

A PLEASANT LIFE

for S.S.A. 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 I
SOPRANO II

ALTO

PIANO

With a steady pulse (♩ = ca. 144-152)

mf

5

things that make a life to please,

mf

The things that make a life to please,

* Also available for S.A.T.B. (46744) and S.A.B. (46745).
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.

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,

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,

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

cresc. a hearth that's hot. **29** *f* Wise sim - plic - i - ty,
cresc. hearth that's hot, a hearth that's hot. *f* Wise sim - plic - i - ty,
cresc. *f*

30

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

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

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

36

sim - ple house. *decresc.*

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, and from loud boast - ing

mf

46

sfp do re - frain. *cresc.* A pleas - ant *f*

sfp do re - frain. *cresc.* A pleas - ant *f*

cresc.

49

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

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

f

53

rit. e decresc.

55 Somewhat freely (♩ = ca. 72)

mp

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

decresc.

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

mp

rit. e decresc.

mp

Somewhat freely (♩ = ca. 72)

57

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

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

60

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

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

rit.

64

Tempo I (♩ = ca. 144-152)

p

long. 'Tis

long.

mf

Tempo I (♩ = ca. 144-152)

p

cresc. poco a poco

68

mirth that fills the veins with blood, Let

more than wine, or sleep, or food.

mf

mf

72 *cresc.*

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

_____ *cresc.*

for no one dies of that dis-ease, _____

cresc.

76 **78** *f*

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

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

80

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

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

84

has more pleas - ure than ten kings. *cresc.*

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

life of ease, _____ of ease. _____

94

sfp *cresc.*

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

sfp *cresc.*

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

cresc.

98

ff 99

A pleas-ant life, a pleas-ant

ff

A pleas-ant life, a pleas-ant

ff

101

molto rit.

life, a pleas - ant life.

life, a pleas - ant life.

cresc. *molto rit.*