

Glued to the screen you sit and vegetate  
A model citizen in a police state  
Pumped so full of rubbish that you don't see  
You'r getting a cathode ray lobotomy  
Bread and circuses, Government lies  
Turn off the TV before your eyes  
Bread and circuses, Government lies  
Trash the TV before your brain dies  
Your work is a prison, you'll live in a box  
Kept isolated so their boat never rocks  
Neighbours down the street who you never greet  
Just stay inside, watch the box and keep off the street  
Brainwashing and distraction to keep us all apart  
If we're going to beat them then we've got to make a stand  
To unite and combine the strength that we've all got  
Just say no to their TV mindrot