

## I Know

Helmet

Wafer thin  
The waif is in  
She's chlorine clean and portion fed  
Feed the dog  
Slop the hog  
Shine the Baptist and debark the log

It's all right, I know  
You're the only one who can  
Show us at all

Get it done  
Circulate  
What I hear, fear motivates  
So intense  
So sensitive  
In your head where fashion lives

It's all right, I know  
You're the only one who can  
Show us at all

It's OK, I know  
You're mean and hard and bored  
It's always something