

SIR 607 Help Yourself

vocal recorded by: [Jack Borgström](#)

Release Date: (vinyl) 2004 / 09 (MP3) – 2005 / 09

Singing Call MS-53

Original artist: Tom Jones

Hanhurst Best Seller listing
(September 2004) – No. 2

ORIGINAL MUSIC DETAILS: *WRITERS*: Carlos Labati Donida, Jack Fishman, Giulio Rapetti
PUBLISHERS: BMG Songs Inc. and S.I.A.E. Direzione Generale.

This tune was a great hit for Tom Jones and it's lyrics describe the "lifestyle" of Tom Jones (the "legend", rather than the real man – probably). The idea of inviting the girls to take advantage of the "best thing that they could ever know" is tremendously chauvinistic – check out the first two lines of the last verse (shown below) – although the lyrics work just as well for a girl, in this modern age of sexual equality!

The tune uses the "big-band" sound with Nashville instrumentation. It is a fast paced piece of music, which gives the dancers an "exciting ride". Jack uses a lot of the lyrics on his vocal, to good effect – but by substituting a few "Ladies Chains", you could probably just limit yourself to learning the tag-lines – your choice!

Additional Lyrics:

(Verse)

Love is like candy on a shelf
You want to taste then help yourself
The sweetest things are there for you
Help yourself, take a few
That's what I want you to do

(Verse)

We're always told repeatedly
The very best in life is free
And if you want to prove its' true
Baby I'm telling you
This is what you should do...

(Verse)

My heart has love enough for two
More than enough for me and you
I'm rich with love – a millionaire
I've so much it's unfair
Why don't you take a share?

(Chorus)

Just help yourself, to my lips, to my arms
Just say the word and they are yours
Just help yourself to the love, in my heart
Your smile has opened up the door

The greatest wealth that exists
In the world can never buy what I can give
Just help your self to my lips, to my arms
And then let's really start to live

Where, When and Who produced the music:

This was part of the eighth group of releases on Sting that were recorded in Nashville. A total of fourteen songs were recorded during this session, which was the third to be arranged and produced by Paul Bristow – following his purchase of the company. Also in attendance at this session were Recording Artist: Carsten Nielsen and Company Founder Ingvar Pettersson.

Recorded in November 2003, the music still features the top session musicians in Nashville, including: Gregg Galbraith – as band leader and plays all lead Guitars, Terry McMillan on Harmonica and percussion, Doug Jernigan on Steel and Dobro, Jerry Kroon on Drums, Roger Smith on Piano and Keyboards, with Fiddle by Rob Hojacos and (on the last four songs) "Hoot". David Smith plays on Bass Guitar and Bruce plays on Rhythm Guitar / Banjo / Mandolin. Also worthy of special mention is our engineer on these sessions – the studio owner: Kevin McManus.

Acknowledgement to Royal Records:

We are indebted to Jerry Story and Tony Oxendine who introduced us to the studio in Nashville and invited us to use the top-of-the-line professional session musicians that they had assembled, to play for Royal Records.