I have my pain I have my love And my hate And I'll not live without one of them And I do what I can to keep on top of every one of them I've got to live by the rules of my heart And to trust my feeble mind And I do what I can to keep on top of every one of them Oh child be strong in all you do Know your heart through and through Oh child be strong in all you do Know your heart through and through I have a friend who's been inside my tiny brain He's seen the aging and the mildew from the rain He does what he can to keep on top of every one of them At last I know what's in my soul and in my bones The things that cannot be denied And I do what I can to keep on top of every one of them I do what I can to ward away the very death of them Oh child be strong in all you do Know your heart through and through Oh child be strong in all you do Know your heart through and through