

## Seanfhocail

Is maith an t-anlann an t-ocras *Hunger is a good sauce*

Dochtúir na sláinte an codladh *Sleep is health's doctor*

Mol an óige is tiocfaidh sí *Praise the youth and they will bloom*

Tús maith leath na hoibre *A good start is half the work*

Ní thagann ciall roimh aois *Sense doesn't come before age*

Is fearr rith maith ná drochsheasamh *A good run is better than a bad stand*

Is trom an t-ualach é an leisce *Laziness is a heavy burden*

Nuair a bhíonn an t-ól istigh bíonn an chiall amuigh *When the drink is in, sense is out*

Is glas iad na cnoic i bhfad uainn *Faraway hills are green*

Ní sheasann sac folamh *An empty sack won't stand*

Is minic a bhris béal duine a shrón *Many a time a man's mouth broke his nose.*

Is iad na muca ciúine a itheann an mhin. *It is the quiet pigs that eat the meal.*

Maireann croí éadrom i bhfad. *The light heart lives longest.*

Coimhhead fearg fhear na foighde. *Beware of the anger of a patient man.*

An té a chaillfeas a chlú, caillfidh sé a náire. *He who loses his reputation, loses his shame.*

Is maith an t-anlann an t-ocras *Hunger is a tasty sauce.*

Is leor don dreoilín a nead. *A wren only has need for its nest.*

Ní dhíolann dearmad fiacha. *A debt is still unpaid, even if forgotten.*

Is trom an t-ualach an leisce. *Laziness is a heavy burden.*

Ní hé lá na gaoithe lá na scoilbe. *A windy day is no day for thatching.*

Is leor nod don eolach. *A hint is sufficient for the wise.*

Ní thuigeann an sách an seang is má thuigeann, ní in am. *The fat person doesn't understand the thin man, and if he does, it is usually too late.*

An té a phósfas an t-airgead, pósfaidh sé óinseach. Imeoidh an t-airgead, fanfaidh an t-óinseach.

*He who marries money, marries a fool. The money will go but the fool will remain.*

Ní bhíonn meas ar an aonphort.

*There is little respect for the single tune.*

Teas gaoithe aduaidh nó fuacht gaoithe aneas, sin báisteach.

*The north wind's heat or the cold of the south wind, means rain.*

Dá mbeifeá chomh láidir le crann darach, gheobhaidh an bás an ceann is fearr ort.

*If you are as strong as an oak tree, death will still vanquish you.*

Is deas an rud an beagán ach é a dhéanamh go maith.  
*Little is best if well done.*

Iarr ar bhean uair nó dhó agus muna dtagann sí, ná bac léi go deo.  
*Ask a woman once or twice and if she refuses, let her be forever.*

Ní bhíonn an duine críonna go dtéann an beart thart.  
*The person is not wise until the deed is done.*

Ní íoctar as an bhuille nach mbuailtear.  
*A blow not given isn't paid for.*

Arsa Cailleach Mhaigh Eo le Cailleach Thír Eoghain: 'An té a bheas go maith duit, bí go maith dó'.  
*Says the old woman from Mayo to the old woman from Tyrone, 'he who is good to you, be good to him'.*

Ná díol caora dhubh, ná ceannaigh caora dhubh, agus ná bí gan caora dhubh.  
*Neither buy or sell a black sheep but never be without one.*

Is neamhbhuan cogadh na gcarad; má bhíonn sé cruá, ní bhíonn sé fada.  
*A row between friends is short lasting; even if bitter it is never long.*

An rud nach bhfuil agus nach mbeidh, nead ag an luch i bhféasóg an chait.  
*What isn't and never will be - a mouse's nest in the cat's beard.*

Scéal an chait, a piscín.  
*The cat's life, its kitten.*

Is ón cheann a thagann an cheird.  
*The craft comes from the head.*

Chomh sean leis an cheo agus níos sine faoi dhó.  
*As old as the mist and older by two.*

Ní cleas é go ndéantar trí huairé.  
*It isn't a trick until it is done three times.*

Caill do chlú agus faigh ar ais é, agus ní hé an rud céanna é.  
*Lose your reputation to regain it, but it is never the same.*

Dochtúir na sláinte an codladh.  
*Health's doctor is sleep.*

Ná glac pioc comhairle gan comhairle ban.  
*Never take advice without a woman's guidance.*

Tabhair do chuid dod' chomharsan is bí féin id' óinseach.  
*Give yours to the neighbour and be a fool yourself.*

Bíonn fáilte agus fiche roimh chuireadh gan iarraidh.  
*There is great welcome in an unrequested invitation.*

Ná cuir dailtín le teachtaireacht.  
*Never send a youngster with a message.*

An té a bhíonn díomhaoin óg, bíonn sé buan críonna.  
*He who is single in youth, is forever wise.*

Is faide a théann an dúchas ná an fhoghlaim.  
*Nurture goes further than learning.*

An té a luíonn le madaí, éiríodh sé le dearnaid.  
He who sleeps with dogs, rises with fleas.

Is deise cabhair Dé ná an doras.  
God's help is nearer than the door.

An té nach leigheasann im nó uisce beatha, ní aon leigheas air.  
That which butter or whiskey doesn't cure, there isn't a remedy for it.

Is garbh mí na gcuach.  
The month of the cuckoo is severe.

Caith agus ná coinneigh an muileat.  
Play and don't keep the card with diamonds.

Chomh díomhain le laidhricín píobaire.  
As idle as a piper's little finger.

Ith do sháith agus ól do sháith agus déan do sháith den obair, agus nuair a gheobhas tú an bás,  
féadfaidh tú do sháith a chodladh.  
Eat and drink your fill and do your work as best, and when you die, you can sleep  
your rest.

Faigheann an tseanbhróg an tseanstoca.  
The old shoe gets the old stocking.

Is minic a bhain seangán léim as gearrán.  
It is often an ant made a horse jump.

An té a bhíonn siúlach, bíonn sé scéalach agus an té a bhíonn scéalach bíonn sé bréagach.  
He who travels is talkative, and he who is talkative tells untruths.

Dearg aniar - soineann agus grian,  
Dearg anoir - sneachta agus sioc,  
Dearg aneast - doineann agus teas,  
Dearg aduaidh - clagar agus fuacht.  
Red in the west - sunshine and sun,  
Red in the east - snow and frost,  
Red in the south - storm and heat,  
Red in the north - hail and cold.

Níor tháinig stoirm ariamh gan báisteach ina dhiaidh.  
A storm never comes without the rain after.

Is cuma le tae cé ólfas é.  
Tea doesn't mind who drinks it.

Taephota sa teallach, 'sé a shásóidh an chailleach.  
A teapot on the stove is what satisfies an old woman.

Is treise toil ná tuiscint.  
Will is stronger than understanding.

Téann íseal agus uasal chuig tórramh.  
Both poor and rich attend funerals.

An té is ciúine is é is buaine.  
He who is silent is the stronger.

Ná bí beag ná mór leis an chléir.  
Be neither friendly or unfriendly with clergy.

Oíche aerach is maidin bhrónach.  
A lively night and a sad morning.

Mol an óige is tiocfaidh sí.  
Praise the youth and they will bloom.

Ná mol agus ná cáin thú féin.  
Neither praise nor criticise yourself.

Ná leathnaigh do bhrat muna féidir leat á chosaint.  
Don't unfurl your flag if you are unable to defend it.

Mol an bodach agus bain obair as.  
Praise the rich man and make him work.

Lig domh agus ligfidh mé duit.  
Let me be and I will let you be.

Moladh luath agus cáineadh mall.  
Early praise and delayed criticism.

Más maith leat do cháineadh, pós.  
If you like to be criticised, get married.

Ná gearradh do theanga do shrón féin.  
Let your tongue not cut off your nose.

An rud nach gcluinfidh do chluais, ní bhainfidh sé caint asat.  
What your ear doesn't hear won't make you talk.

An rud is gaire do do chroí is gaire don bhéal.  
What is nearer your heart is closest to your mouth.

An rud is annamh, is iontach.  
What is rare is strangest.

Is maith an scéalaí an aimsir.  
Time is a good messenger (Time will tell).

Ní bhíonn airgead amadáin i bhfad ina phóca.  
A fool's money doesn't remain for long in his pocket.

Chomh folláin le bradán.  
As healthy as a salmon.

Siúlann na cait seacht n-acra in oíche.  
A cat walks seven acres in a night.

Tús maith leath na hoibre.  
A good start is half the work.

Faigheann an fharraige a cuid féin.  
The sea receives its own.

Chomh glan leis an fhíorusce.  
As pure as spring water.

Is é buille an phinn an buille is fealltaí.  
The pen's blow is the most treacherous.

Chomh salach le teach na gcearc.  
As dirty as the hen house.

Ní haon ualach an chiall.  
Sense is not a heavy burden.

Ní thagann ciall roimh aois.  
Sense doesn't come before age.

Is treise an dúchas ná an oiliúint.  
Nurture is stronger than training.

Bíonn cluasa fada ar mhuca beaga.  
Little pigs have long ears.

Ní féidir leis an ghobadán an dá thrá a fhreastal.  
The sandpiper cannot attend to two beaches.

Is le gach bó a lao agus is le gach leabhar a chóip.  
To every cow its calf and to every book its copy.

Is minic a rug cú mall ar ghiorria.  
It is often that a slow hound captures a hare.

Is fearr rith maith ná drochsheasamh.  
A good run is better than a poor stand.

Bíonn saibhir agus daibhir le chéile ar neamh.  
Rich and poor are together in heaven.

Ní bhíonn uasal ná íseal ach thuas seal thíos seal.  
Noble and poor are both up and down a while.

Ní féidir an dubh a chur ina gheal ach seal.  
You can only deny the truth for a while.

Bíonn blas ar an mbeagán.  
A little tastes well.

An té a bhíonn thuas óltar deoch air, an té a bhíonn thíos buailtear cic air.  
He who is successful is saluted with a drink, he who is down is kicked.

Is cuma leis an bhacach cé a líonann a mhála.  
The beggar cares little as to who fills his bag.

Is trom an t-ualach é an leisce.  
Laziness is a heavy load.

Ar scáth a chéile a mhairimid.  
We all exist in each others' shadow.

Trí shaghas fear nach féidir leo mná a thuiscint: fir óga, fir aosta agus fir mheánaosta.

Three types of men who don't understand women: the old, the young and the middle-aged.

Trí ní nach féidir a cheilt: tart, tochas agus ocras.  
Three things that cannot be concealed - thirst, itch and hunger.

Trí ní nach mothaítear ag teacht: cíós, aois agus féasóg.  
Three things that come unawares: rent, age and beard-growth.

Nuair a bhíonn an t-ól istigh, bíonn an chiall amuigh.  
When the drink is in, the sense is out.

Is minic paidrín fada ag rógaire.  
The rogue frequently has a long prayer.

Is minic ubh mhór ag cearc bheag.  
A small hen often has a large egg.

Fág an drochscéal san áit a bhfuair tú é.  
Leave the bad tale where you found it.

Má bhíonn tú ar lorg cara gan locht, beidh tú gan chara go deo.  
If you seek a friend without fault, you will be without one forever.

Is fearr beagán cuidithe ná mórán trua.  
A little help is better than a lot of sympathy.

Cuir síoda ar ghabhar ach is gabhar i gcónaí é.  
Dress a goat in silk and he still remains a goat.

Níl leigheas ar an ghrá ach pósadh.  
Love's only remedy is marriage.

Níl saoi gan locht.  
A wise man is not without fault.

An té nach gcuireann san earrach, ní bhainfidh sé san fhómhair.  
He who doesn't sow in spring will not reap in the autumn.

Is dóigh le fear gan chiall gurb é féin fear na céille.  
The man without sense thinks that he is the sensible one.

Is fearr lúbadh ná briseadh.  
Bending is better than breaking.

An té nach bhfuil láidir, ní mór dó a bheith glic.  
He who is weak needs to be clever.

Is minic ciúin ciontach.  
Silence frequently signals guilt.

An té a bhíonn amuigh, fuaraíonn a chuid.  
He who is absent, his food goes cold.

Is namhaid í an cheird gan í a fhoghlaim.  
A craft is an enemy if not learned.

Chomh dubh leis an tsúiche.  
As black as soot.

Is trom cearc i bhfad.  
Even a hen becomes a burden on a long journey.

Tig maith mór as moill bheag.  
Often great good comes from a short delay.

Níl fhios ag fear an tí thall caidé mar atá fear a tí 'bhus.  
One neighbour doesn't know what the other is doing.

Is minic a bhí fear maith i seanbhríste.  
There's often a good man in old trousers.

Chuirfeadh sé cosa faoi chearca duit.  
He'd build a nest in your ear.

Ní scéal rúin é más fios do thriúr é.  
It isn't a secret if three knows it.

Dá ghile an t-éadach, is fusa é a shalachadh.  
The whiter the cloth the easier soiled.

Is fearr réal inniu ná scilling amárach.  
It is better to have sixpence today than a shilling tomorrow.

Ceannaigh an maor 's ní baol duit an máistir.  
Buy the steward and you won't fear the master.

Nuair a stadann an ceol, stadann an rinnce.  
When the music stops, so does the dance.

Ní hé an té is fearr a thuileann is mó a fhaigheann.  
The most deserving isn't always the best rewarded.

Na héiligh do cheart go bhfeicfead do neart.  
Don't demand your rights until you know your strength.

An t-ualach 's mó ar an capall is míne.  
The willing horse gets the most work.

Is olc an cearc ná scríobfaidh do féin.  
It is a poor hen that won't scratch for herself.

I dtosach na h-aicíde is fusa í a leigheas.  
It is easier to cure illness at the start.

Aimsíonn an dall a bhéal.  
A blind man can find his mouth.

Is dána gach fear go tulaigh.  
Every man is brave until he reaches the battle.

Ceileann searc ainimh 's locht.  
Love is blind.

Is minic bean an ghréasaí ag caitheamh droch bhróg.  
It is often the shoemaker's wife that wears the worst shoes.

Buail an t-iarann te.  
Strike when the iron is hot.

Ní bhíonn bua mór gan contúirt.  
There is never a great victory without danger.

Múineann gá seift.  
Mother is the necessity of invention.

An gad is giorra don scornach is gá a réiteach ar thús.  
The most pressing problem should be resolved first.

Is minic a bhain dealg beag braon.  
It is often a small thorn drew blood.

Roghnaigh do chuideachta sul a dtéann tú ag ól.  
First choose your company before drinking.

Bíonn an fhírinne searbh ach ní fhaigheann sí náire go deo.  
Truth is bitter but never ashamed.

Is geall le sos malairt oibre.  
A change is as good as a rest.

Ná glac duine choíche ar a thuaraisc fhéin.  
Never accept anyone's own opinion of themselves.

Níl cíós, cás nó cathú air.  
He is without troubles.

Is fearr an troid ná an t-uaigneas.  
Conflict is preferable to loneliness.

Níl luibh nó leigheas in aghaidh an bhás.  
There is no cure for death.

Is fearr a bheith ag lorg bí ná goile.  
Looking for food is preferable to looking for an appetite.

Seachain an duine a bhíonn ina thost.  
Beware of the person of few words.

Ná tabhair breith ar an chéad scéal.  
Never judge on first opinions.

Ní fhanann tráigh le éinne.  
Time and tide awaits no man.

Tar éis a thuigtear gach beart.  
It is easy to be wise after the event.

Is ait an mac an saol.  
Life is strange.

Ní raibh feall riamh nach fillfeadh.  
Evil always returns on the evildoer.

Mol an lá um thráthnóna.  
Don't praise the day until evening.

Éist le fuaim na habhna agus gheobhair breac.  
Listen to the river and you will get a trout.

Is binn béal ina thost.  
Silence is golden.

Ní dheachaigh fial ariamh go hlfreann.  
A generous person never went to Hell.

Más gearr é do scéal is greannmhar.  
The shorter the story the funnier.

Deineann ceann ciallmhar béal iata.  
A wise man keeps his counsel.

Galar an grá nach leigheasann luibheanna.  
No known herb cures love.



Is fearr an sláinte ná an táinte.  
Health is better than wealth.

Is í an lámh a síntear, an lámh a cáintear.  
A helping hand gets the blame.

An rud nach fiú é a lorg, ní fiú í a fháil.  
What is not worth seeking, is not worth finding.

Ní raibh an cuibheasach ina thaoiseach maith ariamh.  
The mediocre never make great leaders.

Fiche bliain ag fás, fiche bliain ag faoi bhláth agus fiche bliain ag trá.  
20 years a'growing, 20 years in bloom and 20 years in decline.

Tír gan teanga, tír gan anam.  
A country without a language is a country without a soul.

Beidh lá eile ag an bPaorach.  
There will be another day.

Is glas iad na cnoic i bhfad uainn.  
Faraway hills are green.

Mair a chapall is gheobhar féar.  
Live horse and you will get grass.

Ní breac go port é.  
A trout isn't caught until landed.

Ní neart go cur le chéile.  
Unity is strength.

Is fearr mall ná go brách.  
Better late than never.

Ní mar a síltear a bhítear.  
Things are not always as they seem.

Ní h-aithne go h-aontíos.  
You won't know someone until you live with him or her.

Molann an obair an fear.  
The work praises the man.

Is maith an cearc ná beireann amuigh.  
The good hen doesn't lay outside.

Is mac do mhac go bpósfaidh sé. Ach is iníon d'iníon go dtéir i gcré.  
A son is a son until he marries. A daughter is forever.

Is buan fear ina dhúiche fhéin.  
A man is brave in his own back yard.

Aithníonn ciaróg ciaróg eile.  
It takes one to know one.