

FOLKWAYS RECORDS FC 7595

GROWING

Health Songs by Brian Mackness



M
1997
M159
G884
1981

MUSIC LP

GROWING

Health Songs by Brian Mackness

Brian Mackness has been extensively involved in the formulation and production of innovative children's programs for many years. Like others he has found the immense value of using music to communicate messages and ideas to young people. His songs have been heard by thousands of children on radio, television and through live performances.

In this, his sixth record, Brian has approached the delicate subject of growing. Most of the songs presented were composed for a nationally broadcast children's radio series called "About Health", produced by Val Hartigan for the Australian Broadcasting Commission. Growing is more than a physical phenomenon and here he has thrown light on important aspects such as attitudes towards others, old age and the importance of families.

Dedication: To Thaine Lyman who helped me grow

SIDE 1

| | |
|-----------------------------------|------|
| Band 1 Growing | 2.42 |
| Band 2 Differences | 3.15 |
| Band 3 Old Man | 3.45 |
| Band 4 Family | 3.14 |
| Band 5 You're a Special Person | 1.55 |
| Band 6 Heredity | 2.08 |
| Band 7 Clean Teeth Boogie | 2.40 |

SIDE 2

| | |
|------------------------------|------|
| Band 1 Exercise | 2.34 |
| Band 2 When You Feel Sick | 3.00 |
| Band 3 Leisure Time | 2.40 |
| Band 4 Your Senses | 4.10 |
| Band 5 A Balanced Diet | 2.30 |
| Band 6 Sleep | 3.32 |

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Credits:

Produced by Dean Kerr
Arrangements by Dean Kerr
Compositions by Brian Mackness
Malcolm McCallum — vocals, congas
Dean Kerr — guitar
Marc Isaacs — piano, synthesisers
Phil Scorgie — bass
Terry Fog — drums
Engineered and Mixed by Rick Turk

Recorded at Honeyfarm Recording Studios, Sydney, Australia
Cover design and layout — Vincent Byrne

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Descriptive Notes in pocket.

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GROWING

Growing to be tall
Growing, you're no longer small
You can walk a little bolder
Feel your shoes getting tight
Your bed's too small for you at night
Guess you're getting older

Chorus

Do you feel yourself growing
Does it show a little bit
Do you feel yourself growing
Your clothes don't seem to fit, anymore

Chorus

You no longer stay at home
You're off to school all on your own
Learning things and playing games
Each month goes by very fast
Seems the day just doesn't last
When you're going through a change

Chorus (repeat)

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DIFFERENCES

Take a look around at the people sitting there
Tell me what you see
There are many different people in the world
Different like you and me

Some may live in unusual ways
Some might wear different clothes
Some might not even talk the same way
Some might be old and gray

People come from countries near and far
And start their lives anew
Bringing with them different habits and names
Different points of view

Each can teach you something new
Something you've never learnt before
Something that will add to your view
Something to bring you joy

There's nothing wrong with being different
There's nothing wrong with going your own way
There's nothing wrong with being young or old
Be yourself, you're okay

Take a look around at the people sitting there
And tell me what you see
There are many different people in the world
Different like you and me

Some live in unusual ways
Some might wear different clothes
Some might not even talk the same way
Some might be old and gray

There's nothing wrong with being different
There's nothing wrong with going your own way
There's nothing wrong with being young or old
Be yourself and you're okay

Repeat last verse

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OLD MAN

Sitting on my park bench, watching children play
Oh I'd wish they'd listen to what I have to say
I am old and my life's nearly through
But there's still so much I'd like to say to you
If you'd listen, listen to what I say
Listen, listen to what I say

You're starting on that journey that I travelled long ago
The way won't be easy, I oughta know
I'll tell you 'bout the things that I've learned along the way
Remember them well, you may need them someday
So just listen to what I say
Listen, listen to what I say

So just listen, listen to what I say
Listen, listen to what I say

You think it's rather funny that when I walk I sway
Perhaps you don't realise that you will too someday
So treat me with respect and please be kind
Although I'm old, if needed you will find
If you'd just talk to me
Come on now, just talk to me
Won't you please talk to me
Talk to me (spoken)

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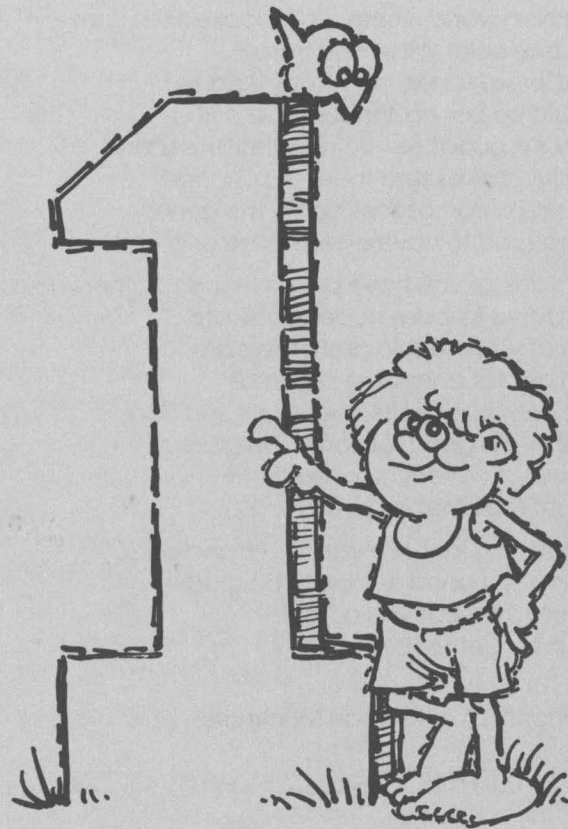


FAMILY

I am part of a family
I am part of a family
I have someone to comfort and care for me
I have someone who I can love so tenderly
My family gives me food and shelter, it's my home
When you're a family, you're together not alone
Come on now, be part of your family
Come on now, be part of your family

I am part of a family
I am part of a family
I have someone to comfort and care for me
I have someone who I can love so tenderly
My family gives me food and shelter, it's my home
When you're a family, you're together not alone
Come on now, be part of your family
Come on now, be part of your family

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YOU'RE A SPECIAL PERSON

Take a look in the mirror and tell me what you see
Is your reflection what you want it to be
Are you happy with yourself or do you want something new
Well listen here a little while, I want to change that point of view

Chorus
'Cause you're a special person
There's only one of you
To look and talk and think that way
And do the things you do

You know you have special things that make you one of a kind
From your fingerprints to the thoughts of your mind
You're the only one, who's got all this wealth
So please make sure that you keep it in good health

Chorus
So come on be proud of yourself, as you've got something good
I wouldn't change you now even if I could
You mightn't be the smartest or look like a movie star
But remember just one thing, be happy with what you are

Chorus

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HEREDITY

Imagine a world where we all looked the same
All of one color, all of one frame
No different faces, no different names
It would be boring, I'm sure you'd find
But thank goodness we're not all the same
Heredity makes sure there is a change
From the chromosomes come the genes
That tell you to have eyes of blue or green

Now some of you have brown hair and others do not
Some have freckles or beauty spots
Some of you are thin and others are tall
Some are fat and some are small
See how you look like your mum and dad
And that's a good reason to be glad
Because it makes you a family
Brought together by heredity

See how you look like your mum and dad
And that's a good reason to be glad
Because it makes you a family
Brought together by heredity

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CLEAN TEETH BOOGIE

I was cruisin' down the strip, just the other night
To get myself a meal
Pulled into the diner to get myself a burger
You know I was in the mood
Then before I knew it, I slipped and then I blew it
My teeth were all coated with food

Didn't want to waste the time and brush my teeth
So I kept right on a cruisin'
Didn't seem to understand what would happen
That I would be losing
My teeth were turning green, you know what I mean
They were still coated in food

Next day came a hoppin' and I was still a rockin'
Running round no time to spare
So I chewed some gum, just to have some fun
I didn't really care
What I didn't know was that decay was on the go
I was losing my teeth

By keeping up this habit I was soon enveloped
By some cavities
Had only to chew on one side of my mouth
I felt such a fool
From that day on, I would never go wrong
I would always brush my teeth

Clean your teeth, clean your teeth
You know you gotta clean your teeth
Clean your teeth, clean your teeth
You know you gotta clean your teeth

Repeat

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EXERCISE

Listen here, everybody
Why not exercise?
It's fun to do so follow me
Let's all exercise

We'll start by running on the spot
Make sure you lift your feet
It's very simple once you know
To do it to the beat
Then touch your toes but if you can't
Why not touch your knees
If you exercise each day
You'll soon do these with ease

Listen here, everybody
Why not exercise?
It's fun to do so follow me
Let's all exercise

Now bend your knees and stretch your arms
Up and down again
And take a walk across a field
And jog back home again
Then find a bar and lift yourself
It's easy can't you see
If you exercise each day, you'll do it soon with ease
Let's walk to school or to the shop
Don't ask dad to drop you
Perhaps you'd like to play a sport

Let's see what you can do
Let's fly a kite or spin a top
Or visit a museum
I'm sure by now it's plain to see
That exercise is fun

Listen here, everybody
Why not exercise?
It's fun to do, so follow me
Let's all exercise

Now bend your knees and stretch your arms
Up and down again
And take a walk across a field
And jog back home again
Then find a bar and lift yourself
It's easy can't you see
If you exercise each day you'll soon do it with ease

(Spoken)
Hey come on let's exercise
Raise those knees
I'll give you a race
Hey everybody, exercise is fun

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WHEN YOU FEEL SICK

There are going to be times when you don't feel too well

You don't know what's wrong, it's so hard to tell
Don't be fooled into thinking you can cure yourself
There are rules to follow to keep in good health

When you're feeling sick see your dad or your mum
Then together you can see what's to be done
It may just be that you need a little rest
Whatever's the problem they'll know what's best

So if you're sick and you don't know what to do
Tell your parents or doctor and they'll take care of you

Don't use medicine that's for someone else
Do what your doctor says and you'll get back to health

They'll tell you on T.V. that you should take this or that

Pills to get thin and pills to get fat
But I know that you have a sensible view
And only use those things that were meant for you
Repeat third verse

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LEISURE TIME

Saturday afternoon
Sitting here with a friend of mine
Weekend's going to be gone soon
So I'm making use of my leisure time
Playing games and having fun
Catching balls on the run
Picnic outings with the family
Sailing boats out on the sea

Chorus
Spare time isn't really a bore
If you know how to use it
That's what leisure time is for
Make sure that you use it

Take a seat and think a while
What are you doing with your leisure time?
Are you using it for good?
Are you letting yourself unwind?
Why not take a look at art
Or take a walk in a park
Feed the ducks on the lake
Or just relax for goodness sake

Chorus

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YOUR SENSES

Can you hear the birds singing in the trees
Or the water bubbling in a mountain stream
Can you hear the noisy bustle of the city
Or the crashing noise of an angry ocean

Your hearing is one of your senses
It helps you to survive
It tells you what is around you
It helps you stay alive

Can you see the colours of a rainbow
Or see the texture of a stone
Can you see the smiles upon the faces
Of the people walking back to home

Your sight is one of your senses
It helps you to survive
It tells you what is around you
It helps you stay alive

Can you smell the forest after a rainstorm
Or the musty odour of a rotting log
Can you smell a freshly baked roast dinner
Or a sizzling steak on an open fire

Your smell is one of your senses
It helps you to survive
It tells you what is around you
It helps you stay alive

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A BALANCED DIET

Have you ever thought about what you eat
Is your diet really complete
There are some food groups that each of you should
try

If you're gonna stay healthy if you're gonna survive

You've gotta have those vegetables

That meat and fish too

Or another substitute

One that's right for you

You may think it's healthy to eat and then to run

But you'd better be careful you could hurt someone

Eat and chew slowly as you know you should

And instead of causing problems your food will do
you good

You've gotta balance your diet

A little bit of this and that

Don't eat too much

Make sure you don't lack

Have you ever thought about what you eat

Is your diet really complete

There are some food groups that each of you should
try

If you're gonna stay healthy, if you're gonna survive

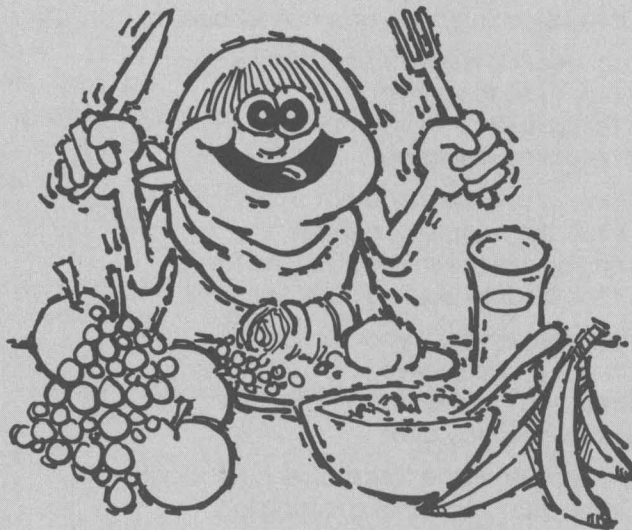
Have a balanced diet

Have a balanced diet

Have a balanced diet

Have a balanced diet

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SLEEP

Yawning sleepily, your body's telling you,

It's time to go to bed

Brush your teeth, get dressed in your pyjamas

Come on sleepy head

Tomorrow morning you'll feel like new

After you've had a sleep

Your body needs to rest each night,

So come on take the weight off your feet

Sleep, your body needs to sleep

Sleep, your body needs to sleep

Some fish sleep while floating in the water,

Others burrow under the sand

Dogs lie down and close their eyes,

Horses sleep while they stand

Some birds sleep in hollow branches

Or high in a tree

Every living thing needs to sleep,

Yes even you and me

Sleep, your body needs to sleep

Sleep, your body needs to sleep

The birds know when to wake up

Sing their morning song

They know they'd miss getting their breakfast

If they slept too long

We also have a little body clock,

That tells us when to rise

So when you know you've slept enough

You get up and open your eyes

Sleep, your body needs to sleep

Sleep, your body needs to sleep

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