

**The life & age of man : shewing the different stages of man's life, from the cradle to the grave; wherein all Christians may behold their frail nature, and the miseries that attend a sinful life, set forth in a poem.**

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**Publication/Creation**

Dublin : John F. Nugent, and Co., [between 1860 and 1865?]

**Persistent URL**

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# THE LIFE & AGE OF MAN,

SHOWING THE DIFFERENT

## Stages of Man's Life, from the Cradle to the Grave;

Wherein all Christians may behold their frail nature, and the miseries that attend a Sinful Life, set forth in a poem.

At one year old, we in our cradle lie,  
At five a lubber louse we loudly cry  
At ten, for birds' nests range the room, vain,  
To school at fifteen, though we lose gain,  
At twenty, brist and airy, in our prime,  
Mind getting, drinking, revelling our time.

At thirty, weary of a single life,  
We seek a woman, till we get a wife,  
But come down on at forty years of age,  
For then we reach the top of mortal stage,  
At fifty, stooping, we go down again,  
At sixty set, having run out our short race.

At seventy, close, stiff, and hoard we wear,  
At eighty, upon sticks we're forced to bear;  
Because at that we pass the age of man,  
At ninety, without crutches we can't stand,  
And if, perchance, we reach one hundred years,  
Then bed-ridden we forget all anxious cares.

Considering by a glass, our time is short,  
Our time being gone, we to the grave are sent,  
Laid in a tomb of clay, our souls arise,  
And take flight to God through airy skies,  
Whether kings, princes, prophets, all are slaves  
To death: and must from cradle to the grave.



**A**WAKE thy soul from sin, lest death  
Should crop thy Youth, and stop thy vital breath  
Sing praises to the Lord, who did create  
Both heaven and earth and change thy temporal state

**B**E ever mindful of thy latter end,  
Advise with wisdom—treat her as a friend;  
For she'll instruct thee in the way of truth,  
Then seek her out whilst in the day of Youth.

**C**OME, sluggard, leave thy sin, and with the ant,  
Provide, in summer, that thou may'st not want,  
Awake thy soul, for surely thou shalt find,  
Thou art slow, death's swifter than the wind.

**D**O not give credit unto human glory,  
Since that the best of all is transitory;  
Put on thy dear Saviour, Jesus Christ, believe,  
Rely on him alone—sin shall not thee deceive.

**E**NVY no one who is of high degree,  
For thou in heaven may be as great as he;  
If thou repent while in thy youthful prime,  
Thou'lt find great glory in the end of time.

**F**ORGIVE all wrongs as thou would'st be forgiven  
Of God, thy maker, who above in heaven,  
In heaven sees the secrets of thy heart,  
Or, by true penance, mercy will impart.

**G**IVE glory unto the great God above,  
Tis he who only does deserve our love,  
His love to us has been already tried,  
When on the cross, to save our souls, he died.

**H**ATE lying tongues the servant to that heart,  
Which to the soul damnation will impart;  
In doing this thou evermore art heavenly blest,  
And he at last shall have eternal rest.

**J**UDGE not at all, lest thou provoke thy God,  
To scourge thy soul with his avenging rod;  
Let meekness guide thee, God thy ways direct,  
Salvation teach thee what thou dost neglect.

**K**NOWLEDGE once obtained if rightly used,  
By no temptations e'er can be abused;  
But misapplied, thy God will give no more,  
Then thou art worse than e'er thou wert before.

**L**OVE well thy neighbour, 'tis a godly thing,  
And surely 'twill salvation to thee bring;  
Although they offend thee, if thou dost love obtain,  
Of God the Father, his commands maintain.

**M**IND e'er old age come on, thy mispent days,  
And to thy Maker sing eternal praise;  
Treat not true repentance 'till it is too late,  
Lest thou shouldst find old age in a woeful state.

**N**OTHING was known of the most ancient fame,  
Which God both heaven and earth did frame;  
Both man and beast—the winged fowls of the air,  
Flies, and creeping things—all nothing were.

**O**MAN, consider that thy days are but few,  
Prepare for death, be sure, what'er thou do;  
Ask of God his Grace, and he will give,  
When fit to die, then thou art fit to live.

**P**OVERTY, where'er she hath pitched her tent,  
Ought in her case always to be content;  
For he who gave us all, from us can take away,  
But will restore again another day.

**Q**UARREL not with thy friend, nor eke thy foe,  
But rather choose another road to go;  
Let patience guide thee on this earthly stage,  
And strive always thy wrath for to assuage.

**R**UN not away from those that would thee teach,  
God's holy word, salvation to thee preach;  
Lest when thou wouldst, thy God shall say thee nay  
And stop his ears when thou to him shall pray.

**S**ERVANTS obey your masters, that is right,  
And ever please to the almighty's sight;  
Nor with eye-service, but with all your heart,  
Most gladly too, or thou shalt feel the smart.

**T**IME, thou endless, matchless, end may we,  
By diligence and care, lay hold on thee  
Which if we do, our souls to God will fly,  
Living from glorious time to time eternally.

**V**ANITY, thy name let's strive to hate,  
Thy ways are foolish, thy thy name's so great  
Persons themselves to heaven have found the way,  
And yet by thee have been quite cast away.

**W**OULDST thy parents honour, God will bless,  
With peace, long life, great joy & happiness,  
But he that curses, surely will at last,  
Without God's mercy into hell be cast.

**X**AMPLE take by him who walks uprightly,  
Thou'lt yield thee profit, and give thy soul delight  
And make that death, which is by some so feared,  
Welcome to thee, by him thy soul is saved.

**Y**OU that observe those lines, pray notice take,  
See that you don't the holy sabbath break;  
Six days God gave that we should labour so,  
And let the seventh to his holy worship go.

**Z**EALOUSLY live—all God's commands obey,  
There's none knows how soon their dying day  
May overtake them ere they are aware,  
God grant that we of sin may have a care.