

Te Kai Kino

Kaea Ko te waipiro te kai
Whakararu i te iwi e

Katoa Turakina turakina turakina atu e

Kaea Ko te waipiro te kai
Whakarori i te iwi e

Katoa Porowhiua porowhiua ki rahaki nei

Kaea Nga kupu ka ruia
Ki te tini ki te mano
Auahi ana

Katoa Kse kse iahaha
“Kai i te kai a te rangatira
Kauaka e tuku
Ko te kai hei rangatira mohou”

Kaea Ehara!
Hiki tonu taku inu

Katoa Hikitia kia kaha

Kaea Korokoro hohonu
Paapaku uaua

Katoa Ka reka ka reka te inu nei

Kaea Tenei makiki ana taku tu

Katoa Te ihi te wehi
Whangaia ake nei

Kaea Makona te inu?

Katoa Horohia tonu mai
E koa nei ko to ngakau
Wairangi ana ko to hinengaro
Karawhiua tonu ana e
Kaati ra kua haurangi
Peehi tonu ana e i ahaha
Maranga ana nga ringa
E kua porangi
Kai tonu ana i te kai
Tohe tonu tohe tonu
Inu wheturangi

Kaea Tena tukuhia

Katoa Ana ana ana
He tuku ka riri
He tuku ka wero
He tuku whaatoto hoki mai
Mataku mataki ki te whiu a te hanga e
Paaruturutu nei i ahau

Kaea Nawai e kii mai ko te kaha kei aia

Katoa Hoki mai hauora ki roto i ahau
He rongo korero
Tenei whakaari ake nei
Na te kai kino i te kai
Hinga atu te haurangi
Ara mai te porangi
Whakatina kia tina

Kaea Ka kaha nei te whawhai

Katoa Takahia kia kino takahia takahia
Kino rawa
Na te pakeha kawetia mai te kai kino
Te he a te kai a te iwi
Mehe ata kai noa ake

Kaea Kai kaha nei e te tini

Katoa Whenua kua ngaro

Kaea Kai kaha nei e te tini

Katoa Tangata ka heke

Kaea Kai kaha nei e te tini

Katoa Te mana whakapurere ka ngaro noa
He koia he koia hi! Aue

TRANSLATION

Alcohol is food that troubles the people
Cast it out! Cast it out!

Turns people's minds
Throw it out! Throw it out!
The words being bandied
To the many, to the multitude
Going up in smoke
“Eat in the manner of your masters
But don't let the food be your master”
Even then I lift my drink
And I drink even more
The throat is deep
But the sinews and muscles are very shallow

How sweet! Very sweet this drink can be
Thus I stand braced
The awesome is fed
The psyche, and awesomeness herein is nourished
Yet have I had enough?
Never! Keep on pouring.
Content is the inner man even though the mind
Has gone awry

Regardless I drink on
Stop it! I think I'm drunk
It's so depressing to me
I raise my fists in combat
I've gone mad
I still go on drinking
The urge to keep drinking is ever strong
I see the stars
Let it out
Ana ana ana

To release the anger
To release the hurt
I let the anger out and the anger returns
Isn't it frightening to watch?
Tossing and turning me about
Who said this thing had power over me?
I've heard it said
This that I'm revealing to you
Because people abuse alcohol
“As a drunkard falls over
a mad menace arises”
Hold it. Hold it so tight.

As I fight even more
I stamp, I stomp even harder
The pakeha brought the demon to our shores
But it was the Maori who used it wrongly
“We must take it responsibly”

Through the excessive use by the masses land has been lost
Through the excessive use by the masses many people have died
Through the excessive use by the masses the prestige of the people
has been dissipated And lost
Perhaps it's just desserts, just desserts for us Hi! Aue