7, 2023 at 3:28 PM

Thanks, [Joshua](#) !! 👍 👍 I had forgotten about these lines.

Here's a variant translation from Perseus:

And Eubulus introduces Bacchus as saying—

Let them three parts of wine all duly season

With nine of water, who'd preserve their reason;

The first gives health, the second sweet desires,

The third tranquillity and sleep inspires.

These are the wholesome draughts which wise men please,

Who from the banquet home return in peace.

From a fourth measure insolence proceeds;

Uproar a fifth, a sixth wild licence breeds;

A seventh brings black eyes and livid bruises,

The eighth the constable next introduces;

Black gall and hatred lurk the ninth beneath,

The tenth is madness, arms, and fearful death;

For too much wine pour'd in one little vessel,

Trips up all those who seek with it to wrestle.

Εὐβουλος δὲ ποιεῖ τὸν Διόνυσον λέγοντα ἑ 196 Κ':

τρεῖς γὰρ μόνους κρατῆρας ἐγκεραννύω

τοῖς εὖ φρονοῦσι: τὸν μὲν ὑγιείας ἕνα,

ὃν πρῶτον ἐκπίνουσι: τὸν δὲ δεύτερον

ἔρωτος ἡδονῆς τε: τὸν τρίτον δ' ὕπνου,  
ὄν ἐκπιόντες οἱ σοφοὶ κεκλημένοι  
οἴκαδε βαδίζουσ'. ὁ δὲ τέταρτος οὐκ ἔτι  
ἡμέτερός ἐστ', ἀλλ' ὕβρεος: ὁ δὲ πέμπτος βοῆς:  
ἕκτος δὲ κώμων: ἕβδομος δ' ὑπωπίων:  
<ὁ δ' > ὄγδοος κλητῆρος: ὁ δ' ἕνατος χολῆς:  
δέκατος δὲ μανίας, ὥστε καὶ βάλλειν ποιεῖ.  
πολὺς γὰρ εἰς ἓν μικρὸν ἀγγεῖον χυθεὶς  
ὑποσκελίζει ῥᾶστα τοὺς πεπωκότας.