



**Richard Alison's**  
An Howres Recreation in Musicke.

(1606)

Edited by EDMUND H. FELLOWES.

Revised by Thurston Dart

**Nº 1. THE MAN UPRIGHT OF LIFE.**  
*(The First Verse.)*

Words by THOMAS CAMPION (1567-1620).

*Two moderate beats in a bar.*

**SOPRANO.** (CANTUS PRIMUS)

**SOPRANO.** (CANTUS SECUNDUS)

**ALTO.** (TENOR.)

**BASS.** (BASSUS.)

**PIANOFORTE.** (For rehearsal only.)

The man up -  
The man up-right of life, the man up -  
The man up-right, the man up-right of life, —  
The man up-right of life, the man up -  
right of life, the man up - right of life, whose guilt-less heart -  
right of life, the man up - right of life, whose guilt - less  
right of life, the man up - right of life, whose guilt - less  
the man up - right, the man up - right of life, whose guilt - - less  
man up - right of life, the man up - right, up - right, whose guilt - less