



The form ἴστε may be the indicative or imperative mood of οἶδα. Either may be possible; however, because γὰρ introduces the logical support for the preceding exhortations, the indicative may be better. The participle γινώσκοντες is causal. The demonstrative pronoun τοῦτο is the direct object of ἴστε. As τοῦτο stands in the sentence, it is foremost and thereby receives unusual emphasis.