

SONG FACTS

Help

Album: Help! **Date:** 1965

This was used as the title song to Beatles' second movie. The original title to the song and the movie was "Eight Arms To Hold You." The first copies of the single said it was from the movie "Eight Arms to Hold You."

In 1985, this became the first Beatles song ever used in a commercial when it was used in an ad for Ford cars. Ford paid \$100,000 for it, and the version in the commercial was performed by a sound-alike group.

The lyrics appear to be addressed to another person, but they could also be seen as being addressed to a mind altering substance. There are lots of clues in the lyrics but the major ones are, "I've changed my mind" and "I've opened up the doors" as in "The Doors Of Perception" which is the title of a book by Aldous Huxley about his mind altering experiences with mescaline. The title is taken from a quote of William Blake's, "If the doors of perception were cleansed everything would appear to man as it is, infinite."

Originally, the album cover showed The Beatles spelling out the word "Help" using the semaphore system of communicating with flags, which was usually used by ships. The photographer didn't like the pose, so he had them hold the flags in a way that looked good, but didn't spell anything.

Adapted from www.songfacts.com

