

## Pleasure and Pain

Fairport Convention

Pleasure and pain is like profit and gain  
Sometimes you win and sometimes you lose  
Be kind to yourself when you're tired of yourself  
Don't go mixing the reds along with the blues

The coach that I ride has a horseman who's tired  
The reins to his hands they are tied  
The one to alight, if he's lucky, he might  
Learn to slow down and drift with the tide

Pleasure and pain is like profit and gain  
Sometimes you win and sometimes you lose  
Be kind to yourself when you're tired of yourself  
Don't go mixing the reds along with the blues

It's ever so low when there's nowhere to go  
And your spirit lies close to the ground  
Take a long look behind, I'm sure you'll find  
A friend there who'll help pull you round

Pleasure and pain is like profit and gain  
Sometimes you win and sometimes you lose  
Be kind to yourself when you're tired of yourself  
Don't go mixing the reds along with the blues

You have to agree, it's not easy to see  
A sheep underneath all that fleece  
If you'll take my advice, stick with people you like  
It's a big world, you're only one piece

Pleasure and pain is like profit and gain  
Sometimes you win and sometimes you lose  
Be kind to yourself when you're tired of yourself  
Don't go mixing the reds along with the blues

Pleasure and pain is like profit and gain  
Sometimes you win  
Be kind to yourself when you're tired of yourself  
Don't go mixing the reds along with the blues