



Laugh and Grow Fat

**Theodore F. Seward
(1835-1902)**

Theodore Frelinghuysen Seward (1835-1902) was born in Florida, Orange County, New York, second cousin of U. S. Secretary of State, Senator, and NY Governor William H. Seward. He studied music under Lowell Mason and Thomas Hastings. He held organist positions in New London, Connecticut, and in Rochester, New York, before moving to New York City. His wife was a well known poet and activist Mary Holden Coggeshall Seward. He managed performances of the Fisk Jubilee Singers, wrote down more than one hundred of their plantation melodies, and toured Europe with them. He became interested in the British system of musical instruction and worked to establish the Tonic sol-fa system in the U.S. He wrote and lectured on the subject, taught the system in classes and public schools, and prepared a series of textbooks. He was the founder of the American tonic sol-fa Association, and of the American vocal music association. He also founded the Brotherhood of Christian Unity and the Don't Worry Club. He died in East Orange, New Jersey.

The doctors have been fighting long,
On this pretense and that,
But on this point they all agree,
To laugh, to laugh will make us fat.

*Then laugh, and we'll grow fat,
Ha! ha! ha!
Let doctors fight with all their might,
We'll laugh,
Ha! ha! ha!*

*Now laugh
Ha! ha! ha!
once more,
He! he! he!
Now all together once again.
Ho! ho! ho!
What a merry, merry time,
With our laughing all in rhyme,
With our laughing,
Ha! ha! ha!*

Then banish all long faces now,
Complaining and all that,
And ever keep in mind this truth,
To laugh, to laugh will make us fat.

Laugh and Grow Fat

Theo. F. Seward

S The doc - tors have been fight - ing long, On this pre - tense and that, But
A The doc - tors have been fight - ing long, On this pre - tense and that, But
T The doc - tors have been fight - ing long, On this pre - tense and that, But
B The doc - tors have been fight - ing long, On this pre - tense and that, But

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S on this point they all a - gree, To laugh, to laugh will make us fat.
A on this point they all a - gree, To laugh, to laugh will make us fat.
T on this point they all a - gree, To laugh, to laugh will make us fat.
B on this point they all a - gree, To laugh, to laugh will make us fat.

S Then laugh, and we'll grow fat, Ha! ha! ha! Then laugh, and we'll grow fat, Ha! ha! ha! Let
A Then laugh, and we'll grow fat, Ha! ha! ha! Then laugh, and we'll grow fat, Ha! ha! ha! Let
T Then laugh, and we'll grow fat, Ha! ha! ha! Then laugh, and we'll grow fat, Ha! ha! ha! Let
B Then laugh, and we'll grow fat, Ha! ha! ha! Then laugh, and we'll grow fat, Ha! ha! ha! Let

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S doc - tors fight with all their might, We'll laugh, Ha! ha! ha! ha! ha! ha!

A doc - tors fight with all their might, We'll laugh, Ha! ha! ha! ha! ha! ha!

T doc - tors fight with all their might, We'll laugh, Ha! ha! ha! ha! ha! ha!

B doc - tors fight with all their might, We'll laugh, Ha! ha! ha! ha! ha! ha!

S Ha! ha! ha! He! he! he! Ho! ho! ho! ho! ho! ho! ho! What a

A Ha! ha! ha! He! he! he! Ho! ho! ho! ho! ho! ho! ho! What a

T Ha! ha! ha! He! he! he! Ho! ho! ho! ho! ho! ho! ho! What a

B Now laugh once more, Now all to - geth - er once a - gain. What a

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S mer - ry, mer - ry time, With our laugh - ing all in rhyme, With our laugh - ing, Ha! ha! ha! ha! ha! ha!

A mer - ry, mer - ry time, With our laugh - ing all in rhyme, With our laugh - ing, Ha! ha! ha! ha! ha! ha!

T mer - ry, mer - ry time, With our laugh - ing all in rhyme, With our laugh - ing, Ha! ha! ha! ha! ha! ha!

B mer - ry, mer - ry time, With our laugh - ing all in rhyme, With our laugh - ing, Ha! ha! ha! ha! ha! ha!

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1. 2.

S ha! ha! ha! ha! What a ha! Ha! ha! ha!

A ha! ha! ha! ha! What a ha! Ha! ha! ha!

T ha! ha! ha! ha! What a ha! Ha! ha! ha!

B ha! ha! ha! ha! What a ha! Ha! ha! ha!

S Then ban - ish all long fa - ces now, Com - plain - ing and all that, And

A Then ban - ish all long fa - ces now, Com - plain - ing and all that, And

T Then ban - ish all long fa - ces now, Com - plain - ing and all that, And

B Then ban - ish all long fa - ces now, Com - plain - ing and all that, And

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S ev - er keep in mind this truth, To laugh, to laugh will make us fat.

A ev - er keep in mind this truth, To laugh, to laugh will make us fat.

T ev - er keep in mind this truth, To laugh, to laugh will make us fat.

B ev - er keep in mind this truth, To laugh, to laugh will make us fat.

Laugh and Grow Fat

S Then laugh, and we'll grow fat, Ha! ha! ha! Then laugh, and we'll grow fat, Ha! ha! ha! Let

A Then laugh, and we'll grow fat, Ha! ha! ha! Then laugh, and we'll grow fat, Ha! ha! ha! Let

T Then laugh, and we'll grow fat, Ha! ha! ha! Then laugh, and we'll grow fat, Ha! ha! ha! Let

B Then laugh, and we'll grow fat, Ha! ha! ha! Then laugh, and we'll grow fat, Ha! ha! ha! Let

¹⁰S doc - tors fight with all their might, We'll laugh, Ha! ha! ha! ha! ha! ha!

A doc - tors fight with all their might, We'll laugh, Ha! ha! ha! ha! ha! ha!

T doc - tors fight with all their might, We'll laugh, Ha! ha! ha! ha! ha! ha!

B doc - tors fight with all their might, We'll laugh, Ha! ha! ha! ha! ha! ha!

S Ha! ha! ha! He! he! he! Ho! ho! ho! ho! ho! ho! ho! What a

A Ha! ha! ha! He! he! he! Ho! ho! ho! ho! ho! ho! ho! What a

T Ha! ha! ha! He! he! he! Ho! ho! ho! ho! ho! ho! ho! What a

B Now laugh once more, Now all to - geth - er once a - gain. What a

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S
mer - ry, mer - ry time, With our laugh - ing all in rhyme, With our laugh - ing, Ha! ha! ha! ha! ha! ha!

A
mer - ry, mer - ry time, With our laugh - ing all in rhyme, With our laugh - ing, Ha! ha! ha! ha! ha! ha!

T
mer - ry, mer - ry time, With our laugh - ing all in rhyme, With our laugh - ing, Ha! ha! ha! ha! ha! ha!

B
mer - ry, mer - ry time, With our laugh - ing all in rhyme, With our laugh - ing, Ha! ha! ha! ha! ha! ha!

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1. 2.

S
ha! ha! ha! ha! What a ha! Ha! ha! ha!

A
ha! ha! ha! ha! What a ha! Ha! ha! ha!

T
ha! ha! ha! ha! What a ha! Ha! ha! ha!

B
ha! ha! ha! ha! What a ha! Ha! ha! ha!

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