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## The Preface.

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as being duely *Composed*, beget an *excellent Harmony*, and require the *Singers skill* to vtter them, as if he were then abroad at the *performing* of them.

3.

THE next we present is *Dauencing*, but that with some difference from the common *Exercise* now a daies of it, in our *Masks* and *Reuells*: As not grounded on the *Dauncing* of *Measures*, and accordingly bound to some particular *Rules* and *Numbers*, proper to the *Nature* of that *Dauunce* onely, which then is afoot: But fashioned like those *Antique Dauunces*, which the *Poets* would haue vs beleecue, the *Fayries*, and the *Satyres*, and those other *Rurall Natures* frequented, and hauing in them, much more *variety* and *change* then any other *Composition*, and withall so expressing our *imperfect Moods* and *Measures*, for their *Tact*, *Prolation*, and *Diminution*, that in singing, *cunningly* and *Sprightly* to resemble them, must needs giue the *performance* high commendation, and the Hearer the most pleasing delight that may be.

4.

DRINKING is our *fourth Recreation*. For so'tis become (at least, if not the *first*) by the *use & Delight* that men now take in it, and so, for their sakes, I am content now to terme it. And among all the rest, for theirs Especially, that in the *Aery* part of our *Faculty*, for want of *Skill* and *Reason* in that which they *performe*, set their *Strength* and *Spirits* to search it out of the other *Elements*, chiefly out of those two, that the *Ayre* is enuironed with, *Fire* and *Water*, well *compos'd* and *Brew'd* together, wherein they are resolu'd to grow *exceeding skilfull*, or else it shal cost their Braines a fiering, and their Bowells a drowning. The *Earth* indeed they looke least after, 'tis base that they account, and for *Mechanick Spirits* to runne so lowe, The *Note* they sing