



## AP European History

Howard – The Means to Attain a Happy Life

Name:

Section:

Directions: Read the following poem by Henry Howard and record five of his observations on what is necessary in order to have a happy life.



### The Means to attain happy Life

Henry Howard, Earl of Surrey

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.

Henry Howard, Earl of Surrey (1517–47). *The Poetical Works*. 1880. *Translation of Martial Epigrams Book X: 47*  
*ca. 86-103 B.C.E.*