

# The Handcart Song

Words & Music by John Daniel Thompson McAllister

Pictures from: The Friend & The Ensign

When pioneers moved to the West,



With courage strong they met the test.



They pushed their handcarts all day long,



And as they pushed they sang this song:



For some must push and some must pull,



*As we go marching up the hill;*



So merrily on our way we go





Until we reach the Valley-o.

