

## **Helmet "I Know"**

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Wafer thin, the waif is in  
She's chlorine, clean and portion fed  
Feed the dog, slop the hog  
Shine the baptist and debark the log

It's all right  
I know  
You're the only one  
Who can show us at all

Get it done, circulate  
What I hear, fear motivates  
So intense, so sensitive  
In your head where fashion lives

It's all right  
I know  
You're the only one  
Who can show us at all

It's OK  
I know  
You're mean and hard and bored  
It's always, always, always  
It's always something

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