

Star-Spangled
Rhythms and
Rhymes

Edited by Mary Evelyn McCurdy

Star-Spangled Rhythms and Rhymes
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Introduction

The people who first came to North America made music, wrote poems, and enjoyed dancing. When European settlers came, they brought their cultural traditions, too. People in the United States continue to be creative and have fun today!

This book contains songs that Americans have sung over the centuries. For some of them we know who wrote them and when. Others, called folk songs, have been passed around from person to person and changed many times over the years. No one remembers who wrote them originally.

We've also included poems from different time periods about historic events and everyday life. And we've provided instructions for dances and party games that children like you have enjoyed throughout American history.

In some instances, we have modernized spelling and punctuation. We have also changed a handful of words when the original meaning is no longer clear. Some songs and poems also have more verses than we have included in this book.

If you make up your own songs, poems, and dances and share them with your family and friends, they can become part of American history, too!



As you go through this book, you'll see a track number under each title. That tells you which track to listen to on the MP3 CD in the back of this book.

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Psalm 1

from the Bay Psalm Book

The Bay Psalm Book was printed in 1640. It was the first book printed in England's American colonies. John Eliot helped to translate these psalms into English. The translators wrote the psalms in poetry form so they could easily be sung with music.

O blessed man, that in the advice
of wicked doth not walk:
nor stand in sinners way, nor sit
in chair of scornful folk.

But in the law of Jehovah,
is his longing delight:
and in his law doth meditate,
by day and eke by night.

And he shall be like to a tree
planted by water-rivers:
that in his season yields his fruit,
and his leaf never withers.

And all he doth shall prosper well.
The wicked are not so:
but they are like unto the chafe,
which wind drives to and fro.

Therefore shall not ungodly men
rise to stand in the doom,
nor shall the sinners with the just
in their assembly come.

For of the righteous men the Lord
acknowledgeth the way:
but the way of ungodly men,
shall utterly decay.



Ho Ho Watanay

Iroquois Lullaby

Imagine that you are an Iroquois family with a little baby as you sing this song.

Iroquois:

Ho, Ho, Watanay,
Ho, Ho, Watanay,
Ho, Ho, Watanay.
Kai-Yo-Ki-Nah,
Kai-Yo-Ki-Nah.

English:

Sleep, sleep, little one,
Sleep, sleep, little one,
Sleep, sleep, little one.
Go to sleep,
Go to sleep.



Hole in the Wall

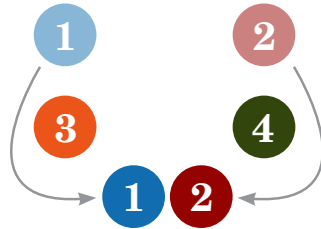
Dance

Dancing was a popular activity in colonial America. When colonists immigrated from Europe to North America, they brought their dances with them. Hole in the Wall was one of many popular dances known as English Country dances.

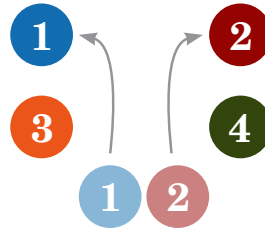
1. Four dancers stand in this formation.



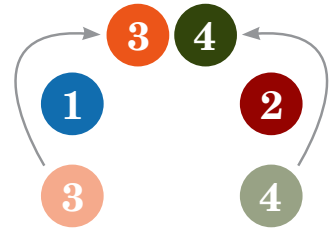
2. Dancers 1 and 2 go down around dancers 3 and 4.



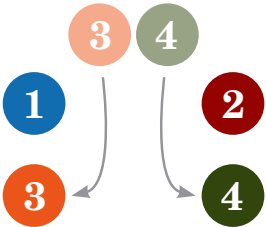
3. Dancers 1 and 2 walk between dancers 3 and 4 back to place.



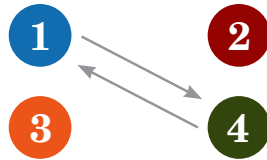
4. Dancers 3 and 4 go up around dancers 1 and 2.



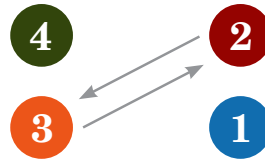
5. Dancers 3 and 4 walk between dancers 1 and 2 back to place.



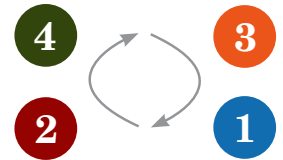
6. Dancers 1 and 4 switch places.



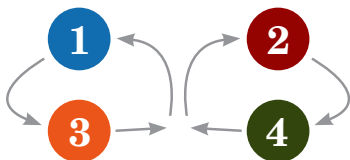
7. Dancers 2 and 3 switch places.



8. All dancers hold hands and turn the circle halfway around clockwise.



9. Dancers 1 and 2 go down around dancers 3 and 4 while dancers 3 and 4 lead up into their place.



10. The dance begins again with the dancers in these positions (dancers 1 and 3 have switched places; dancers 2 and 4 have switched places).



Skip To My Lou

Folk Song and Dance

Imagine the fun of singing and dancing “Skip to My Lou” with the other kids in the wagon train after a long day on the Oregon Trail!

Directions (simplified version):

Form a circle with one person in the middle. This person is Skipper 1. Skipper 1 skips around the inside of the circle as everyone sings the chorus. When the first verse begins, Skipper 1 chooses one person from the circle to be Skipper 2. Skippers 1 and 2 link elbows and skip around the inside of the circle together during the first verse. At the end of the first verse, Skipper 1 stops skipping and joins the circle. Skipper 2 skips around the inside of the circle alone during the chorus. When the second verse begins, Skipper 2 chooses someone to be Skipper 3. Skippers 2 and 3 skip around the inside of the circle together. Then Skipper 2 joins the circle and Skipper 3 skips alone. Sing the verses enough times so that everyone has a turn to be a Skipper!

Chorus

Skip, Skip, skip to my Lou, (x3)
Skip to my Lou, my darling.

Lost my partner, what'll I do? (x3)
Skip to my Lou, my darling. *Chorus*

Little red wagon, painted blue! (x3)
Skip to my Lou, my darling. *Chorus*

Flies in the buttermilk, shoo, fly, shoo! (x3)
Skip to my Lou, my darling. *Chorus*

Pigs in the parlor, what'll I do? (x3)
Skip to my Lou, my darling. *Chorus*

Hurry up, slow poke, do, oh, do! (x3)
Skip to my Lou, my darling. *Chorus*

Chickens in the haystack, shoo, shoo, shoo! (x3)
Skip to my Lou, my darling. *Chorus*



The First Baby In Camp

William Porter Bennett

William Porter Bennett published book called *The First Baby In Camp* in 1893. It contains “a full account of the scenes and adventures of the pioneer days of ‘49.” The first chapter tells about the birth of William George Wilson’s baby and contains this poem.

In the good old days when ‘49ers
Thought of little else than gold,
‘Twas then a woman in the camp
They rarely did behold.
It must be not surprising if,
Indulging in a tramp,
They did gaze with joy and wonder
At the first babe in the camp.

Here you see an honest fellow,
Excitement in his eyes,
Gazing on the little darling
As it for mama cries;
Its little arms uplifted tells
Its wants in plaintive notes,
While the mother, with smiling face,
Upon her loved one dotes.

‘Tis a scene of joy and pleasure,
A reminder of the past,
To honest, rustic fellows
Who, from home and dear ones cast,
Found a refuge where blessed nature
Had kept for them in store
Many a glorious fortune
In the good old days of yore.

The baby in the camp to them
Was a source of much delight,
It made them think of dear old home
Ere from it they took their flight.
In many a heart still lingers
Impressions of that tramp,
When the good old honest miner
Saw the first babe in camp.



Song of the Hawaiian Nation

Liliuokalani

Liliuokalani wrote this song before she became queen. For a brief time during the 1800s it was the national anthem of the nation of Hawaii. In Hawaiian the song is called “He Mele Lahui Hawaii.” Below is the English translation of the song.

Queen Liliuokalani



Almighty Father, bend Thine ear,
And list the nation's prayer,
That lowly bows before Thy throne,
And seeks Thy fostering care.
Grant Thy peace throughout the land,
O'er each sunny sea-girt isle;
Keep the nation's life, O Lord,
And upon our Sovereign smile.

Guard him with Thy tender care;
Give him length of years to reign
On the throne his fathers won—
Bless the nation once again.
Give the King Thy loving grace,
And, with wisdom from on high,
Prosperous lead his people on,
As beneath Thy watchful eye.

Bless, oh Lord, our country's chiefs,
Grant them wisdom so to live
That our people may be saved,
And to Thee the glory give.
Watch Thou o'er us, day by day,—
King and people,—with Thy love,
For our hope is all in Thee;
Bless us, Thou who reign'st above!

Dig, Dig, Dig

Betty Akins

Betty Akins was a member of a 4-H club in 1943 during World War 2. She wrote this song to the tune of “Jingle Bells” to encourage people to grow a victory garden to help the Allies win the war. A portion of the verses are included here.

Soon now you will see,
We will all be free,
If you will just bend your back
And dig for Victory.

Dig! Dig! Dig!
Dig! Dig! Dig!
Dig with all your might,
We will show the Nazis how
Yankee kids can fight.

Join a 4-H Club,
If you don't know how,
They will teach you gardening
Or how to milk a cow.

Don't be slow,
Grab your hoe,
And come along with me;
Come and I will show you how
To dig for Victory.

There are poultry clubs,
Yes, and canning, too;
If you don't know what to do
The leaders will show you.

Dig! Dig! Dig!
Dig! Dig! Dig!
Dig with all your might,
We will show the Nazis how
Yankee kids can fight.



4-H member from West Virginia, 1942

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Many thanks to the homeschool students, homeschool graduates, and homeschool parents who performed the songs and read the poems on the MP3 CD:

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“The Glendy Burk” and “That Little Lump of Coal”
Benjamin Brown - Banjo, Lucas Brown - Guitar

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These individuals read poems or sang solos or duos:

“Coyote Song” - Hannah Armstrong

“Green Grow the Rushes, Oh!” -
Titus Anderson

“Providence and the Pilgrim” -
Ray Notgrass

“Psalm 1” - Mary Evelyn McCurdy

“Ho Ho Watanay” - Hannah Armstrong

“The Taxed Tea” - Mary Evelyn McCurdy

“Goliath of Gath” - Micah Owens

“War Song” - Titus Anderson

Continued

“Yankee Doodle” - Steve Meyer
“The Glendy Burk” - Benjamin Brown
and Lucas Brown
“The Star-Spangled Banner” -
Hannah Armstrong
“Billy Boy” - Steve Meyer
“Turkey In the Straw” - Noah Brown
“Amazing Grace” (Cherokee Version) -
Clara McCurdy
“A Dress to Make” - Mary Evelyn McCurdy
“The First Baby In Camp” -
Cameron Havener
“Nobody Knows the Trouble I’ve Seen” -
Micah Owens
“Get Off the Track!” - Annie Boureston
“Tramp! Tramp! Tramp!” - Noah Brown
and Cameron Havener
“The Sourdough” - Hannah Armstrong
“I’ve Been Working On the Railroad” -
Lexi Voss
“Kissing Papa Thro’ the Telephone” -
Mary Evelyn McCurdy
“Wynken, Blynken, and Nod” -
Mary Evelyn McCurdy
“Song of the Hawaiian Nation” -
Hannah Armstrong
“Gasoline” - Titus Anderson

“Come Josephine In My Flying Machine” -
Ray and Charlene Notgrass
“Soldier Boy, Soldier Boy” - Titus Anderson
“Keep Cool and Keep Coolidge” -
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