

# Menstruation A Cultural History

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**Neurology and Modernity** Laura Salisbury  
2010-03-15 An exploration of the habits of the modern era beside cultural notions discovering brain function and the nervous system to be central to health and illness. It looks at debates

within neurology and culture through neurological works, popular advice, and the appearance of neurological disorders within the aesthetic artefacts of modernity.  
The Modern Period Lara Freidenfelds 2009-06-15  
"Lara Freidenfelds traces this cultural shift,

showing how Americans reframed their thinking about menstruation. She explains how women and men collaborated with sex educators, menstrual product manufacturers, advertisers, physical education teachers, and doctors to create a modern understanding of menstruation. Excerpts from seventy-five interviews - accounts by turns funny and moving - help readers to identify with the experiences of the ordinary people who engineered these changes."--BOOK JACKET.

*The Curse* Janice Delaney 1988 "In its hard headed, richly documented concreteness, it is worth a thousand polemics." -- New York Times, from a review of the first edition "The Curse deserves a place in every women's studies library collection." -- Sharon Golub, editor of *Lifting the curse of Menstruation* "A stimulating and useful book, both for the scholarly and the general reader." -- Paula A. Treichler, co-author of *A Feminist Dictionary*  
Under Wraps Sharra Louise Vostral 2008 This

book examines the social and technological history of sanitary napkins and tampons through the lens of passing, and the effects of technology upon women's experiences of menstruation. These ubiquitous yet invisible technologies provide women with the means to hide their periods, but the history of embedded politics in menstrual technologies reveals that they can be used both as artifacts of control and empowering tools of change.

**Menstruation and Procreation in Early Modern France** Cathy McClive 2016-03-03 Early modern bodies, particularly menstruating and pregnant bodies, were not stable signifiers. *Menstruation and Procreation in Early Modern France* presents the first full-length discussion of menstruation and its uncertain connections with embodied sex, gender and reproduction in early modern France. Attitudes to menstruation are explored in three inter-linked arenas: medicine, moral theology and law across the sixteenth to the eighteenth centuries. Drawing on a wide

range of diverse sources, including court records and private documents, the author uses case studies to explore the relationship between the exceptional corporeality of individuals and attempts to construct menstrual norms, reflecting on how early modern individuals, lay or otherwise, grappled with the enigma of menstruation. She analyzes how early modern men and women accounted for the function, recurrence and appearance of menstruation, from its role in maintaining health to the link between other physiological and bodily processes, including those found in both male and female bodies. She questions the assumption that menstruation was exclusively associated with women by the second half of the eighteenth century, arguing that whilst sex-related, menstruation was not sex-specific even at the turn of the nineteenth. Menstruation remains a contentious topic today. This book is not, therefore, simply a study of periods in early modern France, but is also of necessity an

exploration about the nature and constitution of historical evidence, particularly bodily evidence and how historians use this evidence. It raises important questions about the concept of certainty and about the value of observation, testimony, expertise, the nature of language and the construction of bodily truths - about the body as witness and the body as evidence.

*On Female Body Experience* Iris Marion Young  
2005-01-27 Written over a span of more than two decades, the essays by Iris Marion Young collected in this volume describe diverse aspects of women's lived body experience in modern Western societies. Drawing on the ideas of several twentieth century continental philosophers--including Simone de Beauvoir, Martin Heidegger, Luce Irigaray, Julia Kristeva, and Maurice Merleau-Ponty--Young constructs rigorous analytic categories for interpreting embodied subjectivity. The essays combine theoretical description of experience with normative evaluation of the unjust constraints on

their freedom and opportunity that continue to burden many women. The lead essay rethinks the purpose of the category of "gender" for feminist theory, after important debates have questioned its usefulness. Other essays include reflection on the meaning of being at home and the need for privacy in old age residences as well as essays that analyze aspects of the experience of women and girls that have received little attention even in feminist theory--such as the sexuality of breasts, or menstruation as punctuation in a woman's life story. Young describes the phenomenology of moving in a pregnant body and the tactile pleasures of clothing. While academically rigorous, the essays are also written with engaging style, incorporating vivid imagery and autobiographical narrative. On Female Body Experience raises issues and takes positions that speak to scholars and students in philosophy, sociology, geography, medicine, nursing, and education.

**The Body Project** Joan Jacobs Brumberg

2010-06-09 A hundred years ago, women were lacing themselves into corsets and teaching their daughters to do the same. The ideal of the day, however, was inner beauty: a focus on good deeds and a pure heart. Today American women have more social choices and personal freedom than ever before. But fifty-three percent of our girls are dissatisfied with their bodies by the age of thirteen, and many begin a pattern of weight obsession and dieting as early as eight or nine. Why? In *The Body Project*, historian Joan Jacobs Brumberg answers this question, drawing on diary excerpts and media images from 1830 to the present. Tracing girls' attitudes toward topics ranging from breast size and menstruation to hair, clothing, and cosmetics, she exposes the shift from the Victorian concern with character to our modern focus on outward appearance—in particular, the desire to be model-thin and sexy. Compassionate, insightful, and gracefully written, *The Body Project* explores the gains and losses adolescent girls have inherited since they shed

the corset and the ideal of virginity for a new world of sexual freedom and consumerism—a world in which the body is their primary project. Menstruation Andrew Shail 2005-12-10 Ranging from Aristotle to twentieth-century gynecology, contributions to this volume trace the semiotics of menstruation from magical act to evolutionary deficiency. The result is the first comprehensive historical study of how menstruation has been understood within various cultural traditions, with reference to political and social institutions, and medical and religious practices. Includes a guide for scholars on bibliographical and archival sources for the study of menstruation.

**CURSED?** 2018

Period Various Authors 2018-05-08 In this collection, writers of various ages and across racial, cultural, and gender identities share stories about the period. Each of the 12 authors brings an individual perspective and sensibility. Told with warmth and humor, these essays celebrate all kinds of period experiences.

Illustrations.

*The Palgrave Handbook of Critical Menstruation Studies* Chris Bobel 2020-07-24 This open access handbook, the first of its kind, provides a comprehensive and carefully curated multidisciplinary and genre-spanning view of the state of the field of Critical Menstruation Studies, opening up new directions in research and advocacy. It is animated by the central question: “what new lines of inquiry are possible when we center our attention on menstrual health and politics across the life course?” The chapters—diverse in content, form and perspective—establish Critical Menstruation Studies as a potent lens that reveals, complicates and unpacks inequalities across biological, social, cultural and historical dimensions. This handbook is an unmatched resource for researchers, policy makers, practitioners, and activists new to and already familiar with the field as it rapidly develops and expands.

*Encounters with Aging* Margaret M. Lock

1994-01-20 Margaret Lock explicitly compares Japanese and North American medical and political accounts of female middle age to challenge Western assumptions about menopause. She uses ethnography, interviews, statistics, historical and popular culture materials, and medical publications to produce a richly detailed account of Japanese women's lives. The result offers irrefutable evidence that the experience and meanings—even the endocrinological changes—associated with female midlife are far from universal. Rather, Lock argues, they are the product of an ongoing dialectic between culture and local biologies. Japanese focus on middle-aged women as family members, and particularly as caretakers of elderly relatives. They attach relatively little importance to the end of menstruation, seeing it as a natural part of the aging process and not a diseaselike state heralding physical decline and emotional instability. Even the symptoms of midlife are different: Japanese women report few

hot flashes, for example, but complain frequently of stiff shoulders. Articulate, passionate, and carefully documented, Lock's study systematically undoes the many preconceptions about aging women in two distinct cultural settings. Because it is rooted in the everyday lives of Japanese women, it also provides an excellent entree to Japanese society as a whole. Aging and menopause are subjects that have been closeted behind our myths, fears, and misconceptions. Margaret Lock's cross-cultural perspective gives us a critical new lens through which to examine our assumptions.

*Flow* Elissa Stein 2009-11-10 In this hip, hilarious and truly eye-opening cultural history, menstruation is talked about as never before. *Flow* spans its fascinating, occasionally wacky and sometimes downright scary story: from mikvahs (ritual cleansing baths) to menopause, hysteria to hysterectomies—not to mention the Pill, cramps, the history of underwear, and the movie about puberty they showed you in 5th

grade. Flow answers such questions as: What's the point of getting a period? What did women do before pads and tampons? What about new drugs that promise to end periods—a hot idea or not? Sex during your period: gross or a turn-on? And what's normal, anyway? With color reproductions of (campy) historical ads and early (excruciating) femcare devices, it also provides a fascinating (and mind-boggling) gallery of this complex, personal and uniquely female process. As irreverent as it is informative, Flow gives an everyday occurrence its true props – and eradicates the stigma placed on it for centuries.

**Fruit of Knowledge** Liv Stromquist 2018-08-15 From Adam and Eve to pussy hats, people have punished, praised, pathologized, and politicized vulvas, vaginas, clitorises, and menstruation. In this graphic nonfiction book, drawn in chunky, punky pen, Swedish cartoonist Liv Strömquist traces how different cultures and traditions have shaped women's health and beyond. Her biting, informed commentary and ponytailed avatar

guides the reader from the darkest chapters of history (a clitoridectomy performed on a five-year-old American child as late as 1948) to the lightest (vulvas used as architectural details as a symbol of protection). Like humorists Julie Doucet (Dirty Plotte), Alison Bechdel (Dykes to Watch Out For), and Kate Beaton (Hark! A Vagrant), she uses the comics medium to reveal uncomfortable truths about how far we haven't come.

*It's Only Blood* Anna Dahlqvist 2018-05-15 Across the world, 2 billion people experience menstruation, yet menstruation is seen as a mark of shame. We are told not to discuss it in public, that tampons and sanitary pads should be hidden away, the blood rendered invisible. In many parts of the world, poverty, culture and religion collide causing the taboo around menstruation to have grave consequences. Younger people who menstruate are deterred from going to school, adults from work, infections are left untreated. The shame is universal and the silence a global rule. In *It's Only Blood* Anna

Dahlqvist tells the shocking but always moving stories of why and how people from Sweden to Bangladesh, from the United States to Uganda, are fighting back against the shame.

The Curse Karen Houppert 2000-05-24 A provocative look at the way our culture deals with menstruation. The Curse examines the culture of concealment that surrounds menstruation and the devastating impact such secrecy has on women's physical and psychological health. Karen Houppert combines reporting on the potential safety problems of sanitary products--such as dioxin-laced tampons--with an analysis of the way ads, movies, young-adult novels, and women's magazines foster a "menstrual etiquette" that leaves women more likely to tell their male colleagues about an affair than brazenly carry an unopened tampon down the hall to the bathroom. From the very beginning, industry-generated instructional films sketch out the parameters of acceptable behavior and teach young girls that bleeding is

naughty, irrepressible evidence of sexuality. In the process, confident girls learn to be self-conscious teens. And the secrecy has even broader implications. Houppert argues that industry ad campaigns have effectively stymied consumer debate, research, and safety monitoring of the sanitary-protection industry. By telling girls and women how to think and talk about menstruation, the mostly male-dominated media have set a tone that shapes women's experiences for them, defining what they are allowed to feel about their periods, their bodies, and their sexuality.

Her Blood is Gold Lara Owen 1993 Ancient reverence for the mystery and magic of menstruation has been replaced by silence, ignorance, and PMS jokes. Breaking the silence of the menstruation taboo, here is a pioneering and liberating exploration of the "M" in PMS. The powerful stories of three very different women help women recognize the power of their periods.

It's That Time Again Tuscany Bernier 2015-07-21

A kind, comprehensive Hanafi guide to fiqh (Islamic Law) regarding menstruation and other related women's issues from a female student of knowledge.

**The Stains of Culture** Ruth Tsoffar 2006

Portrays the experiences of Egyptian Karaites in the San Francisco Bay Area as it explores the relationship between text and everyday life, between literal reading and its translation into bodily practices-especially as related to the female body.

*The Wandering Womb* Lana Thompson 1999

Female anatomy, especially the womb, has for centuries been shrouded in mystery and misunderstanding, defining the social place of women in male dominated cultures. Even with advances in medicine, some in today's society believe they can control women's sexual identity. *The Wandering Womb* is a provocative tour through religious, medical, and social histories, pinpointing humorous, outrageous, and hair-raising beliefs, practices, and longstanding

falsehoods that permeate human cultures. In Egyptian times, it was believed that the womb was an entity unto itself capable of wandering in the body, and also into the world beyond in search of nourishment! This idea, and many others were entwined in medical ignorance and religious superstition, which have often labeled women as incomplete, inferior, imperfect, and even inherently evil. Sexual myths have viewed menstruation as dirty, designing outrageous rituals around this natural process, from strange diets and prescriptions to mandated isolation and violent practices. Sexuality and desire in women has been viewed as taboo and dangerous, while child rearing is considered the highest calling. In Western history, women's health problems were often written off simply as an unsatisfied uterus, or hysteria of their weak and demon possessed bodies, while physical characteristics were used to label women as witches. This fascinating, often maddening romp through the bedrooms and birthing rooms of time illustrates why women

have been sexually enslaved, and reminds us that we've come a long way from the mythical virgin birth to women's liberation and beyond. Lana Thompson (Boca Raton, FL) is a freelance medical writer, and a specialist in women's studies and anthropology.

**First Blood** Sally Dammary 2016-04-15 What woman forgets the moment of discovering her first period? The shock? Fear? Panic? Loathing? Embarrassment? Pride? Happiness? First Blood examines the ways in which women from countries as diverse as India and Sri Lanka, England, the Philippines, Greece, Italy, Uganda, Indonesia, Fiji, Chile, Ukraine, Korea, Singapore and Hong Kong, recall this moment of menarche and what it meant to them, their families, and their societies. What is the mystique of women's first blood? Who created the meanings associated with menarche, and why? Have meanings changed significantly over time and if they have, how? And for what reasons? First Blood answers these questions and investigates

beliefs and traditions surrounding menarche, including the concepts of uncleanness, of ceremony, of secrecy and lore still existing in many parts of the world. The influence of science and technology in the development of the sanitary hygiene industry is traced, together with the role of the pharmaceutical industry in making menstruation an optional event.

**Regulating Menstruation** Etienne van de Walle 2001-06 Menstruation, seen alternately as something negative—a "curse" or a failed conception—or as a positive part of the reproductive process to be celebrated as evidence of fertility, has long been a universal concern. How women interpret and react to menstruation and its absence reflects their individual needs both historically as well as in the contemporary cultural, social, economic, and political context in which they live. This unique volume considers what is known of women's options and practices used to regulate menstruation—practices used to control the

periodicity, quantity, color, and even consistency of menses—in different places and times, while revealing the ambiguity that those practices present. Originating from an Internet conference held in February 1998, this volume contains fourteen papers that have been revised and updated to cover everything from the impact of the birth control pill to contemporary views on reproduction to the pharmacological properties of various herbal substances, reflecting the historical, contemporary, and anthropological perspectives of this timely and complex issue.

**Menstruation and the Female Body in Early Modern England** S. Read 2013-01-01 In early modern English medicine, the balance of fluids in the body was seen as key to health. Menstruation was widely believed to regulate blood levels in the body and so was extensively discussed in medical texts. Sara Read examines all forms of literature, from plays and poems, to life-writing, and compares these texts with the medical theories.

**My Little Red Book** Rachel Kauder Nalebuff 2009-02-26 MY LITTLE RED BOOK is an anthology of stories about first periods, collected from women of all ages from around the world. The accounts range from light-hearted (the editor got hers while water skiing in a yellow bathing suit) to heart-stopping (a first period discovered just as one girl was about to be strip-searched by the Nazis). The contributors include well-known women writers (Meg Cabot, Erica Jong, Gloria Steinem, Cecily von Ziegesar), alongside today's teens. And while the authors differ in race, faith, or cultural background, their stories share a common bond: they are all accessible, deeply honest, and highly informative. Whatever a girl experiences or expects, she'll find stories that speak to her thoughts and feelings. Ultimately, MY LITTLE RED BOOK is more than a collection of stories. It is a call for a change in attitude, for a new way of seeing periods. In a time when the taboo around menstruation seems to be one of the few left standing, it makes a difficult subject

easier to talk about, and helps girls feel proud instead of embarrassed or ashamed. By revealing what it feels like to undergo this experience first hand, and giving women the chance to explain their feelings in their own words, it aims to provide support, entertainment, and a starting point for discussion for mothers and daughters everywhere. It is a book every girl should have. Period.

*Blood, Bread, and Roses* Judy Grahn 1993 The feminist author of *Another Mother Tongue* offers a mythographic study of the interconnections among ancient menstrual rites and the development of agriculture, mathematics, writing, calendars, and other realms of knowledge.

**Blood Magic** Thomas Buckley 1988-06-02 "Sets the stage for an ethnography of menstruation beliefs and will, I predict, be viewed as the opening work of a whole ethnographic tradition . . . will be widely cited."—Anna Meigs, Macalester College "Provides a concise and complete

critique of the literature and thinking on menstrual practices and introduces new analyses and concepts with regard to previously unknown material."—Ann L. Wright, University of Arizona  
*Unwell Women* Elinor Cleghorn 2021-06-08 A trailblazing, conversation-starting history of women's health—from the earliest medical ideas about women's illnesses to hormones and autoimmune diseases—brought together in a fascinating sweeping narrative. Elinor Cleghorn became an unwell woman ten years ago. She was diagnosed with an autoimmune disease after a long period of being told her symptoms were anything from psychosomatic to a possible pregnancy. As Elinor learned to live with her unpredictable disease she turned to history for answers, and found an enraging legacy of suffering, mystification, and misdiagnosis. In *Unwell Women*, Elinor Cleghorn traces the almost unbelievable history of how medicine has failed women by treating their bodies as alien and other, often to perilous effect. The result is an

authoritative and groundbreaking exploration of the relationship between women and medical practice, from the "wandering womb" of Ancient Greece to the rise of witch trials across Europe, and from the dawn of hysteria as a catchall for difficult-to-diagnose disorders to the first forays into autoimmunity and the shifting understanding of hormones, menstruation, menopause, and conditions like endometriosis. Packed with character studies and case histories of women who have suffered, challenged, and rewritten medical orthodoxy—and the men who controlled their fate—this is a revolutionary examination of the relationship between women, illness, and medicine. With these case histories, Elinor pays homage to the women who suffered so strides could be made, and shows how being unwell has become normalized in society and culture, where women have long been distrusted as reliable narrators of their own bodies and pain. But the time for real change is long overdue: answers reside in the body, in the testimonies of unwell

women—and their lives depend on medicine learning to listen.

**Menstruation and Psychoanalysis** Mary Jane Lupton 1993

**The Curse** Janice Delaney 1977

**Women's Lives, Women's Rituals in the Hindu Tradition** Tracy Pintchman 2007-03-29 In this book, Tracy Pintchman has assembled ten leading scholars of Hinduism to explore the complex relationship between Hindu women's rituals and their lives beyond ritual. The book focuses particularly on the relationship of women's ritual practices to domesticity, exposing and exploring the nuances, complexities, and limits of this relationship. In many cultural and historical contexts, including contemporary India, women's everyday lives tend to revolve heavily around domestic and interpersonal concerns, especially care for children, the home, husbands, and other relatives. Hence, women's religiosity also tends to emphasize the domestic realm and the relationships most central to women. But

women's religious concerns certainly extend beyond domesticity. Furthermore, even the domestic religious activities that Hindu women perform may not merely replicate or affirm traditionally formulated domestic ideals but may function strategically to reconfigure, reinterpret, criticize, or even reject such ideals. This volume takes a fresh look at issues of the relationship between Hindu women's ritual practices and normative domesticity. In so doing, it emphasizes female innovation and agency in constituting and transforming both ritual and the domestic realm and calls attention to the limitations of normative domesticity as a category relevant to many forms of Hindu women's religious practice.

**Active Bodies** Martha H. Verbrugge 2017-09  
During the twentieth century, opportunities for exercise and sports grew significantly for girls and women in the United States. Among the key figures who influenced this revolution were female physical educators. Drawing on extensive archival research, *Active Bodies* examines the

ideas, experiences, and instructional programs of white and black female physical educators who taught in public schools and diverse colleges and universities, including coed and single-sex, public and private, and predominantly white and historically black institutions. Working primarily with female students, women physical educators had to consider what an active female could and should do in comparison to boys and men. Applying concepts of sex differences, they debated the implications of female anatomy, physiology, reproductive functions, and psychosocial traits for achieving gender parity in the gym. Teachers' interpretations were conditioned by the places where they worked, as well as developments in education, feminism, and the law, society's changing attitudes about gender, race, and sexuality, and scientific controversies over the nature and significance of sex differences. While deliberating fairness for their students, women physical educators also pursued equity for themselves, as their

workplaces and nascent profession often marginalized female and minority personnel. Questions of difference and equity divided the field throughout the century; while some teachers favored moderate views and incremental change, others promoted justice for their students and themselves by exerting authority at their schools, critiquing traditional concepts of "difference," and devising innovative curricula. Exploring physical education within and beyond the gym, *Active Bodies* sheds new light on the enduring complexities of difference and equity in American culture.

*Welcome to Your Period!* Yumi Stynes 2021-01-12  
This frank, funny guide to getting your period gives preteens all they need to master—and even celebrate!—menstruation. Getting your period for the first time can be mortifying, weird, and messy—and asking questions about it can feel even worse. But it doesn't have to be that way. This taboo-free guide is packed with honest advice and big-sisterly wisdom on all the things

girls need to know: from what cramps feel like to whether you can feel blood coming out, to what you should do if your pad leaks onto your clothes. *Welcome to Your Period* includes case studies, first-person accounts, questions from real teens, and answers from health journalist Yumi Stynes and adolescent health specialist Melissa Kang, MD. Cheerful illustrations keep the tone fun, and help with how-tos on different period supplies. There are even suggestions for throwing a first-period party. With its inclusive, body-positive message, pocket size, and reassuring vibe, this must-have menstruation manual will make girls feel not only normal but proud.

**Period. End of Sentence.** Anita Diamant 2021-05-25  
From beloved New York Times bestselling author and award-winning journalist Anita Diamant comes a timely collection of essays to help inspire period positive activism around the globe. When *Period. End of Sentence* won an Oscar in 2019, the film's co-producer and Executive Director of The Pad Project, Melissa

Berton, told the audience: “A period should end a sentence, not a girl’s education.” Continuing in that revolutionary spirit and building on the momentum of the acclaimed documentary, this book outlines the challenges facing those who menstruate worldwide and the solutions championed by a new generation of body positive activists, innovators and public figures. Including interviews from people on the frontlines—parents, teachers, medical professionals, and social-justice warriors —Period. End of Sentence. illuminates the many ways that menstrual injustice can limit opportunities, erode self-esteem, and even threaten lives. This powerful examination of the far-ranging and quickly evolving movement for menstrual justice introduces today’s leaders and shows us how we can be part of the change. Fearless, revolutionary, and fascinating, Period. End of Sentence. is an essential read for anyone interested in empowering women, girls, and others around the world. To learn more about

The Pad Project, go to [ThePadProject.org](http://ThePadProject.org). *Red Moon Gang* Tara Costello 2020-09-08 This inclusive, unapologetic, and humorous guide to menstruation quashes stigmas and provides us with the latest research and information on periods. Filled with information and free from cultural hang-ups, this gender-neutral book is directed at anybody that's ever dealt with having a period. Writer and influencer Tara Costello has been writing about menstruation for more than a decade and, here, she pulls together her research and experience into a book that's wide-ranging, inclusive, and fun. Boldly illustrated by Mary Purdie, *Red Moon Gang* tackles every aspect of the menstrual cycle--from the biology and science behind why you bleed every month, to the latest findings on hormonal fluctuations (aka, why you're PMSing so bad). It takes a deep dive into the different types of menstrual products available, including their pros and cons, and covers various period conditions such as endometriosis and polycystic ovary syndrome.

Drawing from her own experience, Costello explores how having a period shaped her relationship to her body and her place in the world. And she discusses topics that aren't generally covered in health class too--such as how periods are a particular challenge to those experiencing body dysmorphia, individuals living in poverty, and disabled people. Finally, she offers up a Period Toolkit, listing products and retailers she loves, tips on how to make menstruating easier, and resources for further education.

**Period Power** Nadya Okamoto 2018-10-16  
PERIOD founder and Harvard College student Nadya Okamoto offers a manifesto on menstruation and why we can no longer silence those who bleed—and how to engage in youth activism. Throughout history, periods have been hidden from the public. They're taboo. They're embarrassing. They're gross. And due to a crumbling or nonexistent national sex ed program, they are misunderstood. Because of

these stigmas, a status quo has been established to exclude people who menstruate from the seat at the decision-making table, creating discriminations like the tampon tax, medicines that favor male biology, and more. Period Power aims to explain what menstruation is, shed light on the stigmas and resulting biases, and create a strategy to end the silence and prompt conversation about periods.

**Periods Gone Public** Jennifer Weiss-Wolf 2017-10-10  
The first book to explore menstruation in the current cultural and political landscape and to investigate the new wave of period activism taking the world by storm. After centuries of being shrouded in taboo and superstition, periods have gone mainstream. Seemingly overnight, a new, high-profile movement has emerged—one dedicated to bold activism, creative product innovation, and smart policy advocacy—to address the centrality of menstruation in relation to core issues of gender equality and equity. In *Periods Gone Public*,

Jennifer Weiss-Wolf—the woman Bustle dubbed one of the nation's “badass menstrual activists”—explores why periods have become a prominent political cause. From eliminating the tampon tax, to enacting new laws ensuring access to affordable, safe products, menstruation is no longer something to whisper about. Weiss-Wolf shares her firsthand account in the fight for “period equity” and introduces readers to the leaders, pioneers, and everyday people who are making change happen. From societal attitudes of periods throughout history—in the United States and around the world—to grassroots activism and product innovation, Weiss-Wolf challenges readers to face stigma head-on and elevate an agenda that recognizes both the power—and the absolute normalcy—of menstruation.

**Periods in Pop Culture** Lauren Rosewarne  
2012 *Periods in Pop Culture: Menstruation in Film and Television*, by Lauren Rosewarne, investigates the portrayals of menstruation in

film and television, spotlighting a paradox of a common bodily occurrence still causing controversy, fear, and offense. This is the first book to focus exclusively on media representations of menstruation and to undertake a comprehensive analysis of its depictions.

**Menstruation Across Cultures** Nithin Sridhar  
2021-08-26 *Menstruation across Cultures* attempts to provide a detailed review of menstruation notions prevalent in India and in cultures from across the world. The world cultures covered in the book include Indic traditions like Hinduism, Buddhism, Jainism and Sikhism; ancient civilisations like Greece, Rome, Mesopotamia and Egypt; and Abrahamic religions of Judaism, Christianity, and Islam. Two themes of special focus in the book are: Impurity and Sacrality. While they are often understood as being opposed to each other, the book examines how they are treated as two sides of the same coin, when it comes to menstruation. This is

especially true in Indic traditions and pre-Christian polytheistic traditions like Greco-Roman, Mesopotamian and Egyptian. Impurity and Sacrality complement each other to form a comprehensive worldview in these cultures. The book also examines how the understanding of impurity in Abrahamic religions differs from those of polytheistic cultures. As part of the examination of the sacrality attached to menstruation, a special focus has also been given to the deities of menstruation in polytheistic cultures and to what Ayurveda and Yoga say about this essential function in a woman's physiology. Finally, a comparative study of menstrual notions prevalent in modernity is presented, along with a Do and Don't dossier.

**Blood Relations** Chris Knight 2013-10-15 The emergence of symbolic culture is generally linked with the development of the hunger-gatherer adaptation based on a sexual division of labor. This original and ingenious book presents a new theory of how this symbolic domain originated.

Integrating perspectives of evolutionary biography and social anthropology within a Marxist framework, Chris Knight rejects the common assumption that human culture was a modified extension of primate behavior and argues instead that it was the product of an immense social, sexual, and political revolution initiated by women. Culture became established, says Knight, when evolving human females began to assert collective control over their own sexuality, refusing sex to all males except those who came to them with provisions. Women usually timed their ban on sexual relations with their periods of infertility while they were menstruating, and to the extent that their solidarity drew women together, these periods tended to occur in synchrony. The result was that every month with the onset of menstruation, sexual relations were ruptured in a collective, ritualistic way as the prelude to each successful hunting expedition. This ritual act was the means through which women motivated men not only to

hunt but also to concentrate energies on bringing back the meat. Knight shows how this hypothesis sheds light on the roots of such cultural traditions as totemic rituals, incest and menstrual taboos, blood-sacrifice, and hunters' atonement rites. Providing detailed ethnographic documentation, he also explains how Native American, Australian Aboriginal, and other magico-religious myths can be read as derivatives of the same symbolic logic.

**The Woman in the Body** Emily Martin

2001-08-01 A bold reappraisal of science and

society, *The Woman in the Body* explores the different ways that women's reproduction is seen in American culture. Contrasting the views of medical science with those of ordinary women from diverse social and economic backgrounds, anthropologist Emily Martin presents unique fieldwork on American culture and uncovers the metaphors of economy and alienation that pervade women's imaging of themselves and their bodies. A new preface examines some of the latest medical ideas about women's reproductive cycles.