

VLTIMVM VALE

Robert Iones

1605

7. Cease troubled thoughts to sigh.

1

Cease troubled thoughts to sigh, or sigh your selues to death,
Or kindle not my griefe, or coole it with your breath:

Let not that spirit which made me liue

Seeke thus vntimely to depriue

Mee of my life

Vnequall strife,

That breath which gaue mee beeing

Should hasten mee to dying.

2

Cease melting tears to streame, stop your vncessant course,
Which to my sorrowes childe are like a fruitfull Nurse,

From whence death liuing, comfort drawes,

And I my selfe appeare the cause

Of all my woe,

But tis not so :

For she whose beautie won mee,

By falshood hath vndone mee.