

# Take the Strain

Napalm Death

[Music: Embury; lyrics: Greenway]

Take the strain! Can you take it?  
Take the strain! Or even fake it?  
Take the strain! Aren't we lucky  
Take the strain! to be breathing?

Take the strain!

Are you the man in the next bed  
Without the tubes, without the life support?  
Maybe the man whose pockets weigh you down/

Take the strain! Do you wear strife  
Take the strain! like a clown?  
Take the strain! Forgiveness  
Take the strain! with a frown!

Take the strain!

Are you the animal  
That escapes the snares and traps?  
Bearing no quarry scars, and the hunter's crown.

We were taught to follow leaders - follow leaders!  
NEver to challenge the singular pack.  
The goals they set slip the grasp - slip our grasp!  
Chaising tails without the basic facts.

Choose full pain, violate, make the grade.  
Taut wires fray, electro-brain, take the strain!

We were taught to follow leaders - follow leaders!  
Never to challenge the singular pack.  
The goals they set slip the grasp - slip our grasp!  
Chaising tails without the basic facts.