THE BLOODS
A SELF-HELP SONG

MUSIC: LYRICS
Debbie Lempke

you might think it’s ludicrous but when the moon is full I feel my
uterus and I know that the time a-comin’, a-comin’ soon some sisters get
down for menstruation, ain’t no time for sad desperation there’s a
new day comin’ when you got the bloods again because you
know your body is a workin’ alright if you had self-help you could watch all night, get your
speculum at your neighborhood clinic, learn about your cervix and what’s in it there’s a
new day comin’ when you got the bloods again.

IF YOU’RE FEELING BAD AND YOU START TO MOAN
WELL DON’T YOU DARE YOU’RE NOT ALONE
BECAUSE I KNOW A TIME A-COMIN COMIN’ SOON
WHEN YOU’RE LIVING TOGETHER THIS I’VE FOUND
THAT WHEN THE BLOODS COME THEY COME
ALL WAY ‘ROUND
THERE’S A NEW DAY COMIN’
WHEN YOU GOT THE BLOODS AGAIN

CHORUS:
MEM, KEEP SAYIN’ THAT THE BLOODS ARE BAD
BECAUSE IT MEANS YOU AIN’T FERTILE
THAT YOU AIN’T BEEN HAD
BUT I KNOW A TIME A COMIN’ COMIN’ SOON
MEM, STOP SAYIN’ ‘GOT TO SLEEP WITH EM’”
BECUSE LESBIANS GOT NATURAL RHYTHM
THERE’S A NEW DAY COMIN’
WHEN YOU GOT THE BLOODS AGAIN

© Debbie Lempke 1983
Basic rhythm strum is (on a C chord for example) 5th string, strum, 6th string, strum so it might look like 5 ↓ 6 ↓ OR 4 ↓ 5 ↓ (strum)