

An Ode to Salt

A thousand magic crystals glisening on my chips
So wonderous, and so savory as they pass through hungry lips
So white, so pure, so salty I love the taste you bring
Though doctors may not love you, I wouldn't change a thing

For salt provides my flavor salt brings my meals such fun
A cob of corn best salted or french fries on the run
We need you in our oat meal, must have you on our steak
Can't miss you on the broccoli or saltless hearts would break

We're told we must be careful, don't pour you on too much
Lest arteries get too clogged, the shaker left untouched
But salt you are so lovely, sodium you are our friend
That's what surgery's there for, arteries we can mend

I love a salted pretzel, a tater or a tot
A delicious corn beef sandwich delights my soul a lot
And I even like that Jesus compared us with this stuff
I'd like to say I'm trying though I haven't done that much

But salt, it's more than flavor, it brings life to decay
We stop the evil spreading, keep the dark at bay
So next time you have a french fry, next time you salt your meat
Remember salt does more than melt ice upon the street
It keeps the world in motion salt is our cry, our call
So get out of the shaker, live salty hope for all