And these are working days and we are working people, laboring in the sun ...said ahh working ways of us working people a better day must come And these are working days and we are working people, laboring in the sun ...said ahh working ways of us working people a better day must come there aint no use you sit down and wait for help (no no no) get up off your rump and help yourself there aint no use you sit down and wait for help (no no no) get up off your rump and help yourself and willfull waste bring woeful want and some will have to say (yeah) oh how i wish, i had to pray which ones we threw away And these are working days and we are working people, laboring in the sun ...said ahh working ways of us working people a better day must come And these are working days and we are working people, laboring in the sun said ahh working ways of us working people a better day must come RAP by Sragga Benz: There aint no use you sit down and wait for help (no no no) get up off your rump and help yourself Cause jah help those who will simply help themselves (no no no) look for rewards from no one else and willfull waste bring woeful want and some will have to say (yeah) oh how i wish, i had to pray which ones we threw away And these are working days and we are working people laboring in the sun said ahh working ways of us working people a better day must come

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