

ARE ALL THINGS LABELLED "BAD FOR YOU" BAD FOR YOU?

Are all things labelled "bad for you" bad for you?
Probably, possibly; it's worth taking notice of the warning
Some things are obvious to those who can see them
A burning fire, water rising without means to flow away

A hot element on a stove. We are warned of lifestyle choices
Don't drink too much alcohol. Why? It leads to insobriety and foolish
Choices and behaviour. You don't believe me? Possibly not
The morning after a night of heavy drinking dawns, and you feel like death

Why is everyone talking so loudly, and laughing (what did I do)
Your head's as fuzzy as your memory. Why are they so bright and happy?
Don't they know the time? [Check's bedside clock, it reads 1 pm]
That can't be! I want to go back to sleep, for 2 or 3 days

"You've got a hangover", someone shouts and laughs
"I've got a hangover?" I ask myself, 'Is this what the aftermath
of drinking too much feels like?' Probably those who warned me
Knew something, maybe I should have listened.

Sex and drugs and rock'n'roll have long been cast as being demons
In my younger days, I have memories of falling prey to one or more of them
Were they all bad? No, many were enjoyable; might have stressed people's tolerance
I was suitably remorseful the mornings after. The label "bad for you"

Is like lighting the subject up in neon lights. They said that I can't.
Guess what, I can and most probably will. The question is, "Why?"
Experience, milord and milady; experience, in the sense of gaining experience
Experience, as in measuring experience; deciding when enough is enough

Experience, as in feeling, the whole range of feelings; defeat, success,
To have lost; each emotion is a teacher, working towards creating a rounder, more complete
Human being. Experience, as in "I have experienced", "I am experienced", I speak
From experience. Hear me or listen to me, as you choose. It is not mine to lose

It is yours to gain, train, sing refrains, exit or remain. It is your life. Life is a gift
It is not a right; nonetheless, it does entail having responsibilities; choices and decisions
Decisions that matter when all else shatters and lay broken on the ground, that sound
That lonely, desolate sound, sobbing, "come to the end; witness a beginning"

All is not lost; it is beginning; come feel, the emotion of winning
"Forgive me, father, I have failed." No, my son, you have tried, experienced

And did not give in; I am proud of you. Have pride in yourself.
You are battered, yes; that does not matter. A shower and a shave

You'll be as right as rain; the gentle rain that follows a thunderstorm

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