## XXI. Come forrow come

Come forrow come, fweet scayle,
By the which we ascend to the heau'nly place
Where vertue sitteth smyling
To see how some looke pale
With feare to behold thy ill fauoured face
Vaine shewes their sence beguiling,
For mirth hath no assurance
Nor warranty of durance.

Hence pleasures flie, sweete baite,
On the which they may iustly be said to be fooles,
That surfet by much tasting,
Like theeues you lie in waite.
Most subtillie how to prepare sillie soules,
For sorrowes euerlasting.
Wise griefes haue ioyfull turnings,
Nice pleasures ende in mournings.