

Walter Chalmer Smith
(1824-1908) *with vigour*

Gird your loins about with truth

Joseph Barnby
(1838-96)

Monteith (777, 3)

1. Gird your loins about with truth;
Life will not go always smooth,
Singing lightsome songs of youth:
Play the man.

2. Learn with justice to keep pace,
Spurning what is vile and base;
Bravely ever set your face
Play the man.

3. Fear not what the world may say,
Hold the strait and narrow way
In the open light of day,
Play the man.

4. They will call you poor and weak,
Being merciful and meek:
Heed them not; so you must seek
Play the man.

5. Have the courage to be true,
Steadfastly the right to do,
Loving him that wrongeth you:
Play the man.

6. Trust in God, and let them mock;
They will break, as they have broke,
Like the waves upon the rock:
Play the man!