The Means to attain happy Life
Henry Howard, Earl of Surry

MARTIAL, the things that do attain
The happy life, be these, I find:
The riches left, not got with pain;
The fruitful ground, the quiet mind:

The equal friend, no grudge, no strife; 5
No charge of rule, nor governance;
Without disease, the healthful life;
The household of continuance:

The mean diet, no delicate fare;
True wisdom join’d with simpleness; 10
The night discharged of all care,
Where wine the wit may not oppress:

The faithful wife, without debate;
Such sleeps as may beguile the night.
Contented with thine own estate; 15
Ne wish for Death, ne fear his might.