

The background of the slide is a reproduction of Raphael's fresco 'The School of Athens'. It depicts a group of ancient Greek philosophers in a grand architectural setting. Plato is shown on the left, pointing his right index finger towards the sky, while Aristotle is on the right, gesturing with his right hand palm-down towards the earth. Other philosophers are engaged in various activities like teaching, debating, and studying. The architecture features high arches and classical columns. The text 'Chris Melancholy from Ancient Greece till 1850.' is overlaid in the center in a white, sans-serif font.

Chris Melancholy from Ancient Greece till 1850.

Timeline

460 BCE–370
BCE
Ancient Greece



500 BCE– 1500
CE
Medieval



1714 BCE–
1837 CE
Georgians



1837 BCE–
1901 CE
Victorians



Notes

Within this section of the power point I will talk about the time periods that I would be covering. The views of melancholia during different time periods of time and what society would have treated them or how they were perceived. I chose these time periods within history as they had different views during this time.

Ancient Greece



Expressed within ancient literature.



Medical texts dismissed this.



Melancholia

Notes

From the earliest Greek literature, it is written that behaviours and sicknesses were sent from the gods as a punishment or just down to the gods wickedness towards that person.

The main medical text was the four humors wirtting by Hippocrates
Melancholia or melan Cholia translates into black bile,

Medieval

- Demons and God
- Islamic world
- Western world
- Literature



Notes

When it comes to the Islamic world during the medieval times they mostly followed the Greek medical texts.

They had treatments and hospitals for those who needed to be treated for melancholia

They also believed in Jinns or god when it came to melancholia, a prime example of this would be Al-farabi who helped lay the foundations of studying and understanding melancholia

The western world went a complete different direction as they had no access to the four humors and their medical teachings

They stuck to spiritual healing and praying for the “curse to be lifted”

One of the most interesting pieces of literature to mention melancholia - Dante's inferno, he believed that rage and melancholia were one of the same.

Dante's inferno

“others, whose sighing makes these bubbles come
that pock the surface everywhere you look.
Lodged in the slime they say: ‘Once we were grim

and sullen in the sweet air above, that took
a further gladness from the play of sun;
inside us, we bore acedia’s dismal smoke.

We have this black mire now to be sullen in.’
This canticle they gargle from the craw,
unable to speak whole words.” We traveled on”
- (Dante Alighieri, (1314)



Georgian Era

- A rise in Churchyard poets
- Many different theories
- It was the most diagnosed mental illness



Notes

Church yard poets refers to a type of poet who is melancholic, pre – romantic. Writing beautiful poems about life but from a sad point of view. Most famous of all is Thomas Gray

“The curfew tolls the knell of parting day,
The lowing herd wind slowly o'er the lea,
The ploughman homeward plods his weary way,
And leaves the world to darkness and to me.”

(Thomas gray,(1751)

There were many different theories on what melancholia is and what was the cause they believed that hypochondriacal and hysterical impositions lead to melancholia,

At this time they were also talking about chemical balances and blood flowing within the brain.

Victorian Era

- Melancholia is seen differently
- Poetry



Notes

Melancholia which was seen as something linked to being hypochondriacal and hysterical, it actually during this period seen as just being in low mood or spirits, just it is like now within modern day depression.

As melancholia is become more and more accepted within this time period, it was sort of ironic that some of the most famous writers would deny they were melancholic, it is present within their work

Painting Thomas Gainsborough, Mrs. Richard Brinsley Sheridan, 1785-87

Elizabeth Barret browning

You see we're tired, my heart and I.
We dealt with books, we trusted men,
And in our own blood drenched the pen,
As if such colours could not fly.
We walked too straight for fortune's end,
We loved too true to keep a friend ;
At last we're tired, my heart and I.



References Chris

JACKSON, S. W. (1986). *Melancholia and Depression: From Hippocratic Times to Modern Times*. Yale University Press.
<https://doi.org/10.2307/j.ctt1xp3stn>

Britannica, T. Editors of Encyclopaedia (2023, December 14). *humour*. *Encyclopedia Britannica*. <https://www.britannica.com/science/humour-ancient-physiology>

Mitha K. (2020). Conceptualising and addressing mental disorders amongst Muslim communities: Approaches from the Islamic Golden Age. *Transcultural psychiatry*, 57(6), 763–774. <https://doi.org/10.1177/1363461520962603>

Pormann, P. E. (2015). Al-Fārābī, the Melancholic Thinker and Philosopher Poet. *Journal of the American Oriental Society*, 135(2), 209–224.
<https://doi.org/10.7817/jameroriesoci.135.2.209>

Widmer D. A. (2004). Black bile and psychomotor retardation: shades of melancholia in Dante's *Inferno*. *Journal of the history of the neurosciences*, 13(1), 91–101. <https://doi.org/10.1080/09647040490885529>

Gray, T. (1910) *Elegy Written in a Country Churchyard*. Chicago, F.J. Trezise. [Pdf] Retrieved from the Library of Congress, <https://www.loc.gov/item/10020191/>

JACKSON, S. W. (1986). Melancholia in the Eighteenth Century: Mechanical Explanation and Beyond. In *Melancholia and Depression: From Hippocratic Times to Modern Times* (pp. 116–146). Yale University Press. <https://doi.org/10.2307/j.ctt1xp3stn.10>

Riede, D. G. (2005). *Allegories of One's Own Mind: Melancholy in Victorian Poetry*. Ohio State University Press.

Baldwin, E., (2020, November 29). My Heart and I by Elizabeth Barrett Browning. *Poem Analysis*. Retrieved from <https://poemanalysis.com/elizabeth-barrett-browning/my-heart-and-i/>