

The Bends

John Pain

You've got to see me in the cold light of day
You gotta see me as I am but that's the only way
But it's often the way when you try to make amends
Come up too fast and you're sure to get the bends
It never ends

I've been diving, deeper than you think
Water, water everywhere but not a drop to drink
The long wave return makes it harder to be friends
Come up too fast and you're sure to get the bends

Oh nobody knows, nobody knows
Why we're chained to our first impression
Oh nobody knows, nobody knows
How we're changed by decompression
Look at the crazy people heading for the bay
(you're telling me I'm crazy)
It's a drop in the ocean but we're growing by the day
The long wave returns and it's hard to comprehend
(you really do amaze me)
Come up too fast and you'll be sure to get the bends

Oh nobody knows, nobody knows
Why we're chained to our first impression
Oh nobody knows, nobody knows
How we're changed by decompression

Look at the crazy people
All heading for the bay
Some keeping it together
Some falling by the way
Way down below the surface
It's easy to pretend
Gotta get up off the seabed
It's time to make amends
People like a river
Flowing to the sea
Making a stand to deliver
A new philosophy
No need to be defensive
When there's nothing to defend
Better make it last, come up too fast

And you're sure to get the bends
It never ends

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