

# Helmet, Give It

killing hurts  
has to be done  
peace and love and  
who's number one  
the right to give  
learn to bleed it's free  
pain is outside  
lift it up to see

step ahead  
always wear the past  
dying soothe me  
beneath the smell of grass  
no world secret  
kept is too intent  
i've got my nerve  
self-help confidence

confidence