

*This little bag of rice
You'll find is mighty nice
When the doctor tells you "ice".
It's also pretty neat
When the nurse says "use heat".
Microwave for 2 minutes on high
To make those aches and pains wave goodbye
Put it by those dainty toes so cold
Or, in your chair, keep it close to hold.
Freeze it in the fridge for an hour or so.
One time and you will know,
Cold without ice and no drips
Will make a grateful sigh pass your lips!*



*This little bag of rice
You'll find is mighty nice
When the doctor tells you "ice".
It's also pretty neat
When the nurse says "use heat".
Microwave for 2 minutes on high
To make those aches and pains wave goodbye
Put it by those dainty toes so cold
Or, in your chair, keep it close to hold.
Freeze it in the fridge for an hour or so.
One time and you will know,
Cold without ice and no drips
Will make a grateful sigh pass your lips!*

