

## Gut Transit Time

By Richard Tornello

I eat in the express lines.  
 The fast lane is my life.  
 I go to the fast food places;  
 I'm in the take out line.  
 It's GUT TRANSIT TIME

My 'waste' line is growing bigger  
 My butt is much too large.  
 But I have to make that appointment,  
 I really hate to starve.  
 It's GUT TRANSIT TIME

So to the mickie dees  
 Or pizza and a coke.  
 Maybe for a change up  
 to bugger king, and hope:  
 A sit down meal  
 with candle light,  
 It's not, since...  
 I'm working later tonight.  
 It's GUT TRANSIT TIME

I know I should eat better.  
 Whose got the time today?  
 With all that dammed down sizing  
 and off shore work away.  
 I've got to work to keep my job.  
 No time to eat or play.  
 It's GUT TRANSIT TIME.

Working as we do  
 We don't have time to sit  
 Except for when we really,  
 Really have to shit.  
 It's GUT TRANSIT TIME

So I eat in the express lane  
 And fast food eateries I go.  
 Here I am in the take out lane  
 I've gotta eat, there is no blame.  
 It's GUT TRANSIT TIME for me.