According to Meyer (1892: 39f.), PIE. initial *j- can be reflected as either gj- or j- in Albanian:

- **gjesh** 'knead', Skt. yásati, Gr. zéō 'seethe', OHG. jesan 'foam'.
- **ngjesh** 'gird', Av. yāsta-, Gr. zóstós, Lith. įūosti.
- **gjër** 'soup', Skt. yāuti, Lith. jauštis 'mix'.
- **ju** 'you', Av. yūś, Go. jūs, Lith. jūs.
- **jē** 'permission', Skt. yōḥ 'welfare', Latin iūs 'justice'.
- **a-jo** 'she', kē-jo 'this' < *jā, Skt. yā.

Pedersen regarded gj- as the only regular outcome of PIE. *j- in Albanian and derived j- in ju and -jo from a hiatus filler (1900a: 103, 1900b: 313). Jokl agrees with Pedersen and connects jē 'permission' with Skt. āvih 'favorable' (1911: 32).

Çabej has argued in favor of a reflex z- from PIE. *j- (1956, cf. 1972: 139). This view cannot be maintained, as Orël has made quite clear (1989: 41f.). Orël discusses the available evidence in detail and presents an extensive account of the scholarly literature (to which Jokl 1911 and Rusakov 1987 should be added). He rejects Pedersen's suggestion of a hiatus filler and proposes additional instances of both gj- and j- from PIE. *j- (1989: 43f.):

- **gjaj** 'happen' and **gjaj** 'resemble' from *jā- 'go', Skt. yāti.
- **gjem** 'bridle', Skt. yāmāḥ.
- **gjer** 'till' < *ajeri, Gr. ēri 'early', Av. ayar- 'day'.
- **gjymēsē, gjysemē** 'half', gjymtē 'defective', Skt. yamāḥ 'twin'.
- **josh** 'curl, fondle, caress', Skt. yōḍati 'fight', Lith. jáudinti 'excite'.
- **juzi, juci** '(thin) silt', Lith. jáudra 'swamp, marsh'.

Orël suggests that PIE. *j- yielded j- before back vowels in Proto-Albanian and developed into gj- elsewhere. I find this account unsatisfactory for a number of reasons.
First of all, the new comparisons are far from compelling semantically. Though meanings sometimes change in unexpected ways, it seems obvious to me that the proposed etymologies for *josh and *juzi, *juci cannot be used as independent evidence for the establishment of a sound law. Note that the latter instance may be related to *luce 'Jauchengrube' (Kristoforidhi apud Orel).

Secondly, the phonetic motivation for the retention of *j- before back vowels, as opposed to the rise of *gj- elsewhere, remains unclear. One would rather expect the opposite.

Thirdly, the number of examples is really too small to establish a distribution of *gje-, *gje-, *gjy- versus *jo-, *ju-. Moreover, the clear instances of *j- < PIE. *j- are pronominal stems, as Orel remarks himself (1989: 43). It therefore seems appropriate to assume that *gj- is the only normal reflex of PIE. *j- and to look for a special development in the pronouns.

Elsewhere I have argued that -jo in ajo 'she' and k(e)jo 'this' represents *yä or *ejä, Latin ea, Skt. iyám < *iH-om, cf. masc -i in ai 'he', ky < *ku-'this', Latin is, Skt ayám < *ei-om (1987: 224f) It follows that -jo reflects the intervocalic development of PIE *j in Albanian. We may therefore surmise that ju 'you' represents a criticized form *ju of the PIE. pronoun *jū < *uH (cf. Beekes 1995. 208) after the verbal ending *-te, cf. na 'we' < *nos, where the short vowel also points to a clitic.

This leads us to reconsider the reflex of PIE. intervocalic *-j- in Albanian. According to Orel, "while in the majority of Slavonic borrowings Slav. *-j- is reflected as Alb. -j-, there exist a few Slavonic elements (presumably belonging to the earliest stratum of Slavonic words in Albanian) which display the development of "-j- to Alb. -h-" (1989: 46), e.g. krahome 'region, area', OCS. krana. It appears that Alb. -h- is a hiatus filler here. Orel further adduces krah 'arm, shoulder, wing, side' and llohe 'rain with snow, snow broth, dampness', allegedly from Slavic *kraj- and *loj-, respectively. These examples are not convincing for both formal and semantic reasons.

In the inherited material, Orel proposes Alb. -h- < *-j- in bahe 'sling' < *bhojä, pah 'scab, dust' < *poujo-, preher 'lap' < *pröjenos, shtrohe 'kennel' < *strējä, vête 'self' < *svojeti- beside vete and vete, and in the verbs ttoh 'cool' and ngroh 'warm', with *-jo where other scholars reconstruct *-skö. While vête beside vete and vete is unclear, there is little reason to assume *-j- in the other words. Orel finds a zero reflex of intervocalic *-j- in brie 'caries' < *bḥrejä, di 'know' < *dhejo or *dhyö, fle 'sleep' < *owo-lejö, lue 'shadow' < *skyä, kri 'worm' < *k̑er(t)jo-, ve
'egg' < *öwijom, bie 'fall, strike, beat' < *bhejö, dhi 'she-goat' < *aigijä, fli 'offering, sacrifice' < *owo-lejos, tre 'three' < *trejes. All of these examples point to loss of intervocalic *-j- after a retained front vowel.

Thus, I think that the phonetic reflex of intervocalic *-j- is Alb. *-j-, which was lost after a front vowel at a recent stage (but earlier than the rise of new *-j- from *lj- and *nj-). As the reflex of intervocalic *-s- is *-sh-, not *-h- (cf. Kortlandt 1987: 221f.), the two never merged except word-initially before a stressed vowel, where both yielded gj-. New initial *-j- arose from breaking of *e-, e.g. jam 'am' < *esmi, jashtë 'outside' < *eghstos. Orël's chronology (1989: 48) must therefore be revised as follows:

(1) $s > sh$,
(2) $sh- > zh-$ before stressed vowels,
(3) $j- > gj-$,
(4) $zh- > gj-$,
(5) rise of new $j-$ and $zh$-

It is possible that the development of *-j- to gj- at stage (3) was limited to the position before a stressed vowel. If the derivation of gjëra 'till' < *ajeri is correct, the rise of gj- must be dated after the reduction of pretonic vowels. However, I find it difficult to separate gjëra from deri 'until', which precludes a derivation from *j-.

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It seems possible to me that gjëra took its initial consonant from gjëra, gjëra 'broad, wide, far', for which no convincing etymology is available.

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