

# Food For The Brain

## One Minute Silence

Take a walk on the why side,  
a fast ride, through anarchistic eyes  
Take a look at the real world,  
the wheels turn, on sugar-coated lies  
Reality is a fist fuck,  
a kiss first, a rat infested ride  
Last laugh on the last laugh,  
who laughs last, before the well runs dry

Take a look at the real world  
Take a look at the real world

Waking up to the rat race,  
the fast pace, consumer friendly smiles  
Everything at the right price,  
for each vice, 1-800 DIAL  
Serving only to please you,  
appease you, remedy the void  
Obsessed with the obscene,  
enough green, whatever gets you high

Take a look at the real world  
Take a look at the real world

Fight the norm, fuck the rules  
Feed the brain, fight the fools  
Burn the book, ban the bomb  
Fight the right, right the wrong  
All the sticks, all the stones  
All the clowns, all the clones  
All the blood, all the bones,  
Food for your brain

I pledge allegiance to no flag,  
a blood rag, on every body bag  
I'm not wearing a price tag,  
a toe tag, for anybody's rag  
I bow down to no man,  
no bigger plan, no predetermined programme  
Mine is my own load,  
my own road, my way is what I am

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