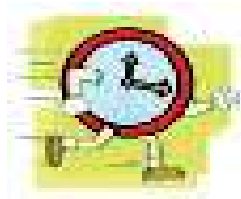
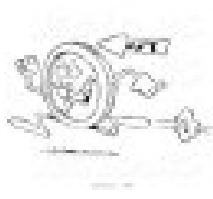


The Gymnastic Clock



- *M. C. Davies*

The little clock is friends with me,
It talks as plain as plain can be,
And says, each morning as it rises,
“Now, don’t forget your exercises!
Both hands above your head, you know!
Then lower them very slowly, so;
Oh! don’t get tired and stop, that way!
I exercise like this, all day!”
Right in its face then, I say, “Pooh!
I wouldn’t boast of it, like you,
But I can swing my arms round, too!”
And so the clock then looks at me,
And I look back, and I and he
Each single morning, when we rise,
Just exercise and exercise!