The Kinks, National Health

Nervous tension, man's invention, Is 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
Oh oh oh oh ah ah ah

It sure beats quaaludes It sure beats cocaine Even Freud recommends it Cos 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 an

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 drive you round the bend

I say I say

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