

Sawbones 246: Vasectomy

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Intro (Clint McElroy): *Sawbones* is a show about medical history, and nothing the hosts say should be taken as medical advice or opinion. It's for fun. Can't you just have fun for an hour, and not try to diagnose your mystery boil? We think you've earned it. Just sit back, relax, and enjoy a moment of distraction from that weird growth. You're worth it.

[theme music, "Medicines" by The Taxpayers, plays]

Justin: Hello, everybody, and welcome to *Sawbones*, a marital tour of misguided medicine! I'm your cohost, Justin McElroy!

[audience cheers]

Sydnee: And I'm Sydnee McElroy.

[audience cheers louder]

Justin: Can't hurt me. That doesn't hurt. That used to hurt. That used to hurt, but now I've been through a lot of stuff, and it doesn't hurt anymore.

Sydnee: [laughs]

Justin: Had to grow up a little bit.

Sydnee: Was that foreshadowing?

Justin: It was foreshadowing, yes.

Sydnee: Uh, usually—

Justin: Like all good foreshadowing, my wife has... mentioned...

Sydnee: [laughing]

Justin: ... after the foreshadowing that was, in fact, don't get it twisted, foreshadowing.

Sydnee: [laughs] I just wanted to make sure.

Justin: For sure.

Sydnee: You didn't tell me about the foreshadowing. That was unplanned.

Justin: I like to leave my art open to interpretation.

Sydnee: [laughs]

Uh, usually, when we go on tour and we do live shows, we like to do an episode about the place we are, something that—that's locally relevant. This time, a little different. I brought what is locally relevant about our episode with me. He's right there.

Justin: Hi.

[audience laughs]

Justin: My name is Justin McElroy, and I am still wearing a jockstrap.

[audience cheers]

Justin: I don't know that I need it anymore. I just love being ready for sports.

Sydnee: He definitely [through laughter] does not need the jockstrap anymore.

Justin: Okay. Well, I got a vasectomy, anyway.

[audience cheers]

Justin: If you're not... clear what we're talking about here, I got a vasectomy. I got a vasectomy.

Sydnee: Before I launch into the history of vasectomy, and maybe some things you don't wanna know, do you wanna share any—like, how you feel?

Justin: You mean, like, coming to TLC this fall, *My Vasectomy Story*? No, thank you. It's just pretty much—yup. No. Yeah, it was rough.

Sydnee: Uh-huh.

Justin: I talked about the—the experience of it on *My Brother, My Brother and Me*. Um, I can say that I still have no regrets. Still want no more additional children.

Sydnee: [laughs]

Justin: Uh, pretty concrete on that, still, for sure.

Sydnee: You could be a little less emphatic, if for no other reason than that our daughters are, like, backstage. [laughs]

[audience laughs]

Justin: No. It's like, I nailed it. Twice. I'm done.

[audience cheers]

Justin: You know how—they made the first *Space Jam*, and then everybody was like, "You gotta make another *Space Jam*."

And then they were kinda like, "Ehh, alright, you're right."

But after they nail it a second time, then they'll be like, "Turn it down. Give me a *Space Jam* vasectomy. Close up the tube that the toon stars are using to get to our world. We don't need any more *Space Jams*; they're perfect.

Sydnee: You know—

Justin: Two *Space Jams* is plenty to care for you in your twilight years, is what I'm saying.

Sydnee: You know, the term "vasectomy" is a little misleading. I always talk about the history of, like, where we get these words, and the term "vasectomy" kind of replies that we're actually—like, an "-ectomy" is like we're taking it out. So it would imply that we're actually removing the whole vas deferens.

Which we're not. That's not what happens in a vasectomy, so it's already misnamed. But it's okay.

Justin: Okay.

Sydnee: It's okay. That doesn't mean they did it wrong. [laughs]

What actually happens when you have a vasectomy—well, I know this, but you do too, now.

Justin: Uh, not really.

Sydnee: Do you want me to let you—

Justin: Not really. I know the effects. Um, there was a very helpful—when I waited an hour for my consultation, there was a g-reat video playing in the lobby that I very consciously avoided watching. I did not—no, thanks. I'm good. Just go ahead and—yeah. It's fine.

Sydnee: So what actually happens is the vas deferens, which carries the sperm...

Justin: Sperm-ies, I said spermies...

Sydnee: No. No. [laughs]

Justin: My mistake.

Sydnee: [laughs] ...from the testicles to—to become one with the semen.

Justin: [laughs] "[meditating sound] Om!"

Sydnee: Those tubes are—are cut, and so then you still have semen, but you don't have sperm anymore. No sperm. Which—the desired result from that is, no more pregnancies. Hopefully.

[audience laughs]

Justin: Cheers.

Sydnee: Before we could do vasectomies, we had to find the vas deferens, where the sperm travel. And we did that a really long time ago – 300 BCE, Herophilus discovered, like he described testicles and the vas deferens, the whole thing. Of course, back then, we didn't really have a great idea about how conception happened. Like, what was going on.

The Greek and Roman idea was something to the effect of there was like, a male seed, and there was like a female seed, and they would join together and kind of intermingle and grow inside a woman, and it had to do, like, if it was a boy or a girl, it had to do with how *strong* they were.

[laughs] If the man was very strong in his seed, then it was a man, and if the woman was very strong, then it was a woman, and if they both were weak, [mumbles] it was a woman...

[audience laughs]

Sydnee: I know...

Justin: Poot!

Sydnee: I know.

[audience groans]

Sydnee: Everybody's mad about that one. [laughs]

[audience laughs]

Sydnee: I didn't make that up.

Aristotle believed that sperm were—well, they didn't have sperm, but the seed, male seed, were formed from the vital heat of men.

Justin: Yes!

Sydnee: So...

Justin: Now you're speaking my language!

Sydnee: The ideal is that if your blood gets hot enough, it will turn into semen.

[audience laughs]

Sydnee: [through laughter] And so—so men had a lot more vital heat than women, so they had semen, and you could tell that women didn't, because of menstrual blood. This was the whole ancient concept of various bodily fluids.

Um, and if our menstrual—if menstrual blood could just get hot enough, it would also, like, congeal into semen?

[audience groans, laughs]

Justin: M'kay.

Sydnee: [laughs] Diogenes expanded on this, and argued that, well, the blood can only turn into semen and get really foamy if you're, like, worked up and agitated. So it's like, the lust itself that takes all the blood, and then... semen... happens.

Justin: I mean, keep in mind, they didn't have microscopes, so like, they didn't know what they were talking about.

Sydnee: They also thought that bones were made of semen.

[audience laughs]

Justin: And medical science is still kind of not sure on this one.

Sydnee: Well... no. [laughs] No, we're pretty sure on that one.

Justin: Alright. Agree to disagree.

Sydnee: It's not. They're not. They're not.

Justin: I still have some questions.

Sydnee: Uh, Pliny the Elder...

[audience cheers]

Justin: His family's here tonight, obviously.

Sydnee: [laughs] Pliny thought that semen from the right testicle made boys, and semen from the left testicle made girls.

[audience laughing]

Sydnee: So if you wanted to choose the sex of a baby, you could just, like, bind one. [laughs]

[audience groans, laughs]

Justin: Who is ready to make love!? That's kinda like the Twix ads, huh?

Sydnee: And the wild thing is that, even once we started—even once we had microscopes, and we could look at semen, and we could see sperm, and we were like, "Hey, there's little buggers," that's the thing. We still had these wild ideas. We called them "anamacules." And we thought that they were, like, basically little people.

And you can find these, like, pictures of sperm that are just, like, tiny, little, curled-up... people... [laughs] just like, full-formed, tiny humans... [laughs] and they just, like, expand. Like, those things we get Charlie that hatch out of the egg, you just put 'em in water for like 48 hours...

Justin: Hey, are there any parents there? And aren't those the worst?

Sydnee: [laughs]

Justin: Like, the absolute—"Here, kid, I got you this!"

"Oh, cool! What's it do?"

"Well, we put them in water."

"Is it fun yet?"

"Not for a couple days."

[audience laughs]

Justin: "Will I see the part where it is fun?"

"Probably not. It happens extremely slowly."

Sydnee: [laughs]

Justin: "Okay. It's cracking now. Can I take it out and play with it?"

"Absolutely not. Give it another week."

Sydnee: [laughs]

Justin: "Alright. Now it's full size. What do I do with it now?"

"Well, it's really grainy and disintegrating, so throw it in the trash, I guess?"

Sydnee: Those are really gross. [laughs]

Justin: The worst.

Sydnee: Um, it took us a while, obviously, to figure out the pro—like, how babies are made. [laughs] Hopefully, we know now.

Even now, this is kind of wild to think about, what sperm do when they enter the vaginal canal, and like, that whole process, we're still figuring that out. We're still studying—I mean, we know where they go, but we're still figuring out, like, the behavior of sperm and why they do what they do, and how all that works, which is part of why you don't find a lot of contraceptive methods for people with sperm.

I mean, we got condoms, right?

Justin: Yeah.

Sydnee: But yeah. That's part of why, is because we're still studying that, which is kind of wild, and part of it is 'cause we thought the sperm were little, rolled-up humans for a long time.

Justin: [laughs]

Sydnee: Now, as far as vasectomies, we didn't actually start performing these until 1823, and the first one that we tried was on a dog, and it was successful, so I'm—I hope the dog was... happy...

[audience laughs]

Sydnee: [through laughter] ... with... their... with their family's size, and desired no more puppies. That is my hope. I don't have documentation of that, but...

So they figured out how to do it, but it took a while for it to catch on in humans, I imagine because it was like, "Hey, we don't... you know anesthesia? No, you don't, 'cause we don't have that yet, but [laughs] I have an idea for you. [laughs] It's kind of wild. Justin, what would you think... [laughs] I'm gonna cut a hole..."

Justin: Uh...

Sydnee: "Now, bear with me. [laughs]"

Justin: Well, hold on. Does it mean I won't have more kids? Go on.

Sydnee: "Probably."

Justin: No, I would get hung up on the anesthesia thing, for sure.

Sydnee: Before we—before we get into, like, the modern-day, and the funnier stuff with vasectomies, there is an unfortunate... an unfortunate dark period we have to talk about. Part of the reason vasectomies took off and became pretty popular in the early 1900s was because of a lot of forced sterilization. It was a really easy way to make people infertile, whether or not they had any option.

So like, there was a lot of – this was during the time of eugenics – so there was a lot of thought that, like, if you have a prisoner who's in jail who committed a violent crime, you could give them the option of getting out of jail if they would agree to a vasectomy.

So that was part of the way that a lot of vasectomies started being performed, and a lot of advances in the technique and procedure and exactly how to do it and part of why it became popular in the general public was because it was done on a lot of people, whether or not they agreed to it, unfortunately.

There was actually a uh, a big article that was very influential published in 1899, "Vasectomy as a Means of Preventing Procreation in Defectives," and that word, of course, could apply to... exactly. Exactly. You know where this is going.

And so a lot of forced vasectomies were performed for a while, and the whole idea was purely for means of sterility, to render people unable to have further children.

What gets interesting, to get out of the dark period of vasectomy, what gets interesting is that then, you see doctors start to try to come up with other... reasons that you might want a vasectomy. Maybe it has nothing to do with whether or not you wanna have kids. Maybe you wanna have a vasectomy because your prostate's really big.

[scattered audience laughter]

Justin: Will that fix it?

Sydnee: No.

[audience laughs]

Sydnee: Uh, but there was a history of this. In the 1880s, castration had been used sometimes to treat very large prostates, so people started thinking, "Well, that seems really extreme. It doesn't work, but it's also very extreme. This other thing isn't as extreme. It also doesn't work..."

[audience laughs]

Sydnee: "...but maybe we should try that?" And this was actually catalyzed by one patient who had gone to their doctor, and said they were having symptoms of an enlarged prostate. They couldn't pee, and they had, like, dribbling, and it was very painful, and the doctor castrated them, and they did not like that, and they killed their doctor. And so...

[audience groans, laughs]

Sydnee: This is true. And so a lot of doctors were like...

Justin: Oh, no.

Sydnee: "Let's do the vasectomy. [laughs] Sure. That's not as bad, and maybe you won't kill me afterwards." So for a while, it was a really popular treatment for enlarged prostate. And this was probably also due to the fact that the alternatives, if your prostate was enlarged at the time, were things like either one, try to remove it, which... nobody...

Justin: You're gonna die.

Sydnee: Nobody was really gonna do that.

Justin: Look at your calendar, check the year. You're not surviving that, no way!

Sydnee: Or maybe we'll just inject it with carbolic acid...

[audience groans]

Sydnee: You don't want that. Or something called transrectal galvanocautery. So... just right through the rectum, cautery that's like, just zap it, zap the prostate from your rectum. Or you could just overstretch the urethra.

[audience groans, laughs]

Justin: To what end?

Sydnee: I mean, no—[laughs] some of things may have worked *a little*, but [laughs] that's why vasectomy became very popular. It would not have worked. I'm not sure why – I mean, people must have just been happy they didn't get the other stuff done? Their neighbor was like, "You won't believe what they did," and they were like, "Well, I only had this."

"Did it work?"

"Mm, no, but... I'm in a better position than you, I guess."

[theme music, "Medicines" by The Taxpayers, plays]

Justin: Hey, everybody. Sorry to interrupt the show so rudely, but I guess it is us, so I shouldn't be so cowed. Uh, I want to tell you about our sponsors this week.

The first is Boll & Branch. If you like to sleep, and it's not for everybody, I get it, some of us have sworn it off completely, but if you're still in the camp of sleeping, might I recommend that you check out Boll & Branch? From bedding to blankets, this is pure, 100% organic cotton. These sheets start out super soft, and they get even softer over time.

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That's BollAndBranch.com, promo code "Sawbones." Just go to BollAndBranch, B-O-L-L and Branch, dot com today for 50 dollars off your first set of sheets. One last time, this is it, this is the final time I'm saying this, B-O-L-L and Branch dot com, promo code Sawbones.

I'd also love to hip you to, as the kids are saying these days, Stitch Fix! Uh, we just got back from tour, which is why this episode is up a little late, and it's always fun uh, talking to my brothers and our road manager, Paul, about their clothes, because they're all from Stitch Fix. So it's a very short conversation.

"Hey, I love your shoes! Where'd you get 'em?"

"Stitch Fix."

"Hey, I love those pants! Where'd you—"

"Stitch Fix."

But hey. Who cares if we can talk about our clothes for lengthy periods of time, 'cause they look so darn good. Stitch Fix is an online personal styling service that finds and delivers clothes, shoes and accessories that are going to fit your body, your budget, and your style.

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And now, my friends, back to the show.

Sydnee: Um, so that—so that made it pretty popular. But that wasn't enough. Every time we find a procedure or a medicine, we're like, "What else can we do with this? Let's try to find some other stuff. We'll just—mm, we'll see. We'll try it for some things that it would have no physiological or anatomical reason to work for, but hey, why not, right?"

Justin: Yeah.

Sydnee: So, a Viennese physiologist, Eugen Steinach, noticed that r— [laughs] roosters and rats... roosters and rats that had vasectomies seemed more virile.

Now...

[quiet audience laughter]

Sydnee: I don't know what Eugen was...

Justin: [laughs]

Sydnee: [laughs] ... was doing with his time, I don't know what he was... watching...

Justin: "Hey, uh—hey, Daryl, come over here for a second. Does that—look at that one rat. No, the other one. Yeah. Does—is it just me, or does he look ready to *party*?"

[audience laughs]

Sydnee: He also thought that these roosters and rats that have had vasectomies seemed smarter. [laughs] Again, I don't know the metrics that were used. I assume there was a maze of some sort. [laughs] Perhaps treats? I don't know, what do you give roosters? Corn? I don't know. [laughs] Rooster feed, whatever.

Justin: This is—this is why we stick to humans on this show.

Sydnee: I know. [laughs]

[audience laughs]

Sydnee: So—so he started to think, maybe—maybe vasectomies can make... you... you know, more... [grunts] arrrgh. Like, manly, or something, or... virile. Tougher. More masculine.

Justin: Got it.

Sydnee: That was the idea. More masculine.

And also, maybe they would be good treatment for dementia. [laughs] And... and like, general senility. Like, "Aw, are you starting to forget some things? I have... a treatment... for you."

So he got a buddy who—a urologist who could do these procedures, Robert Lichtenstein, and in—in 1918, they started performing vasectomies specifically to make you more masculine. And to—and if you came in, and said, like, "I'm just getting older, and I don't know where I left my—" well, it wouldn't be keys... it'd be like your—

Justin: Horse keys.

Sydnee: [laughs]

[audience laughs]

Sydnee: So they started doing these, and supposedly, it was not—there is no reason this would be successful, by the way. But as these things go,

people thought it was working. Patients came back, and went, "Yeah, I think I'm way better now. I feel way... I don't know, way—"

Justin: Less fertile.

Sydnee: [laughs] Well, that, but also, like, you know, like... [grunts] arrgh. Yeah.

Justin: [grunting] Hoo hoo hoo hoo hoo.

Sydnee: Right. Like Tim "The Toolman" Taylor.

Justin: You got it.

[audience laughs]

Sydnee: And so it was so influential that Freud got a vasectomy for this reason.

[scattered audience woos]

Sydnee: Which I didn't—did you know you're in the company of Freud?

Justin: I... didn't get it for that reason, but thank you, Sydnee.

Sydnee: The—so did W.B. Yeats, by the way. They both went and got vasectomies so they would be more virile. And the thought process, because I had to look up, like, why would you think—this wouldn't work, but why would you think that? What was even the theory behind it?

So the idea is that if you cut the vas deferens, then the part of the testicle where sperm is generated is going to atrophy, so it allows all of the other parts that they thought made all of the "masculine hormones" uh, get bigger, so you would have these really big hormone balls, because the sperm balls were gone.

[audience laughing]

Sydnee: And so... and so the closer that you cut it—cut the vas deferens to the testicle, the bigger your hormone balls get, and the more masculine you are.

Justin: Okay.

Sydnee: [laughs] They called it, for a while, being Steinached, after Eugen, who came up with it. So you could go, and you could say, "I'm gonna get Steinached." You know, in the—

Justin: "In my balls."

Sydnee: [laughs] And it was thought—it was recommended for people who wanted to be leaders, or like...

Justin: [laughs]

Sydnee: ... like if, "Oh, you wanna go into politics? You know what you gotta do... " [laughs] You get Steinached, or...

Justin: Or people who wanted a moment to themselves at some point in their—in the next few years of their lives.

Sydnee: People who were—who wanted to go into any kind of field that was thought to be, like, requiring a lot of thinking, a lot of smarts, you should get Steinached before you do this, because then you'll be better at it.

Justin: I'm not disagreeing. Like, I'm thinking through it, yeah, but—yeah, for sure! I think so. For free time, yeah, that would be good. A good reason to get Steinached, for sure. If I want to be able to, like, think, at all, like for a second, for sure, Steinached, I get it.

Sydnee: Do you want to make a quick note – like, you love our kids, though, they're great.

Justin: Oh, no, no, no.

Sydnee: [laughs]

Justin: I love these two... great kids.

[audience laughs]

Justin: I love how they're a prime number.

Sydnee: It was also thought to—

Justin: Wait, is two... there's no way of knowing. I said, there's no way of knowing.

[audience laughs]

Sydnee: It was also thought to give you more hair, so you could do it if you wanted more hair. It was also thought to give you better erections, a better libido, helped you, like—

Justin: There's like, no reaction I can make to the things you're saying, considering my circumstance! I'm just sitting, stony-faced.

Sydnee: [pauses, through laughter] ... It was also... [laughing] the next—this is perfect, I'm so glad you said that, the—Harry Sharp noted that he thought it made men [laughs] masturbate less often.

[audience laughs]

Justin: I—sidebar, real quick. Sidebar. Uh, before I can go back to get tested to make sure everything's working as intended, I have to sort of clear things up. Which means I have to... whatever... uh, 20 times?

[audience laughs]

Justin: And now I'm in this position where Sydnee is like, "Have you gone back yet? To get... ?" And I'm having to like, constantly run the mental math of, like, what is a good amount of time... before 20... would have—it can't be, like, four days later, right? It can't be like...

[audience laughs]

Justin: "Honeybuns, I'm off to the doctor!" Can't be that.

Also, I had a um—[laughs] never mind.

[audience laughs]

Sydnee: Oh, no. Don't. Not that. Are you gonna...?

Justin: I had a small complication, and it's a third testicle made of blood. It's fine. It's called a scrotal...

Sydnee: It's called a hematoma.

Justin: A scrotal hematoma, which is as good as it sounds.

Sydnee: A scrotal hematoma.

Justin: And honestly? If we're all just being friends here? Um, that's about the last thing on my mind, is getting... that... doing that. [laughs] I just, like... it's so... [through laughter] so tremendously unappealing, 20 seems years away! I'm afraid they'll have changed locations. I'll drive an electric car to this—I'll drive a hoverbike to this appointment.

Sydnee: [laughs]

[audience cheers]

Justin: So anyway, it's been fun.

Sydnee: You feel better now?

Justin: No!

Sydnee: You good?

Justin: Thank you. No!

Sydnee: So anyway... [laughs] so all of these...

Justin: Don't laugh. I was just adjusting. Shut up.

[audience laughs]

Justin: Just regular seat adjustment that you get from podcasting for a while. 'Reglear'. Review pre-vasectomy tapes. I do the exact same thing. Okay? We have a projector. Hold on. Paul, run it back?

Sydnee: [laughs] So... all of these claims that people with penises would masturbate less often and be happier if they had vasectomies, and be smarter and all that, I don't know if it was biased, or people just lying, or why they thought it worked. It doesn't. That is not a reason to get a vasectomy.

We now know that if you want to get a vasectomy, it should be because you don't want to... have anymore kids. [laughs] And that's the reason. And yes, they are—this is a common question. Are they reversible? Yes, but like, don't go into it with that thought. That's a very—they always give that caveat, but if you're thinking that, maybe don't get a vasectomy. 'Cause it—I mean, it's kind hard—it's not the easiest thing in the world to do, to reverse it.

Its rise in popularity as means of family planning was a result of a lot of different factors, but one thing that I found really interesting was in places where there weren't a lot of female doctors, in some parts of the world, it was very uncomfortable for female patients to go and discuss birth control. And so it was easier to come up with a way to get men to go to their doctors and discuss family planning alternatives.

[applause]

Sydnee: In light of this, in 1971 in July, there was a family planning festival. Uh, this was in India. [laughs] In Cochin City, Kerala, and basically, there were, like, radio broadcasts, and people standing on street

corners with pamphlets, and they had, like, a prize lottery where they handed out stuff for people getting vasectomies.

Like, they just were—really, they were like, "Listen, this is something you can do. It's an option to you. If you don't want to have any more kids, and, you know—you can take care of this, too, you know. If there are two people in the family..."

[rising audience cheers]

Sydnee: "... you can take care of this too!"

Justin: Thank you. Please. Please.

Sydnee: And they had, like—I mean, they had huge cash prizes for this. And then lots and lots of people with penises went and got vasectomies, as a result of this. They had, like, competitions between different [laughs] areas of the country to see, like, who—which area could get the most vasectomies.

So you saw this huge rise in vasectomies in this part of the world. They're not nearly as popular in the US, but in some states, it varies wildly, depending on where you are in the US.

In the UK, one in five people with a vas deferens have had a vasectomy.

Justin: Wow.

Sydnee: So in the UK, they're way more popular. In the US, the rate is like, one in six over the age of 35. But worldwide, it's only, like, five percent of people.

So—still, it's a great effective, safe—it can be reversed, but again, if you're asking that question, maybe don't get it done. But it's the radical idea that people with penises can also participate in the family planning contraceptive conversation!

[audience cheers]

Sydnee: And this is—usually, when I say things like this, you just kind of like, you know, look away.

Justin: Shrinking violet.

Sydnee: No, but you can—you did it.

Justin: I did it.

Sydnee: Yeah.

[audience cheers]

Justin: Please. It was a private matter between me and my physician.

Sydnee: [laughs]

Justin: And I will discuss it no more.

Sydnee: Oh, there's a Dr. Snip here in Seattle, right?

[scattered audience cheers]

Sydnee: Somebody—I was—we were planning on doing this, and then somebody emailed me, and was like, "Hey, here's a funny topic: if you're ever in Seattle, there's a Dr. Snip who does vasectomies."

And I was like, "Well, we are gonna do a podcast about this in Seattle."

He does it with, like, uh, no needle, though. He's got, like, a fancy injector that just, like, shoots lidocaine through [laughs] your skin.

Justin: Uh...

Sydnee: Fancy. It's really fancy. [laughs]

Justin: I had the gas. It was awesome.

Sydnee: [laughs]

Justin: Um, thank you so much for enjoying our program. We wanted to let you know, uh, October 9th, *The Sawbones Book* will be available...

[audience cheers]

Justin: The first week of sales for any book is so important. If you can preorder that, that gets folded in there, or uh, tell everybody you know to pick up a copy, and please buy a copy that first week. It will mean the world to us. [Bit.ly/TheSawbonesBook](https://bit.ly/TheSawbonesBook), and you can uh, preorder it there. So please do that, we really appreciate it.

Sydnee: My sister did the art for the book.

Justin: Yes, it's amazing.

Sydnee: My sister, Teylor Smirl, and she's very talented. It's very cool. Very cool.

Justin: If you like *Sawbones*, check it out. If you think somebody would like *Sawbones*, but they hate podcasts, well, now it's a book. You got no excuses.

Uh, thank you to The Taxpayers for the use of their song, "Medicines," as the intro and outro of our program. Thank you to the Maximum Fun Network as having us as a part of their extended podcasting family. Thank you to Paul, thank you to the Paramount, everybody's been super cool here. And thank you to you.

That is gonna do it for this week. But until next week, my name is Justin McElroy.

Sydnee: I'm Sydnee McElroy.

Justin: And as always, don't drill a hole in your head!

[theme music, "Medicines" by The Taxpayers, plays and ends]

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