

# Medicine Ball

Dan Bull

Listen - imagine Dan sat in the back of an ambulance  
chatting to Adam and telling him that he's had enough of this madness  
Fuck if that actually happened I haven't the faintest clue  
The concussion had damaged my grey matter and mushed my brain to goo  
but when I unravelled the bandage to see my face anew  
my eyes' vacant gaze described what I should aim to do  
and that's whatever the fuck it takes to make it through  
Enough pussyng about, now I'm a sabretooth, and nature's brutal  
In the old days I used to say I didn't need to pay my dues  
Ha - how far was I away from truth?  
And in the old days I used to wait for opportunities to happen  
Now I make my opportunities and grab them

What doesn't kill will not make you stronger  
but at least you're going to live a little longer  
so take everything right on the chin  
and never ever ever give in

I was nearly a limited edition  
because I could have been swimming with the fishes  
but being in critical condition  
would give me the volition  
to fulfill my mission as a skilled musician, ambition:  
kill competition with my ill compositions  
and then build my position up until I'm a religion  
Roll up, roll up my shirt sleeves, I see the vision,  
Turn the key in the ignition  
burn and speed into the distance  
even if it means you're gonna be in a collision  
well at least you've given us a firm reason to listen  
Desert the feeble disposition  
learn to feed on criticism  
spurn the media's derision  
earn your keep and keep on living  
Hurting people is a piece of piss  
but it requires guts to be kind  
I don't know why I didn't see this shit  
I must have been blind  
But even despite that dust in my eye will never settle  
I will never bite the dust 'til I die

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Look - whether you're holding a bunch of roses  
or holding a gun just know this  
you've got to soldier on, roll with the punches, throw fists  
Keep holding on, lift that boulder on your shoulders strong  
Souls are one thing, but the body's been evolving long  
before you ever knew the pain  
It's hurting me

Recuperation is a state of elevation  
gave me endless days to meditate and strengthen every failing I had  
Being a patient gave me patience and determination

dedication to bettering Dan  
Man, I've taken beatings, taken knees to the face  
My bloodstream stained the streets of this place  
where I reside, seeped through the pavement  
making me a piece of the neighbourhood  
Could you keep it more real than me right there if you tried?  
From the stitches in my elbow to the tears in my side  
my scars are badges of honour, I bear them with pride  
They stitched my scalp, fixed my split eyebrow  
and another time they took out a bit of my bowel  
Being a patient gave me patience and determination  
helped me to see a way out of the maze, found an escape  
came out of the daze  
How many ways more will I be knocked to the ground, now?  
But they named me Danny Boy  
because you're never going to keep me down

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