

C D G
 But let your tired ones come rest,
 C D G Em
 keep all your neon; I have northern lights,
 C D C D
 And moon and stars. Did you see Mars?
 C D G
 The sky is ours; it comes with Country Life!
 refrain

C F G Em
 O city, keep your smog and keep your strife,
 C D G
 But let your people see the sky.
 C D G Em
 They'll catch a vision for abundant life;
 C D C D
 Midst tree and fern they'll never return.
 C D G
 They'll live and learn about the Country Life!
 Refrain

PSALM 139:14

G Em
 I will praise Thee, I will praise Thee,
 C D
 For I am fearfully and wonderfully made.

REPEAT

G Em C D
 Marvelous, marvelous, are Thy works,
 G Em C D
 And that my soul, and that my soul knoweth right well.



THE EIGHT DOCTORS

C F C F
 Good health is a treasure and what's more its free,
 C F C F
 If sought for, then guarded, quite healthy you'll be.
 C F C F Am
 REFRAIN: I'm healthy, I'm happy, and if you ask why,
 C F C F
 I've been to eight doctors, will be my reply.

"This song is repetitious, but repeating things can be
"A good way to remember that coffee is not our cup of
tea!"

COUNTRY LIFE

REFRAIN: Give me the Country Life! the city's not for me.
I would rather live than languish in the city.
Give me pure fresh air, wind in my hair,
Sun on my face, Nature's pace.
Give me the country, Country Life!

O city, keep your rats and your rat-race,
But let your people come out here.
Keep all your fashions; I have Queen Anne's Lace,
And golden rod, the emerald sod.
I'll walk with God and live the Country Life!

Refrain

O city, keep your noise and traffic jams;
The only jam I want is grape.
Keep your obstructions; I have beaver dams,
And country lanes, mud when it rains.
But the greatest gains are found with Country Life!

Refrain

O city, keep your glitz and late, late nights,

The first doctor playfully tussled my hair,
He said, "Leave the city and get some fresh air"
The second was warm as he beamed down on me.
He said, "Why buy makeup when sunshine is free?"

Refrain

The third careful doctor prescribed temperance,
And since then when tempted I say, "Get thee hence!"
The fourth doctor cancelled our evening date,
He said, "Get some sleep now; you've stayed up too late."

Refrain

The fifth doctor told me, "Enough of just talk--
come now, put your shoes on, let's go for a walk."
The sixth doctor pointed to the bountiful field,
and planned me a menu from all it would yield.

Refrain

The seventh fine doctor just gushed with advice.
He said, "Drink it, bathe in it, water is nice."
The eighth doctor smiled as he said with a nod,
"All things work together if you just trust in God."

Refrain

MRS. RILEY

"Hello, Mrs. Riley! I'm glad to see you've come.

You're just in time for breakfast. Come on in, I'll serve you some.

"Would you like a cup of coffee?" "No, thank you, none for me.

"I've just read all about it, and now coffee is not my cup of tea."

"It's in this morning's paper; the article explains,

"Caffeine is a narcotic, it affects our nerves and brains.

"Now I'm not a drug user, I really wouldn't dare;

"Maybe I'm old-fashioned; that's just me, I guess you'd say I'm square.

"They shot it into a fly, and put it where a spider was,

"And when that spider ate it, he really got a buzz.

"The web he spun was slipshod, caffeine had dimmed his wit;

"It reminded me of my life, and that's when I thought I'd better quit.

"It also causes ulcers, and stomach problems, too;

"And atherosclerosis gives insomnia to you.

"Affects the unborn baby, the pancreas, the heart.

"Well, we'd be better off if we'd known this from the start.

EXERCISE

So your 'get up and go' just got up and went;
You feel exhausted and wasted and spent.

You can't seem to part with your favorite chair,
My friend, you are breathing devitalized air.
Cash in on the benefits you'll find outdoors;

If you're too tired to walk, crawl out on all fours.
Whatever it takes to get your poor self out side--
Exercise -- Exercise -- Exercise!

REFRAIN: It feels so good to be moving about,
I'm so glad I got up and got out,
My circulation is greatly improved,
I'm so glad that I finally moved!

Fat cheeks are cute on a child under two,
But that's not baby fat on me and on you.

We all have our places where fat takes a ride,
And that is one problem that no one can hide.
So if you're more ample than you'd like to be,
Get on your feet and turn off the T.V.

You'll get out into the fresh air if you're wise,
Exercise -- Exercise -- Exercise!
Refrain

D Well, maybe you're thinking, "I just can't relate."
D7 F#m G Em
"I'm thin as can be, I'm not overweight."
E
So skinny, self-satisfied one, there you sit,
A A7

But skinny is not necessarily fit.

D Do you get winded from tying your shoe?
D7 F#m G

Is climbing the stairs a great effort for you?
E

Your stamina more than your shape you should prize,
A G D
Exercise -- Exercise -- Exercise!

Refrain

D Well, if your exercise program consists only F#m
D7 G Em
OF laps back and forth from the 'fridge to T.V.

Or pushing a pencil, or lifting the phone,
A

Perhaps to lay back and relax you are prone.
D F#m

You won't get a trophy for sitting all day,
D7 G Em
Except an atrophy trophy that will sit there and say,

"A much better program you need to devise."
A G D
Exercise -- Exercise -- Exercise!

BALLAD OF A VEGETARIAN

D Look at that cow in the barnyard,
A G

The big bulky cow eating hay,
D B

Well, if all she eats is grass, hay and wheats,
Em A

How did she grow that way?
D G

They say, I need meat to be healthy,
A

But I think they told me a lie,

C I'd eat it and off I'd go; then when my energy got low,
F G C F G
I'd get kind of grouchy, I'd feel a bit sick,
F G C C
And sometimes I'd shake 'til I could get another fix.

Refrain

C I'd eat every sweet in sight, and then all my clothes got
F G C F
tight.
G

Oh, sure it was tasty, but with every dose,
F G C G C
I got a dose of that tissue they call adipose.

C Of goodies I had my fill, 'til I got my dentist bill;
F G C F G
A sweet tooth I had since I was a youth. C
F G

Then I had to choose between the sweet and the tooth.

Refrain

C Sugar plums filled my eyes; behind them were deadly lies;
F G C F G
I saw the sweet morsels, the rich gooey snacks,
F G C
But I didn't see the atherosclerotic plaques.

C But stop crooning sugar blues, and sing out the marvelous
F G C F
news.

F There's hope for the addict; yes, you can be free,
G C
So make you decision, and sing along with me.

Fiber, come back! Without you we're a mess. ^D
 Fiber, come back! We need your bulkiness. ^A
 Fiber, come back! You're on our plates for good. ^D
 Fiber, come back! We'll eat you as we should. ^A
 Fiber, come back! On roughage we will dine. ^D
 Fiber, come back! You're rough but that's just fine! ^A

SUGAR IN MY HISTORY

I had a childhood dream to live in the land of ice cream, ^F
 Climb rock-candy mountains with snowcone peaks, ^F
 Drink Seven-up rivers, and vacation for weeks. ^G
 But now I have changed my view; I'd rather have a peach ^F
 or two, ^G
 A big bowl of cherries, a fig or a date, ^F
 A nice ripe banana or a pear would be great. ^G

REFRAIN: I've got sugar in my history, sugar in my past, ^C
 But now I can say I hope I've had my last. ^F
 But I've loved that sugar so faithfully, ^C
 And I found out sugar didn't love me. ^F

The pushers on my T.V. took each opportunity; ^F
 "Top it off with juicy fruit," "Coke's the real thing," ^G
 "Eat the middle of an Oreo," were the songs that they'd ^C
 sing. ^C

Look at that cow in the barnyard ^D
 She's fifty times stronger than I. ^A
 Look at that elephant grazing, ^D
 And grabbing those leaves with her trunk. ^A
 Eats grasses and roots and occasionally fruits, ^D
 And no one dares call her a punk. ^{Em}
 They say that red meat builds strong bodies, ^D
 But I think I'll beg to differ. ^A
 Look at that elephant grazing, ^D
 I wouldn't want to tangle with her -- Oh no! ^G
 I wouldn't want to tangle with her. ^A

Mrs. Giraffe has a secret for living in simplicity, ^D
 Macdonald's is not where she takes her tots; ^D
 She just takes them out to the tree. ^{Em}
 They said I would grow tall on burgers, ^D
 But that's not the best way, I've found. ^A
 Mrs. Giraffe has a secret, ^A
 And her kids are the tallest around. ^D

This we can learn from the hippo, ^D
 Who basks in the African sun. ^A
 If you're a vegetarian - you won't get too thin, ^D
 Miss Hippo weighs over a ton. ^{Em}
 They said that I'd get real skinny, ^D
 But friend, I'm not losing a pound. ^A

D 'his we can learn from the hippo;
A D

Miss Hippo's the roundest around.
G A D

Miss Hippo's the roundest 'round town;
G A D

Miss Hippo is really round!

D remember the ape in the jungle?
A G

Bananas -- that's all for his lunch.
D B

o flesh food at all -- and he's broad and he's tall,
Em A

And I'll bet his arms pack a punch.
D G

they say we are carnivore creatures,
A

But I think their insight is dim.
D G

remember the ape in the jungle
A D

Even Tarzan ran from him.
G A D

Even Tarzan ran from him.

FIBER, COME BACK!

D G A G A
t was some years ago when fiber left the plate;
D D G A

Before that fiber was in everything we ate.
C D E

hen a host of cruel diseases made their attack.
B C D

When we saw the reason we exclaimed!

G D
iber, come back! You were no use, we thought.
A D D7

Fiber, come back! So wonder bread we bought.
A D

iber, come back! We've learned our lesson well.
A D

Fiber, come back! We need you, we can tell.

C D G A
White bread at first was more expensive than whole wheat,
D G A

But now it's something rich and poor alike can eat.
B C D E

To fill the stomach, though, you have to eat a stack.
B C D

It's more expensive in the end.

G D
Fiber, come back! You're worth your weight in gold.
A D D7

Fiber, come back! I'll go where you are sold.
G D

Fiber, come back! We'll save on doctor bills.
A D

Fiber, come back! And laxatives and pills.
G D G

White flour, when in a pinch, can make a sticky glue,
D G D G A

But when it's eaten it sticks to your insides, too.
B C D

There's whole wheat flour for sale; I think I'll buy a sack.
B C D F

The white I'll keep on hand for glue.

G D
Fiber, come back! Refined foods we renounce.
A D D7

Fiber, come back! And sweep our dirty house.
G

Fiber, come back! Brown rice and whole wheat bread.
A D

Fiber, come back! Or soon we'll all be dead.

G D G A
When grains have been refined, they're soft and snowy white,
G

But there's more than meets the eye and more than meets
A the bite.

B C D E
The bulk and roughage that the body needs, they lack,
B C D

Though we'd improve on nature -- wrong again!

G D
Fiber, come back! We want something to chew.
A D D7

Fiber, come back! And that something is you.