National Health

The Kinks

Nervous tension, man's invention
It's the biggest killer that's around today
Let the tension out or it will build and build inside
And strike you down some day
Nervous tension, man's invention
Is the biggest waste of human energy
Let the tension out, or it will surely kill
And that will be a tragedy

Valium helps you for a while
But somehow Valium seems to bring me down
There's no pill I can recommend where side effects
Aren't guaranteed to send you round the bend

You gotta let out the tension
With a little bit of exercise
Loosen up your muscles
And feel the knots in your body untie

We oh we oh
Oh oh oh oh ah ah ah ah
Oh oh oh oh ah ah ah ah

It sure beats Quaaludes
It sure beats cocaine
Even Freud recommends it
Cause it relieves the strain

Altogether now
Oh oh oh oh ah ah ah ah
Oh oh oh oh ah ah ah ah

Some people say it sends you deaf
Some people say it sends you blind
Some people say it makes you old
Some people say it blows your mind
But I say

If it's good for your health
It's good for your mind

If it keeps you together
It's really all right
We oh we oh

Oh c'mon, kick the cat
Oh oh oh oh it's the state of the national health
Oh oh oh oh blame it on the national health

Nervous tension, nervous tension, nervous tension,
Nervous tension, nervous tension, nervous tension,
Nervous tension, man's invention
Is the biggest killer that's around

Oh oh oh oh ah ah ah ah
Oh oh oh oh ah ah ah ah

Valium helps you for a while
But somehow Valium seems to bring me down
There's no pill I can recommend where side effects
Aren't guaranteed to send you round the bend

I say I say
Oh oh oh oh it's good for your health
Keeps you together, it's the state of the national health
Oh oh oh oh blame it on the national health
Oh oh oh oh it's the state of the national health
Oh oh oh oh ah ah ah ah

Lyrics powered by lyrics.tancode.com
written by DAVIES
Lyrics Â© Sony/ATV Music Publishing LLC

Lyrics provided by
https://damnlyrics.com/