

https://en.wikisource.org/wiki/Of_Peace_of_Mind

XI.8 How large a part of mankind never think of storms when about to set sail? I shall never be ashamed to quote a good saying because it comes from a bad author. Publilius, who was a more powerful writer than any of our other playwrights, whether comic or tragic, whenever he chose to rise above farcical absurdities and speeches addressed to the gallery, among many other verses too noble even for tragedy, let alone for comedy, has this one:—

“What one hath suffered may befall us all.”

If a man takes this into his inmost heart and looks upon all the misfortunes of other men, of which there is always a great plenty, in this spirit, remembering that there is nothing to prevent their coming upon him also, he will arm himself against them long before they attack him. It is too late to school the mind to endurance of peril after peril has done.

XI.9 "I did not think this would happen," and "Would you ever have believed that this would have happened?" say you. But why should it not? Where are the riches after which want, hunger, and beggary do not follow? what office is there whose purple robe, augur's staff, and patrician reins have not as their accompaniment rags and banishment, the brand of infamy, a thousand disgraces, and utter reprobation? what kingdom is there for which ruin, trampling under foot, a tyrant and a butcher are not ready at hand? nor are these matters divided by long periods of time, but there is but the space of an hour between sitting on the throne ourselves and clasping the knees of someone else as suppliants.