



84 True Temperance Boys and Girls

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Arr. by M. W. Howe

1. True tem-p'rance boys and girls are we. We're try - ing hard as
 2. We know our bod - ies must be clean, in - side as well as
 3. We wash our hands be - fore we eat, our fin - ger - nails keep
 4. We try to stand up straight and tall, and not let shoul - ders
 5. And when its time to go to school, to stud - y hard, o -

hard can be To learn health hab - its in our youth, for
 what is seen, And so we take deep breaths of air, which
 short and neat; Our teeth we brush both morn and eve, and
 droop or fall, To walk on toes in - stead of heels, and
 bey the rule, We'll have clear minds to get our tasks and

'tis a part of God's great truth. We join our hearts and join our
 lies a - bout us ev - 'ry-where; And then we drink at least a
 praise for gifts that we re - ceive. With win - dows o - pen wide at
 not to eat be - tween our meals. This last is hard - est, we all
 do the things the teach - er asks. The health work is the en - t'ring

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hands, and stand a true and loy - al band. From all bad
 glass of wa - ter pure—each lad and lass—Four times each
 night, we sleep long hours till morn - ing light. These things will
 think; in - stead of eat - ing take a drink. The stom - ach
 wedge, and 'round our path a shel - t'ring hedge; 'Twill help us

hab - its we will flee, for tem - p'rance boys and girls are we.
 day, and not at meals; and soon we find how good it feels.
 make and keep us well. This mes - sage we de - light to tell.
 must have time to rest, then for us all 'twill do its best.
 choose the right from wrong and make us good as well as strong.

CHORUS. (after first, third, and last stanzas only)

Tem - p'rance boys and girls are we—tem - p'rance boys, tem - p'rance girls;

Tem - p'rance boys and girls are we; al - ways true we mean to be.

