

Beware o sinkin sands

I often walk in East Lothian's Aberlady Bay nature reserve. There are places around the bay where walkers should be careful where they put their feet.

Just aside the car park,
a warnin notice stands,
that tells unwary walkers tae
"Beware o sinkin sands".

That, I suppose is sensible,
for mony folk noo flock
in cars tae Aiberlady Bay,
oot ower its paths tae walk.

An it wuidnae dae ataw for folk
in walkin gear encased
tae suddenly find theirsels encased
in glaur up tae the waist!

Maist folk wi common sense nae doot
will heed what warnins say,
an watch their step as they stride oot
roond Aiberlady Bay.

But as through this life ye plot yer path,
an cope wi the world's demands,
take it fae me, ye never will be
far fae life's sinkin sands.