

### Shmanners 222: Ask Shmanners/Idioms Pt. 3

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[theme music plays]

**Travis:** Hello, internet! I'm your husband host, Travis McElroy.

**Teresa:** And I'm your wife host, Teresa McElroy.

**Travis:** And you're listening to *Shmanners*!

**Teresa:** It's extraordinary etiquette...

**Travis:** For ordinary occasions. Hello, my dove.

**Teresa:** Hello, dear.

**Travis:** How are you?

**Teresa:** I'm doin' good.

**Travis:** Yeah?

**Teresa:** Yeah.

**Travis:** Yeah?

**Teresa:** You know? Feelin'—feelin' fit and healthy, fit for fighting, as we say. Do people say that? That's an idiom, right?

**Travis:** Sure. We might sound a little different. We're hiding away from our kids as they nap. [through laughter] And so—

**Teresa:** [laughs]

**Travis:** —uh, this is why we're—it's a little bit rougher. But you know what? It's important to us that we get this out. And do you know why it's important, Teresa?

**Teresa:** Because this is the last week of Max Fun Drive!

**Travis:** Even more so, it's the last official *day* of Max Fun Drive!

**Teresa:** Awesome.

**Travis:** I mean, maybe you'll still get to, like, squeeze some in you know, Saturday and Sunday, but this is the last big day! There's a big, like, finale thing tonight that Max Fun is doing. And listen, if this is your first time hearing about the Max Fun Drive, here's how it works, real quick. Once a year, we come to you, and we ask you to consider either supporting the art and artists you love on Maximumfun.org, or perhaps upgrading your membership to support a little bit more.

Maybe you've come to depend on the shows a little bit more, maybe—whatever. Right? And if you want to do that, you go to [Maximumfun.org/join](http://Maximumfun.org/join) or [Maximumfun.org/manage](http://Maximumfun.org/manage), and there is rewards and all kinds of stuff, and we'll tell you more about it in a little bit. But first, this week we're gonna do kind of a combination *Ask Shmanners* and idioms episode.

**Teresa:** Right.

**Travis:** Uh, because the fact of the matter is, folks, we have a lot of idioms [through laughter] to go through!

**Teresa:** [laughs]

**Travis:** But we're gonna start with a question.

**Teresa:** You know what? We asked for idioms, and you guys delivered. They are here.

**Travis:** Yes. And you know what? I'm interested in them, so we're talking about it more and more. This is from Buhrooklyn on Twitter.

"My neighbor down the street has a massive collection of potted flowers. Everyone here keeps to themselves. I want to tell him how gorgeous his flowers are without spooking him. Do I drop off a note—"

Is your neighbor Boo Radley? Okay—

**Teresa:** [laughs]

**Travis:** "Do I drop off a note? Send it in the mail, even though I pass his house daily? Wait until he's outside?"

**Teresa:** I'm gonna say that it would probably be, uh, less spooky if they were outside and you found an excuse to walk past, right?

**Travis:** Yeah, yeah.

**Teresa:** Maybe walking your dog, or take a jog around the block, or whatever it is. If they were outside watering those flowers you could definitely say, "I love your flowers, they're beautiful! What kind is this?"

You know, strike up a conversation or whatever. Um, I think that... uh, a mailed note or a sticky note, if you haven't met someone, like, face to face—

**Travis:** Yeah.

**Teresa:** —is kind of weird, in a way that I would be—if somebody did it for me, I would definitely be flattered. I would also be like, "Why don't they wanna just talk to me?"

**Travis:** Yeah. It's—it's a bold move. The only way I would recommend that as the option is, like, if your neighbor doesn't go outside a lot. But it sounds—it sounds like they have potted flowers, so they're—

**Teresa:** [simultaneously] They have potted flowers, it sounds like they go outside! [laughs]

**Travis:** —they're probably outside. I would, you know—I wouldn't, like, sit by your window watching for them to come and be like, "Oh, hi, neighbor! Didn't see you there!"

You know, but like Teresa said, I think it is the kind of thing that if someone has potted—planted? Yes. Whatever—put flowers out there, they want them to be noticed. You know what I mean? Like, they're—it's a decoration thing. I'm not saying they're doing it for compliments, but they're doing it to beautify their house, right? So they want it to be noticed, so I'm sure they would appreciate it.

**Teresa:** Yeah.

**Travis:** But I wouldn't, like, leave 'em an anonymous note.

**Teresa:** No.

**Travis:** No.

**Teresa:** That would—that would just give off the wrong vibe. I think that's not what you're—not what you're going for.

**Travis:** "Your flowers are beautiful. [growling] And I'm gonna eat them."

**Teresa:** [laughs]

**Travis:** "What?! Why did you say you were gonna eat my flowers?"

"[gruff voice] Just a conversation starter."

**Teresa:** "[creepy voice] They look... delicious."

**Travis:** Okay, give me an—

**Teresa:** Oh, we're taking turns?

**Travis:** Yeah, give me an idiom.

**Teresa:** Great, okay. So, this is from Brit, and I picked it because I use it. The phrase is, "Shake a stick at."

**Travis:** Yes, what does this mean? So this is like if you said, "Well, that's more—" I don't know why this is the word that popped in my head—lemons— "That's more lemons than you could shake a stick at!"

**Teresa:** Uh, well, so, like—like you said, it's a large amount of something.

**Travis:** A—a—more than large, I would say maybe ridiculously large. Like, "Oh, that's so many!"

**Teresa:** Um, so it actually has a surprisingly, let's say, violent past. So, it's generally accepted that the stick in the phrase is referring to a stick being used as a weapon, okay?

**Travis:** Oh no, too many lemons!

**Teresa:** Too many lemons!

**Travis:** Fight them!

**Teresa:** So if there are more people than you could shake a stick at, that means that there are too many people around for you to be able to defend yourself with just a stick. Um, it first showed up in the Lancaster Pennsylvania Journal in 1818.

**Travis:** Oh, really?

**Teresa:** Yeah.

**Travis:** That's a long time ago! So it probably—

**Teresa:** But you know, as far as—

**Travis:** —that's, like, 200 years!

**Teresa:** —but as far as sticks as weapons, I'm certain that sticks have been used as weapons—like, what's a spear but a giant stick?

**Travis:** No—I mean, listen. Your point is—is valid. [laughs] I'm saying, it seems—I don't know. Just sounds very recent. Sounds very modern, almost? "That's more than you could shake a stick—" if you had said 1918, that would've been my guess, but 1818 is further back.

**Teresa:** I think that the 1919, 1920 business is more double speak, isn't it? It's kind of like, "Bob's your uncle!"

**Travis:** Sure.

**Teresa:** We did that one, didn't we?

**Travis:** Yeah, I think so.

**Teresa:** "Have a banana."

**Travis:** Sure. [laughs] "Have a banana! Please. On me."

**Teresa:** [laughs]

**Travis:** "Please, have a banana on me." The one I'm really enjoying that I can't stop saying now isn't really an idiom, but it's in *Pete the Cat*, which I thoroughly enjoy, uh, and so does Bebe.

Uh, there is a little French—no, she's French-Canadian, she's from Quebec—uh, pug named Emma. And when she thinks something is really good she says, "Super plus," but she says it like this. "Super ploos!" And it makes me really happy.

**Teresa:** Yep.

**Travis:** I really enjoy it. She also at one point says "Magicians break reality into shards of joy," and that also makes me very happy. Okay, another question. Uh, this is from Marth Fader.

"The question of the year: how to tell someone to put their mask on."

**Teresa:** Ooh. So, here's what—here's a couple of, um—of... knowledge drops that we always drop, right? So, first of all, the best way to affect change is to model correct behavior.

**Travis:** Sure, yes.

**Teresa:** Um, and then the second way is to make it into a "we" statement, right? So, "We should wear our masks to keep each other safe." Uh-huh?

**Travis:** Yeah.

**Teresa:** That's one. And then the other one that we always talk about is, go to the person in authority—so, like, if you're at a backyard barbecue, socially distancing—

**Travis:** Or a store.

**Teresa:** —or a store, socially distancing, and you notice that people are not wearing their masks. Go—you know, obviously with your mask on, to the person hosting, the person in charge, the store manager, whatever, and say, "I understand your store policy is masks on inside the store. Would you mind taking a look? I've seen some people without masks."

**Travis:** I would also say that this is a fairly special occasion when it comes to—like, a special circumstance when it comes to manners and *Shmanners*, because this isn't like elbows on the table or which fork to use or whatever. This is life and death, right?

And the thing about—a lot of the time when we talk about, like, etiquette, it's about yourself and, like, doing your own thing and, like, being your best self. And this is about others, right? And so this isn't even like, "No running by the pool," or anything, because this is running by the pool, but if you slip, someone else gets hurt.

**Teresa:** Hmm.

**Travis:** And so I think that this is the kind of thing where politeness need only go so far before—it's not just a polite thing to wear a mask in public. Uh, it is—it should be required. It is required.

And so I think that this is the kind of thing where if you need to escalate your ask from, "Excuse me, I would appreciate it if you wear a mask." To, "If you don't wear a mask, you should leave." You know what I mean?

Like, I think that that is fine. Right? If you ask and they decline, I, Travis McElroy, give you full permission to push it. And if it gets heated, it gets heated. You can always walk away—

**Teresa:** Okay. I'm gonna say, as a *Shmanners* topic, I'm gonna say that you never need to make yourself uncomfortable. You never need to feel like you're in danger.

Um, and the three ways that I mentioned are kind of an escalation, right? So, wear the mask yourself, set a good example. Use a "we" statement. "We should wear our masks to keep each other safe," and then get a person of authority in the situation.

**Travis:** Sure. I'm just saying, it's very serious. Okay! Give me another idiom.

**Teresa:** Alright. We're gonna do "pipe down," and it's from Ivy F.

**Travis:** So this is like when someone's being loud and you're like, "Hey, you! Pipe down! Keep it—keep it down, keep it quiet."

**Teresa:** That's right! Um, this actually originates in the Navy. So, in the 1800's, the ships were controlled by blasts from a boatswain's pipe, and nautical whistles were what gave you the instructions throughout the day. This is another reason why you don't whistle in a theater, because whistles were often used to raise and lower things in the flag system.

**Travis:** Yeah.

**Teresa:** Same thing on the boat, right? Um, so at the end of the day, the boatswain would pipe down the hammocks as a signal that it was time to go to bed. So it's thought that it was also used to settle quarreling sailors. So that's how it made it into the vernacular.

**Travis:** Yeah, I could see that, right? Almost like a coach's whistle, right? Where they blow it to get your attention. That sharp, shrill sound that, like, if you had sailors fighting you'd blow it, and they'd be like, "What was that?" And they'd get distracted. That makes a lot of sense.

**Teresa:** Mm-hmm, mm-hmm,

**Travis:** Okay. This is from Dweeb. Maybe Dweb, but I'm goin' with Dweeb.

"I'm really not big on sharing food and drink, and I always find myself in the position of having to awkwardly turn down food or drink that I'm being offered. People think it's unusual. It's there a good way to deal with this?"

**Teresa:** Oh, man.

**Travis:** Can I take a swing at this?



**Teresa:** Well, first I want to say that I—I think that people are in two camps. The first camp is... "This is really gross, wanna try it?" And people say, "Ew, yeah, that is gross!" And then other people say—

**Travis:** [simultaneously] Well, that's—this is a specific thing.

**Teresa:** —"This is gross, wanna try it?" And I say, "No, it's gross!" [laughs]

**Travis:** This is the specific thing that Teresa has talked about no less than 18 times in the last three days. Really bothers Teresa when people say—

**Teresa:** People are constantly trying to get me to eat crazy, bonkers stuff!

**Travis:** Well, especially when you're around kids and the kid's like, "I don't like this." And they hand it to you. And you're like, "What do I do with this?"

**Teresa:** [laughs] Exactly!

**Travis:** I—I am, um—I also don't really like sharing food if I can help it. I've gotten over it now the Teresa, because it used to be for me not necessarily a health thing so much as, like, a possessive thing where I was like, "Well, this is my meal and you ordered that meal."

I've gotten over it with Teresa, and I've gotten over it with Bebe, but I do not necessarily care for other people handing me things, especially Bebe. It's a thing kids do. "Now you take this. I think it's gross."

**Teresa:** Not to say that you can't, like, order an appetizer to share, because those are meant to be shared. Um, and same thing with me and Bebe. Like, last night we shared a popsicle, which I would not be able to do with anyone else besides my child. [laughs quietly]

**Travis:** So, here's what I would suggest, and this is kind of thing we've talked about before, where I think that in trying to be gentle in your refusal—and because you are asking, and I hate to assume this, but I am assuming that you are not communicating yourself clearly, that you are maybe saying, "No thanks," instead of saying, "No thank you, I'm not really comfortable sharing food." Or even just say, like, "I don't really like to share food."

And they might ask questions, and then you say, like, "It's not something I'm comfortable with."

And it is—I always find it best to say it like that, where it's a very, like, definitive—there's a very clear period at the end and not an ellipsis.

**Teresa:** A declarative sentence.

**Travis:** Indeed. Because if you say it like this: "Oh, I'm—I'm—you know, I'm just not really comfortable sharing food?"

It makes it sound like you are encouraging them to ask why.

**Teresa:** Exactly. Around here we call that hemmin' and hawin'.

**Travis:** Right. Whereas if you just say, "I'm not really comfortable sharing food."

**Teresa:** Yes.

**Travis:** Right? Like, then they might ask, but you just say, like, "It's just not something I'm comfortable with." Right? And then, you know, at that point, I think you have made your case clear that you are not the one being awkward if they keep asking about it. You know what I mean?

**Teresa:** Mm-hmm, mm-hmm.

**Travis:** Speaking of keeping asking about things—

**Teresa:** [laughs]

**Travis:** —it's Max Fun Drive!

**Teresa:** [sing-song] Segue!

**Travis:** Thank you!

**Teresa:** [sing-song] You rode a segway to the next segment!

**Travis:** I did ride a seg—I've never ridden a segway. I'm terrified of them.

**Teresa:** You haven't?

**Travis:** No!

**Teresa:** I rode one, like, a lil spin around a track.

**Travis:** Okay. Well, I guess you're cooler than me. Is that what you want?

**Teresa:** Yeah, I am! [laughs]

**Travis:** And you know what would make *you* cool?

**Teresa:** [gasps]

**Travis:** Becoming a Max Fun member!

**Teresa:** Whaaat?

**Travis:** That's two segues, back to back.

**Teresa:** [laughs]

**Travis:** So basically here's how it works, folks. We at Max Fun are, like, 70% audience supported. We do some ads, and those help, right? But we try to keep the ads down, we try not to do them all the time, we try not to do too many, we try not to make 'em too long, all of those things, because we know that people don't like listening to 18 ads in a row or whatever.

And so the way that we're able to do that is through audience support, and what that means is once a year, we do the Max Fun Drive, where we encourage you to go to [Maximumfun.org/join](http://Maximumfun.org/join) and become a Max Fun member. When you do, you pick the shows you listen to, a little bit of your money goes to Max Fun to keep the lights on at Max Fun HQ and to pay all the Max Fun employees, but the rest of it goes directly to the shows you love.

And, when you become a member, you get rewards. Those rewards start at a \$5 level, where you get over 200 hours of bonus content. There's video content, there's audio content, there's stuff from every show on the network, and not just this year, but every year we've done a Max Fun Drive. It's all there, and you get access to it as soon as you become a member. It's an amazing deal.

And then at \$10 a month, you get all the bonus content, you get an enamel pin—there's show-specific ones. Each show has one, designed by Megan Lynn Kott—and a Max Fun membership card.

At \$20 a month, you get the bonus content, you get the enamel pin, get that membership card, and you get a Max Fun themed game pack that includes Max Fun dice, a dice bag, and playing cards.

And there's more! There's \$35, \$50, \$100, even up to \$200 if you're able to do that. Here's the thing: we know that this year is full of uncertainty, and maybe next year is full of uncertainty, too. So if you're not able to become a member, we totally get it. If you are, that's great! And we're totally excited about that. But if you're not able to, no pressure, no guilt, we totally understand. There's other ways you can help! You can share that link: [Maximumfun.org/join](http://Maximumfun.org/join). You can tweet about the Max Fun Drive, or you can just tweet about our shows! And just by listening, you're helping out.

**Teresa:** And I want to tell you about some of the new stuff for this year, is there's a bonus!

**Travis:** Yes, boosting.

**Teresa:** Boosting! So, what you can do is, if you can't jump from one level to the next level—

**Travis:** Oh, I should mention. If you do wanna upgrade your membership, you can do that, too. Like, if you're at the \$10 level and you're like, "You know what? I've been listening to more *Shmanners* this year. I love *Shmanners* and I need it. I need it bad."

Then you can go in and upgrade from 10 to 20, or 20 to 35, or whatever!

**Teresa:** Whatever. But you can also... boost between levels. I want to call it bonus. I don't know why!

**Travis:** I know you do—because it's the bonus content.

**Teresa:** 'Cause it's the bonus content, that's what it is. So you can boost between levels. And another new thing this year is, anyone who joins at any level can get the new Max Fun pin, right?

**Travis:** [gasps] What?!

**Teresa:** It's a rocket ship logo, right? With a little heart. Very cute.

**Travis:** Very cute.

**Teresa:** So you are eligible for that reward at any level!

**Travis:** Well, let me real quick explain how boosting works, just a little bit more in depth, right?

**Teresa:** Okay.

**Travis:** Say you're at the \$20 level and you're like, "Oh, I love *Shmanners*. I need it so bad. I need it real bad. I'm hungry for *Shmanners*."

**Teresa:** [laughs]

**Travis:** "It's the only food that sustains me."

**Teresa:** [laughs]

**Travis:** But you're not able to move up to \$35 a month, right? But you do wanna give a little bit more. You could maybe do, like, \$25 a month. Now, it won't qualify you for new gifts this year, but it gives you a chance to give a little bit more to the shows you love without having to move up to a new level.

And, we also have this year, gifting. So, say your friend Derek loves Max Fun. Uh, they're a huge fan of *Adventure Zone* and *My Brother, My Brother, and Me* and *Shmanners*, which just happen to be the three shows I'm on.

**Teresa:** [laughs]

**Travis:** And you're like, "Well, Derek would love all the bonus content, but I know Derek can't afford to become a Max Fun member this year, so I am going to

gift a membership to Derek so he can get all that bonus content, and it'll make me look like a super cool friend."

You can do that, too! So, if you go to [Maximumfun.org/join](https://Maximumfun.org/join) or [Maximumfun.org/manage](https://Maximumfun.org/manage) you can do all that stuff there. And, this is the last day for it. So, if you're considering these things, do it right now! Don't wait! Become part of the action.

And let me also just say, one last thing—and I promise we're gonna get back to the episode in a second. This year, we went into it saying, you know, this is low pressure, we're not gonna give people, you know, the—the hard sell like we normally do, and we weren't sure how it was gonna go. And we have had new—like, high levels of membership this year, and it just means the world to us.

You know, we—we understand that the world is difficult, and unsure, and tumultuous. But the fact that it still matters to you, this content that we're making, and you're still able to support, and you've made the decision to either become a new member or to upgrade your membership, it just means the world to me. So, thank you all so much. I've been absolutely blown away by your support.

So, uh, that web address, one more time. [Maximumfun.org/join](https://Maximumfun.org/join), [Maximumfun.org/manage](https://Maximumfun.org/manage).

Okay, Teresa, give me another idiom.

**Teresa:** Okay. Well, I think I'm gonna do "armchair expert."

**Travis:** Okay. The Dax Shepherd podcast, *Armchair Ex—*

**Teresa:** Nooo.

**Travis:** Okay?

**Teresa:** I would consider Travis to be a bit of an armchair expert.

**Travis:** Okay. So, this—

**Teresa:** In a couple different ways. [laughs]

**Travis:** This is—this means that you would say, like... you know, this person never actually studied for it, never qualified for the thing, but they feel comfortable where they are, saying, like, "Well, let me tell you *my* opinion about this thing."

And it's not always necessarily someone doing it on purpose, or being, you know, as the kids say and as everyone should say, mansplaining. But maybe just, like, they've, you know, read about it and they consider themselves a bit of an expert on it.

**Teresa:** So—and MBMBaM... I guess you guys don't really consider yourself some experts, do you?

**Travis:** No. In—in fact—

**Teresa:** [laughs]

**Travis:** —the show starts with us saying, "The McElroy brothers are *not* experts."

**Teresa:** But in RL, uh, Travis went through a couple of courses for, um—uh, psychology?

**Travis:** Yeah. I—I studied it, uh, 'cause I—so, in college I took a bunch of classes in it, and then I went back to school for a year to get the prerequisites that I would need to start a Masters in it, and then I remembered that I didn't like school—

**Teresa:** [laughs]

**Travis:** —and so I stopped doing that.

**Teresa:** But you do have a wealth of knowledge, even though you don't have a degree in it.

**Travis:** Correct. That is—that is true about a lot of things in my life. I know just enough—

**Teresa:** [laughs]

**Travis:** —to feel very confident telling other people how to do a lot of things.

**Teresa:** So, we can't quite agree on how the phrase came into the vernacular. Um, but the idea of an armchair expert is to poke fun at a person, right? Who doesn't really know what they're talking about, even they sound like they do. Um, because an armchair is a big comfy chair, right, that's been around for a very long time, where you sit to relax, or be lazy. So by nature, you need to be active in the pursuit of your field to be an expert, so you're kind of a lazy expert, right? It's like a—

**Travis:** Ohh, okay.

**Teresa:** —oxymoron to make fun of someone who's being arrogant.

**Travis:** I see, because they're—they're sitting back, they're comfortable, they're not out there chasing their dreams.

**Teresa:** And I don't know if I said this, but this was submitted by Sarah W.

**Travis:** Thank you, Sarah W. Um, we're gonna do—this, I think, is going to be a fairly quick Ask *Shmanners* question. This is from M.

"What is the polite way to consume the salt on the rim of a margarita? I want—I want the salt, but licking it feels bad, and pinching it off with my fingers is equally terrible. Help!"

Okay. Here's the thing, M:

**Teresa:** [laughs]

**Travis:** It's there for the drinking.

**Teresa:** Right.

**Travis:** So you're going to drink the glass, and then rotate the glass for the next drink, so then the salt comes with the next drink, and then rotate so the salt comes with the next drink. That's why when you take a shot of tequila you do the lime and the salt, right? And it's trying to replicate that, 'cause it's tequila you drink with lime or whatever in it, and then salt along the rim, so you can take a drink and get a little bit of salt with the sweet and the citrus and the sour.



**Teresa:** Perfect! And if you don't want some of the drink, maybe, if you just want some of the salt, you can just fake it. Just pretend that you're takin' a drink—

**Travis:** And then bite the glass!

**Teresa:** [laughs]

**Travis:** No! Don't bite the glass—whatever you do, don't bite the glass. Hey, hey about real quick a thank you note for a sponsor? Or two?

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[theme music plays]

**Travis:** I want to tell you about Function of Beauty. You know what? Here's what I did. I went on Function of Beauty and I said, you know what I'm gonna get? Some hair care stuff. Do you know why, Teresa?

**Teresa:** 'Cause you love hair care stuff.

**Travis:** 'Cause I *love* hair care stuff! And what it is is they ask you a bunch of questions. Do you want this or that or the—like, for example mine, I was looking for, like, color safe, color protection to help keep the purple in my hair. Uh, I have a bit of a dry scalp, so I wanted something for that. They also ask you, like, what kind of scent do you like? You even get to, like, pick a color for the shampoo, conditioner or whatever to be. And so I picked purple and pink, 'cause it's cute and my hair is purple and I like it. It don't—shut up, it's not important!

But—and I picked, I think, eucalyptus mint, perhaps? Can I tell you the best thing about it, though?

**Teresa:** Yeah?

**Travis:** There's a question where they ask you, like, what kind of thing you want on the bottle, like a word—

**Teresa:** [laughs]

**Travis:** —and so—and, like, they suggest just your name. So it's like, okay, great, yeah, my name, Travis, great. And so then all the bottles come and say "Function of Travis." [laughs quietly]

**Teresa:** [gasps]

**Travis:** And I enjoy it immensely!

**Teresa:** There are actually 54 trillion possible ingredient combinations. That way it can be pretty unique to you!

**Travis:** Plus, their formulas are vegan and cruelty-free. They never use sulfates, parabens, or any other harmful ingredients. So, what are you waiting for? Go to [functionofbeauty.com/shmanners](https://functionofbeauty.com/shmanners) to take your four-part hair profile quiz. Oh, love that stuff, you know? Like enneagrams and stuff, but it's like your hair prof—it's not important.

**Teresa:** Mm-hmm. [laughs]

**Travis:** And save 20% on your first order. So go to [functionofbeauty.com](https://functionofbeauty.com), spelled just like it sounds, /shmanners for 20% off, and let them know you hear about it from our show! That's [functionofbeauty.com/shmanners](https://functionofbeauty.com/shmanners).

**Teresa:** *Shmanners* is also brought to you in part this week by Hero! Achieving peace of mind when managing medication regimens can be a hard task. Uh, so with Hero you can rest easy, knowing that everything is taken care of.

Um, so what it is is it's basically a medicine cabinet, you know, point 2! What is it—no, 2—

**Travis:** 2.0

**Teresa:** 2.0, there it is.

**Travis:** Yes. We got there.

**Teresa:** [laughs] The Hero pill dispenser can sort all your daily medications and deliver them all with the push of a button.

**Travis:** And I know what you're wondering. "Yeah, but what—then what if I forget about that?"

Well, just like everything else these days, there's an app for that. Eh?

**Teresa:** [laughs]

**Travis:** And that app is gonna let you know, "Hey, you forgot to do—" or it would send it to a family member or a caregiver. 'Cause that's the thing, maybe you're managing someone else's medication, not just yours. And so that way this'll let you know, like, "Hey, this person didn't take their medication." And so now you know, like, "Hey, you might've—" I mean, I will say, I take Lexapro for brain stuff, and oftentimes, you know, it'll be afternoon and Teresa will say, "Hey, did you take your brain pill?"

And I'm like, "Oh! Nope, totally didn't." Right? And this, like, codifies that. This puts it in an app. So even if you're across the globe, you can get that notification, call the person you love and say "Hey, you haven't taken your pills today. You should do it." Right? That's incredible.

**Teresa:** They even have an optional service that delivers medication directly to your door! I like that especially in the world environment today.

**Travis:** Yeah. So right now, if you go to [herohealth.com/shmanners](http://herohealth.com/shmanners), you'll get 50% off service initiation and a 30 day risk-free trial with a money back guarantee. That's [herohealth.com/shmanners](http://herohealth.com/shmanners) to start your membership with 50% off and a 30 day free trial. Don't forget: that's [herohealth.com/shmanners](http://herohealth.com/shmanners).

[theme music plays]

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**Travis:** Okay. How about another one of them idioms I've heard so much about?

**Teresa:** Alright. Well, this one is from Beth B., and the phrase is "run the gamut."

**Travis:** Okay. So, this is like—you might say something like, "From A to Z, we've got everything! We got—our—our supplies run the gamut from this to that." Right?

**Teresa:** Exactly, exactly. To experience, display, or perform a complete range of something. And this is actually a really old one. I know you were a little disappointed about 1818—

**Travis:** I wasn't disappointed! I was surprised! Can I not convey emotions well?!

**Teresa:** [laughs]

**Travis:** I'm also bad at sincerity! Oh no!

**Teresa:** Well, this one actually goes back to the Middle Ages.

**Travis:** Okay.

**Teresa:** So, around the turn of the second millennium, a monk named Guido of Arezzo created a way to designate musical notes by syllable names, right? So, like—

**Travis:** Do, re, mi, fa, so, la, ti, do?

**Teresa:** Exactly. So gamut is actually a Latin acronym for the entire musical scale.

**Travis:** No.

**Teresa:** Yes!

**Travis:** [quietly] Whaaat?

**Teresa:** So if you run the gamut, you are going up and down all the notes on the scale!

**Travis:** Whoaaa!

**Teresa:** This actually makes a ton of sense to me. Um, because it isn't just like moving from one thing to another thing in a sequence. It's actually going up and down notes in a physical scale. I love it.

**Travis:** Right, makes complete sense to me. This question—this one comes from Kai.

"I'm unsure about if it's been covered before, but I'm on the spectrum and a common tendency of mine is to go off on a certain subject, and then not catch on to when I'm overtaking the conversation. What are some good ways to take note of when it's time for Kai to hush for a sec?"

Hey. Right there with you.

**Teresa:** [laughs]

**Travis:** This—I think the this is, uh—this is pretty common. I don't think you need to feel alone in this as an issue, because I think—

**Teresa:** Especially if it's a thing that you feel passionate about!

**Travis:** Right, exactly.

**Teresa:** People do this all the time.

**Travis:** Like, Justin and I were joking about this earlier where we were talking about Justin is getting into woodworking, and I am into baking, and our wives can only listen to us talk about that for so long at a time.

**Teresa:** [laughs]

**Travis:** Justin said Sydnee only has seven minutes—

**Teresa:** [through laughter] Seven minutes!

**Travis:** —that he's allowed to talk about woodworking in a day.

**Teresa:** You can talk a little longer about baking, because I gotta eat.

**Travis:** That's true. And I think that, one, don't assume—let's just start here. Don't assume that just because you've been talking about something for a while that the person is bored or that you need to hush. Because I love listening to people talk passionately about something they care about, even if it's not a subject I care about. I like hearing people—like, I like being taught about stuff that I'm like, "I had no idea that was true." And this—like, I listen to a lot of podcasts where the subject matter is not something I'm inherently interested in,

but hearing someone talk passionately about something *they're* interested in makes me interested in it.

**Teresa:** Exactly.

**Travis:** So first and foremost, don't assume you're doing it wrong. But for me, because I know that I am kind of bad at picking up a lot of the cues—

**Teresa:** The active listening is really what Travis needs to work on.

**Travis:** So I—one of my kind of coping mechanisms with that is to more think about it in terms of amount of time I've been talking.

**Teresa:** Okay.

**Travis:** Right? Where it's like, "Okay, I've been doing this for a while, and no one has said anything, and I—the conversation topic has not even, like, evolved past what I'm talking about. This has just become my TED Talk."

**Teresa:** [laughs]

**Travis:** Um, and so then it's time—at that point I go, "But you know what? I've been talking for a long time. Now you go." [laughs quietly]

**Teresa:** [laughs]

**Travis:** Um, and, you know, sometimes they'll say, "No! I—I—you know, I was into it, I was listening. This is great." Right? Or sometimes they'll say, like, "Well, you made me think about this—" and the conversation moves on.

**Teresa:** Right.

**Travis:** But I—this—like I said, this is not unique to you. This is not something that they're sitting there going, "I've never encountered anything like this!"

**Teresa:** [laughs]

**Travis:** They're going, "Oh, it's fine." You know? Especially if you're talking to people you spend a lot of time with.

**Teresa:** Right. Well here are some physical things you can look for. Uh, when people stop nodding and yessing, that means that they are usually done, right? Also, look for crossed arms, or maybe if they've taken a step away, but haven't said anything—

**Travis:** Or leaned back in their chair.

**Teresa:** —or leaned back in their chair, exactly. Um, you also—if they've stopped asking questions in the way of, like, "Oh, tell me more about that!" Or, "What did you think about blahbity blah blah blah?" Right? So that—if they're not asking questions, it means two things. They can't get a word in edgewise—and that's not a conversation. Like you said, that's a TED Talk.

**Travis:** That's a TED Talk.

**Teresa:** And then they also may not have anything to ask, right?

**Travis:** Yeah, they might not be engaged directly with it. Also, you can look for people, like, opening their mouths and, like, leaning forward like they're trying to catch, uh, like a pretzel that's been thrown to them—

**Teresa:** [laughs]

**Travis:** —or a piece of popcorn.

**Teresa:** I do that a lot.

**Travis:** Yeah, because that's a good cue of like, "Oh, they've just thought of something to say."

**Teresa:** Yes.

**Travis:** "And they're cuing you that they need an opportunity to say something."

**Teresa:** They call that the breath of inspiration.

**Travis:** Yes. Um, give me another idiom!

**Teresa:** Okay.

**Travis:** We've got time for a couple more.

**Teresa:** Alright. So, I wanna do "left high and dry." This is sent in from Rebecca.

**Travis:** Okay.

**Teresa:** Uh, so it means you've been abandoned or put in a helpless position.

**Travis:** Yeah. Like, "You were supposed to give me a ride to the airport, and now you're telling me you can't come? You left me high and dry!"

**Teresa:** Exactly. Um, so this term was used to refer to beached ships that were left, quote, "high and dry." Exactly, 'cause when the tide came in you couldn't use 'em.

**Travis:** That makes complete sense.

**Teresa:** Um the term was originally used in a ship news column in the London Times in August of 1796, and it was in reference to a Russian frigate. "Archipelago yesterday got ground below at—at—ground below the Nore at high water, which when the tide had ebbed left her nearly high and dry."

**Travis:** Ohhh!

**Teresa:** Right. So, quite literally, right, this is one of the expressions where it really is very self-explanatory. Um, but the thing is that it almost always delineates bad news, because a ship is nigh-unusable not in the water.

**Travis:** A ship in harbor is safe, but that's not where ships belong. They belong in the water, and a ship high and dry can't—you can't do anything with it.

**Teresa:** [muffled laughter]

**Travis:** That's the rest—that's the rest of the saying. People often leave that last part out, but if the ship—if there's no water and you got a boat, you can't do anything with it!

**Teresa:** Hmm, yeah.

**Travis:** Mm-hmm. Yep. How about one more idiom before we wrap up?



**Teresa:** Alright. Well, this is from Joshua C., and the phrase is "pull out all of the stops."

**Travis:** Yes, I've heard this. So this is like, you know, you kind of go—you do everything you can to make something special or make it, you know, extravagant. You might say, like, "Oh, you know, it's grandma's 80th birthday, so we're gonna pull out all the stops."

**Teresa:** Exactly. Well, so this is another musical idiom. The term has been around since 1860, and it actually comes from organ playing.

**Travis:** Okay.

**Teresa:** Um—

**Travis:** Yes, 'Cause those are the knobs, right?

**Teresa:** Yeah!

**Travis:** On the thing? You would pull out all the stops! Okay.

**Teresa:** That's it. So, those stops are actually pressurized air chambers, okay? Uh, that let the air into the actual organ pipes. So if you pull out all the stops, it means you're creating the fullest possible sound that the instrument can make, and that's pretty full and pretty loud, because organs, I don't know if you know this, big instruments.

**Travis:** Yeah, that's a very—it's a very *Phantom of the Opera* kind of [imitates "The Phantom of the Opera" theme]

**Teresa:** Exactly. I mean, and, like—

**Travis:** I could've kept going—

**Teresa:** I know.

**Travis:** —just in case anyone was saying—yeah.

**Teresa:** I know.

**Travis:** [continues humming theme]

**Teresa:** A lot of—oh—okay.

**Travis:** [humming]

**Teresa:** Alright, yes.

**Travis:** [humming]

**Teresa:** A lot of those were created by synthesizer, not...

**Travis:** [humming]

**Teresa:** ... organ.

[pauses]

**Travis:** I'm done.

**Teresa:** Okay.

**Travis:** Okay.

**Teresa:** A lot of these instruments can be big enough to fill a room, right?

**Travis:** Yeah! Oh, you see those churches and they got the big thing?

**Teresa:** Yeah, they often, like, go into the wall—the pipes, right? They go into the wall and back out of the wall. Or, like, they're from ceiling to floor. It really does, again, illustrate this idiom.

**Travis:** So, that's gonna do it for us. Um, but before we wrap up, this is our last Shmannerly reminder that this is the last day of Max Fun Drive. So, if you would like to become a member, upgrade your membership, boost your membership, or gift a membership to somebody, you can go to [Maximumfun.org/join](https://Maximumfun.org/join), or [Maximumfun.org/manage](https://Maximumfun.org/manage). And that's the last—

**Teresa:** Wait!

**Travis:** Oh!

**Teresa:** Also, if you tweeted us that you have joined your boosted—bon—boosted—

**Travis:** Boosted.

**Teresa:** —or gifted or any of those things, if you—

**Travis:** Or upgraded.

**Teresa:** —upgraded. If you tweet at us, we will tweet you a lovely thank you.

**Travis:** Um, and we wanna say a big special thank you to Alex, for helping us with the research on the idioms and stuff, and just in general. Without Alex, we wouldn't be able to make this show. We got two little kids now, and it's hard to find time, and Alex helps a lot. And you know what, folks? Without your support, we wouldn't be able to pay Alex, and we wouldn't be able to make this show.

**Teresa:** That's right.

**Travis:** So your support directly contributes to making this show, and it means the world to us. Uh, let's see. You can tweet at us @shmannerscast, or you can email us, shmannerscast@gmail.com. If you have ideas for episodes, topic suggestions, you can email us, 'cause if you tweet at us, we might miss it. Uh, and when we put up calls for questions, we do so on our Twitter, @shmannerscast, so make sure you follow us there. Uh, what else, Teresa?

**Teresa:** Well, if you love to give and get excellent advice from other fans, you can join our fan-run Facebook group, *Shmanners Fanners!*

**Travis:** That's cute.

**Teresa:** Thanks.

**Travis:** Who else do we thank?

**Teresa:** We always thank Brent "brentalfloss" Black for writing our theme music, which is available as a ringtone where those are found. We also thank Kayla M.

Wasil for our Twitter thumbnail art, @shmannerscast. We also thank Bruja Betty Pinup Photography for our cover picture of that fan-run Facebook group, *Shmanners Fanners*.

**Travis:** And that is gonna do it for us. Join us again next week.

**Teresa:** No RSVP required!

**Travis:** You've been listening to *Shmanners*...

**Teresa:** Manners, *Shmanners*. Get it?

[theme music plays]

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