

IT'S ALL GONE TO SHIT

It's all gone to shit these days
My declining health is not just a phase
My poor body is taking the hit.
I've become potbellied and prickly
Along with forgetful and sickly
Everything is going to shit.

After hockey my groin is sore
At fastball my hamstring tore
I used to be incredibly fit.
Now I have asthma and so I wheeze
Allergies make me sniffle and sneeze
Everything is going to shit.

I want to keep playing fun and games
But there are so many aches and pains
I don't want to retire and knit.
My only reprieve from aching bones
Was when I was passing kidney stones
Everything is going to shit.

If you're listening and still care
Take a look at this thinning hair!
It's receded more than a bit
Sciatic nerves and psoriatic skin
Good lord where do I begin!
Everything is going to shit.