

# The Beach Boys, H.E.L.P. Is On The Way

Stark naked in front of my mirror  
A pudgy person somehow did appear  
Seems lately all I've eaten sugar and fat  
It's getting obvious that's not where it's at  
A big pot and tripey chin  
Oh what condition my condition was in  
Laughing at myself at what a crying shame  
What ever happened to my Greek godly frame  
Cyclamates juicy steaks, sweet things too  
Aren't always good as they seem  
Doughy lumps, stomach pumps, enemas too  
That's what you get when you eat that way  
I read a book on organic foods  
Jumped on a health food kick  
Put me in the mood  
You may not get to perfect overnight  
But on the way you're feelin' clean out of sight  
We ate tonight at Fairfax and 3rd  
We're gonna spread the news and give you the word  
We hope that soon you'll eat like we did today  
We're mighty thankful now that H.E.L.P.'s on its way  
Salad with a special knock you right off your seat  
With carrot juice to wash it all down  
Yummy carob cookies are an organic treat  
And H.E.L.P. has got the best food in town  
H.-E.-L.-P.  
H.E.L.P. your education creates much benefit and peace  
Hamburgers and hot dogs throw 'em all out  
You'll feel so good you'll jump up and shout  
If you haven't why don't you go shopping today  
And 'member now that H.E.L.P. 's on its way  
H.-E.-L.-P.  
Radiant Radish