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## Premenstrual Syndrome (PMS)

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What's the difference between a woman suffering from PMS and a terrorist? You can negotiate with a terrorist. Jokes like this and many similar jokes concerning premenstrual syndrome have become popular material for successful comedians today. Because women have demanded a cure for this disorder, as well as demanded acceptance of PMS as a disorder, these jokes are now the rage of the nation. PMS is defined as a group of symptoms that collectively characterize a disorder occurring in the period prior to menstruation. Previously people labelled the female sufferer as "on the rag" or "flagging," and associated the negative connotations of those labels. These jokes can be very funny to females if, at the time that the female hears these jokes, she is not ragging it; otherwise they can be sufficient motive for murder.

The female who suffers from premenstrual syndrome is commonly referred to as, "the woman from hell." This is because during this period she will experience all or some of the following symptoms: water retention, crankiness, night sweats, low tolerance levels, high anxiety, and an insatiable appetite for junk food. The last symptom, by the way, is a physiological phenomenon. These symptoms are not only explainable, but justifiable as well.

Water retention, one of the universal symptoms of PMS, is when your face contorts producing a total new look similar to that of a blow fish in a defensive mode. In women, as in the fish, it creates a defense mechanism based on the premise that few, if any, would dare approach the creature when it assumes this look. In females this look serves as an effective birth control method. The face takes on added dimensions as the eyes are swallowed by the puffy folds of facial tissue surrounding them. In addition, the stomach is blown up like a hot air balloon just prior to take-off. Water retention, however, is not the only reason why PMS is touted as an effective birth control method.

Crankiness is also an effective birth control method. Consider some of the goddesses of Greek Mythology. Many Greek theologians now believe that, contrary to popular legend, Medusa suffered from PMS. On one of her cranky days, she inadvertently compared her long flowing hair to that of Athena. The beautiful goddess Athena, also suffering from PMS, became extremely agitated and changed Medusa's beautiful flowing hair into black, slithering snakes so men would not bed her. She then sentenced Medusa to her ill-fated Gorgonian demise in the cave. Medusa's PMS really flared then, and any male who looked upon her was turned to stone. This is not an abnormal reaction, however, for women suffering from PMS.

Other symptoms of PMS are the chilling night sweats. Night sweats are also an effective birth control method since few mates consider waking next to a cold, wet, shark-like creature, an aphrodisiac. These night sweats

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are necessary, however, because they cleanse the body of all water so the body does not explode. This then allows the body to re-bloat the following day.

It is often said that speaking to a woman on PMS is similar to opening Pandora's Box. The male species is fully aware that engaging in conversation with an inflicted female can unleash upon him all the evils of the world regardless of what he has spoken; however, the male generally attempts a feeble, devastating conversation. Consider these plausible questions and answers between a husband and wife.

*Husband:* "You are looking very slim today, dear."

*Wife:* "Are you saying that I looked like a blimp yesterday? You swine."

*Husband:* "Would you like to have dinner out tonight?"

*Wife:* "You hate my cooking. You don't appreciate the things I do for you. You really are nothing but a swine."

The final conversation is the ultimate no-win situation for the well meaning husband. If the husband says, "I will be out of town tomorrow for a business meeting," the wife deduces that he doesn't love her and must be having an affair.

The wife then spits vehemently, "You lying, cheating scum of the earth, you're a swine."

The innocent, albeit stupid, husband will pursue by saying, "Perhaps I can postpone my trip. Would that be acceptable?"

It is at this point that the PMSing wife goes in for the kill, and conquers with, "I don't want you around, you lying, cheating swine." Thus, Pandora's Box exemplified. Or better said, a very low tolerance for normal behavior.

The female sufferer feels high levels of anxiety during



PMS because of the neuroses she is experiencing, as indicated by the previous conversations, and so must be on high alert in order to attack her offenders at short notice. One prime example of this is exhibited by the female's driving methods. She, when not suffering from PMS, has the patience of Job, the demeanor of Mother Theresa, and the sweetness of a fresh peach, which is characterized by her innocent defensive driving. She is courteous, follows all safety regulations, smiles and waves to strangers, and is pleasant to the children while she transports them. In fact, she will often occupy the children by singing group songs, encouraging their participation. The PMSing woman, however, has the patience of a hungry cougar, the demeanour of Atilla the Hun, and the bitterness of an adult aspirin as it mistakenly dissolves in the mouth. This is exemplified by her aggressive, offensive driving. The suffering female, when carrying out normal duties, takes off like a bat out of hell as she recklessly speeds to her destination, passing and cussing motorists who are unfortunately in her way. This "woman from hell" does not abide by safety regulations and flagrantly resorts to the fine art of screaming at children while driving. Police officers can automatically spot a PMS driver and, with sirens wailing, generally retreat in the opposite direction. Upon completion of the assigned duties, the female hormonally reasons that she is ravenous and searches for a bit of nourishment for the long journey home.

A PMS appetite is characterized by consuming large quantities of foods of very low quality, such as coffee, chocolate, ice cream, hamburgers, fries, pizza, cokes, and any other food which facilitates water retention and weight gain. These foods and beverages are the substances the PMS sufferer craves, and so, they are the foods that will be consumed. Many doctors have questioned this phenomenon and have no cure or answer other than that the PMS woman should eliminate these foods. The same advice should be given to males pondering a romantic evening with a female just prior to ovulation. Very precise, astute, intuitive advice only a doctor would give.

A very wise male member of the judicial system recently found a wife, who was suffering from PMS, not guilty of the crime of murdering her husband. She did, in fact, murder her husband and the judge knew this; however, he found her not guilty based upon temporary insanity. Whether he did this because he was fearful of the defendant, or because his wife was a chronic sufferer of PMS is unknown. However, that verdict has, in essence, given the premenstrual female who is bloated like a fish, cranky, has low tolerance for her mate, is highly anxious, and certainly hungry, a license to kill. Men, run for you liiiiiiiiiiiiives!!!

## Chicken Shit

Debra Galliher

"Deb, I need some space...."  
Right. Take it from someone else  
who has some to give.