

## The Kinks

### "National Health"

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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 ah  
Oh oh oh oh ah 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 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 ah

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