

Glued to the screen you sit and vegetate
A model citizen in a police state
Pumped so full of rubbish that you don't see
You'r getting a cathode ray lobotomy
Bread and circuses, Government lies
Turn off the TV before your eyes
Bread and circuses, Government lies
Trash the TV before your brain dies
Your work is a prison, you'll live in a box
Kept isolated so their boat never rocks
Neighbours down the street who you never greet
Just stay inside, watch the box and keep off the street
Brainwashing and distraction to keep us all apart
If we're going to beat them then we've got to make a stand
To unite and combine the strength that we've all got
Just say no to their TV mindrot