

# Quisquis composito (I:4)

*Philosophia encourages Boethis to master his emotions to return to philosophical reflection*

Quis - quis com - po - si - to se - re - nus ae - vo  
Whoever, serene  
in an ordered life,

fa - tum sub pe - di - bus e - git su - per - bum  
has brought  
proud Fate to heel

for - tu - nam - que tu - ens u - tram - que rec - tus  
and gazing on Fortune  
can keep

in - vic - tum po - tu - it te - ne - re vul - tum,  
an unbowed expression,  
standing up to both,

5  
non il - lum ra - bi - es mi - nae - que pon - ti  
will not be moved by the  
rages and perils of the sea,

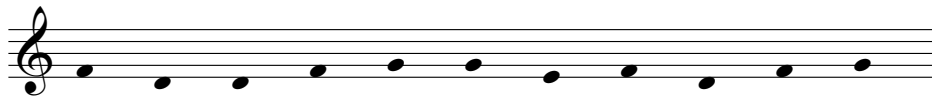
ver - sum fun - di - tus ex - a - gi - tan - tis aes - tum  
churning up surges  
from the depths,


nec rup - tis quo - ti - ens va - gus ca - mi - nis  
neither will he stagger  
as often as Vesuvius


tor - quet fu - mi - fi - cos Ve - sae - vus ig - nes  
spews out fiery flames,  
its forges burst,


aut cel - sas so - li - ti fe - ri - re tur - res  
nor will his path be diverted  
by the lofty pillars


10  
ar - den - tis vi - a ful - mi - nis mo - ve - bit.  
of singeing lightning,  
injurious to man.


Why do so many  
wretched people marvel



at savage tyrants,  
raging without power?



Hope for nothing,  
fear nothing:


you will disarm the  
anger of the impotent;


for whoever fears  
or desires timidly,


being neither stable  
nor self-governed,


has thrown away his  
shield and fled to


where he fastens the chain  
that hauls him off.

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Reconstructed by Sam Barrett,  
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