

A PLEASANT LIFE

for S.A.T.B. voices and piano
with optional PianoTrax CD*

Words adapted from poems
by **SIR RICHARD FANSHAWE** (1608-1666)
and **FRANCIS BEAUMONT** (1584-1616)**

Music, and new Words, by
JAY ALTHOUSE

With a steady pulse (♩ = ca. 144-152)

SOPRANO
ALTO

TENOR
BASS

PIANO

mf

mf

he

With a steady pulse (♩ = ca. 144-152)

5

things that make a life to please,

mf

The things that make a life to please,

* Also available for S.A.B. (46745) and S.S.A. (46746).
PianoTrax 10 Accompaniment CD available (46743).

** Some of the lyrics were adapted from "The Things that Make a Life to Please" by Martial (Latin c. 40-c.103), translated by Sir Richard Fanshawe, and "'Tis Mirth That Fills the Veins with Blood" attributed to Francis Beaumont.

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9

lis - ten care-ful-ly, they are these:

lis - ten care-ful-ly, they are these:

13

health of bod - y, peace of mind, sat - is - fy - ing work to find.

19

Quar - rel sel - dom, law - suits nev - er,

Quar - rel sel - dom,

21

e - qual friends a - gree - ing ev - er, wealth in - her - it - ed
 law - suits nev - er, e - qual friends a - gree - ing ev - er,

24

but not got, a - bun - dant fields and a hearth that's hot,
 wealth in - her - it - ed but not got, a - bun - dant fields and a

27

a hearth that's hot. Wise sim - plic - i - ty,
 hearth that's hot, a hearth that's hot.

30

and plain fare, no grievous nights so loosed from care, a

33

hap - py and good - na - tured spouse, a fam - i - ly and a

36

sim - ple house.

decresc.

decresc.

39

mf an - y - thing less is

mf Sun all day and stars at night,

mf

42

not quite right. and from loud boast - ing

Al - ways hum - ble, nev - er vain,

mf

46

sfp *cresc.* *f*

do re fa. A pleas - ant

sfp *cresc.* *f*

cresc.

49

life, a pleas-ant life, a pleas-ant

f

53 *rit. e decresc.* **55** Somewhat freely ($\text{♩} = \text{ca. } 72$) *mp*

life. Seek not for-tune, crown, nor fame,

decresc. *mp*

Somewhat freely ($\text{♩} = \text{ca. } 72$) *mp*

rit. e decresc. *mp*

57

treat all per-sons much the same. Fill a life with

60

art and song. Val - ue beau - ty all life

rit.

rit.

64

Tempo I (♩ = ca. 144-152)

p

long.

mf

Tempo I (♩ = ca. 144-152)

p

cresc. poco a poco

mf

68

mf

more than wine, or sleep, or food.

mirth that fills the veins with blood, Let

mf

72

cresc.

for no one dies of that dis - ease,

cresc.

each one keep the heart at ease, for no one dies of that dis - ease,

76

78 *f*

of that dis - ease. He that would his bod - y keep

of that dis - ease

80

from af - fic - tions must not weep. But who - ev - er laughs and sings

84

has more pleas - ure than ten kings.

cresc.

cresc.

88

f Keep good com - pa - ny, serve them well. Nev - er ask and

f Keep good com - pa - ny, serve them well.

f

91

nev - er tell The things that make a life to please

Nev - er ask and nev - er tell. The things that make a

94 life of ease, _____ of ease. _____

al - so make a life of ease, a life of ease.

life to please al - so make a life of ease.

sfp *cresc.*

sfp *cresc.*

sfp *cresc.*

cresc.

98 *ff* **99**

A pleas-ant life, a pleas-ant

ff

ff

101 *molto rit.*

life, a pleas - ant life.

cresc. *molto rit.*

