

nēmō rīsum praebuit quī ex sē cēpit.



no one laughter provides who from himself takes

A diagram consisting of seven arrows pointing downwards from the Latin words to the English words. The arrows connect 'nēmō' to 'no', 'rīsum' to 'one', 'praebuit' to 'laughter', 'quī' to 'provides', 'ex' to 'who', 'sē' to 'from', and 'cēpit' to 'himself'.

No one becomes a laughingstock who can laugh at himself.

—Seneca the Younger, *De Constantia Sapientis*, 17,3