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Alfime to good game I lone & shall outtell I see

yonge who list but none demer so god be plesed & lone with

I for my pastace hit sing & dance my hart is sett all

goodly sport for my confort who shall me let

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Alfime to good game I lone & shall do tel I see

yonge who list but none demer so god be plesed & lone

with I for my pastance hit sing & dance my hart

is sett all goodly sport for my confort who shall me let.

yonge must have in dailance off good or ill in pastance.
 Company me thyng then best all thyngs & farsed to deist.
 for willnes is ches master of vices all then who can say.
 but mytys and play is best of all.

Company to honeste is veru vices to fle.
 Company is good & ill but evy man hath his fre with.
 the best ensue the worst eschew my mynde shall be.
 veru to vs vice to refuse thys shall I use me.