



## Great Uncle's Warning

Words and music by Mike Ryan – August 2004

If you smoke before the breakfast then you'll surely die  
You'll surely die, you'll surely die  
If you smoke before the breakfast then you'll surely die  
So just don't smoke at all

Drinking poteen in the morning is an awful thing  
It makes you tired and you'll end up thin  
It often leads to dancing; in itself a sin  
In the morning, stick to gin

*Stay in bed oh stay in bed  
Was me great grand-uncle's warning I remember what he said  
Stay in bed oh stay in bed  
Take your leisure in the afternoon*

If you cycle in the morning, you'll bump into trees  
Your arms will aches; you'll graze your knees  
There'll be medical operations just to get some ease  
From assault by lonely bees

Going swimming in the morning makes your blood run cold  
Your eyes stick out and your toes grow mould  
There's a slow disintegration of your intestinal hold  
Not to mention looking old

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