

St Mark's Word of the Week



Sanguine

Are you familiar with this word?

What does it mean?

Can you use it in a sentence?



Sanguine (adjective)

Definition

- Positive or optimistic

Examples:

- Everybody seems surprisingly sanguine about it.
- Investors were less sanguine in advance of 2023 results today.
- Malcolm was feeling quite sanguine about his maths test.

Can you come up with your own?



Sanguine (adjective)

Definition

- Positive or optimistic

Can you think of any synonyms for sanguine?

- Hopeful
- Confident
- Enthusiastic
- Upbeat
- Buoyant

Can you think of any antonyms for sanguine?

- Negative
- Pessimistic



Where does the word come from? What is its etymology?

Sanguinis Latin for blood



Sanguin French for blood-red colour

How could this come to mean optimistic?



How could this come to mean optimistic?

For more than 2000 years, most people believed diseases were caused by an imbalance in four humors that existed within the body.

If people had a lot of blood in them, it was thought this was what made them optimistic.

In the mid 1800s, germ theory replaced the idea of humors, but the meaning of sanguine remained.

