

# Lady Day and John Coltrane

[Gil Scott-Heron](#)

Ever feel kinda down and out, you don't know just what to do  
Livin' all of your days in darkness let the sun shine through  
Ever feel that somehow, somewhere you lost your way  
And if you don't get a help quick you won't make it through the day  
Or could you call on Lady Day, could you call on John Coltrane  
Now 'cause there, they'll wash your troubles, your troubles, your troubles away  
Plastic people with plastic  
minds are on their way to plastic homes  
No beginning there ain't no ending just on and on and on and on and on, it's  
All because they're so afraid to say that they're alone  
Until I hear old Rodney ridin' on his saxophone  
Or could you call on Lady Day, could you call on John Coltrane  
Now 'cause there, they'll wash your troubles, your troubles,  
Your troubles away  
Alright  
Ever feel kinda down and out, you don't know just what to do  
Livin' all of your days in darkness let the sun shine through  
Ever feel that somehow, somewhere you lost your way  
And if you don't get a help quick you won't make it through the day  
Or could you call on Lady Day, could you call on John Coltrane  
Now 'cause there, they'll wash your troubles, your troubles, your troubles, your troubles  
Your troubles, your troubles, your troubles  
Your troubles, your troubles,  
Your troubles away  
They'll wash your troubles away

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