

“Men Far Less Capable of Withstanding Discomfort” The Truth Hurts

By Kathy Buckworth



Really. Shocking. So a recent headline screamed, or rather whined. Apparently women are “trained” from a very young age to withstand pain in order to look good; waxing, tight bras, high heels and plucking— and, O.K., not to mention that darn childbirth thing— allow us to endure pain that no man would ever contemplate. In fact, men feel another man’s pain when they watch “101 Greatest Groin Hits” on America’s Funniest Video. The guy on the couch in the living room next to you is thousand miles from the kid with the wooden bat and blindfold, yet he winces just like he was the recipient of the whack heard round the swollen testicle. (If you’re a man and you’re reading this you’re probably grimacing. Ugh.)

Many women suffer through “natural” pain such as menstruation, pregnancy and its assorted wonders, as well as childbirth. There is nothing “natural” about “natural childbirth.” This is simply a character test, and one that many of us choose not to take. But that’s another book. If men want to know what real pain is, they need to start suffering for their looks, as we women do. Along with the extreme measures we take (see the above “waxing”), there are simple, day-to-day discomforts that many women put up with without even thinking about it.

Shoes: The best-looking shoes hurt. Full stop. The ugliest shoes are the most comfortable. Most of us will suffer to