

Shmanners 237: Smoking

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Travis: [Jim Carrey impression] Sssmokin'! [normal voice] Etiquette.

Teresa: It's *Shmanners*.

[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: Hello! How are you?

Teresa: [sighs deeply] Oh, man.

Travis: We got that [chanting] season change sinus drainage, season change sinus drainage!

Teresa: Isn't it so weird? Like, I know it's coming and, like, it just— it just keeps happening. [laughs quietly]

Travis: Yes.

Teresa: [laughs]

Travis: That is the way with time, isn't it?

Teresa: [laughs] It does. It keeps on... rollin'.

Travis: I know it's coming. There's nothing I can do to stop it.

Teresa: So, I mean, it—

Travis: And yet I'm surprised by it every time.

Teresa: It affects everything. It affects my sleep, it affects how I feel during the day, it affects my breathing 'cause I have asthma... I mean, it's just— it's all over the place.

Travis: This is absolutely true. You know what else affects your breathing?

Teresa: What?

Travis: Smoking!

Teresa: Yeah!

Travis: So, we're talking about smoking etiquette, and here's the thing. Folks, I was thinking about this a lot. There's a lot out there about smoking, and, you know, Teresa and I are roundabout the same age. You know, I'm 37, she's about 35 and a half. And, uh—

Teresa: That half is very important.

Travis: Yeah, man. At a certain age I don't know why I'm counting that.

Teresa: [laughs]

Travis: I guess I'm just so used to talking to Bebe about age. But we have seen in the last three decades this, like, shift very much in the public perception of smoking, right? Where it used to be— I remember going to restaurants and getting asked, like, do you want to sit in the smoking section or non-smoking section? I think... I don't ever remember riding on an airplane when there was smoking allowed, but it wasn't that long ago, right? Smoking was just— and it used to be a lot more prevalent. And now, uh, there have been a lot more studies, people are thinking a lot more about—

Teresa: Well, in our corner of the world, it used to be a lot more prevalent than it is now.

Travis: And so, when Teresa pitched this subject matter for the episode, I had this kind of, like, clench in my guts of like, ooh, I don't know. Is it problematic to t— but here's the thing. Then I thought about the fact that we have done multiple episodes about alcohol.

Teresa: Yeah.

Travis: About cocktails and the history and stuff like that. And you know, I think it would be hypocritical of us to one, pretend like smoking etiquette has not had a huge impact on culture throughout history, and two, to pretend like oh, we don't talk about things on this show that could damage your health.

Teresa: Right.

Travis: Um, and I think that a lot of the ways I feel about smoking now— and I— let me also preface this by saying, I'll be honest, when I was in college and getting my theater degree, I smoked. I smoked cigarettes. It was a thing that all the cool theater kids did. We also will probably touch on cannabis in this episode. I have— I have smoked cannabis in the past. I am not ashamed to say it, 'cause I'll probably never run for President. And the fact of the matter is I think that, as with a lot of things we talk about on *Shmanners*, personal choice, uh... is, you know, just that. Personal. Right?

Teresa: Exactly.

Travis: And a lot of the things that we have seen shift in smoking behaviors and smoking etiquette in the last, say, 30 years, is about forcing others in your vicinity to deal with the ramifications of your personal choice.

Teresa: Exactly. And we are not here to talk about risk assessment for that sort of thing. We're talking about how your behavior impacts others, and how you can, you know, be a good— a good smoker. [laughs]

Travis: Right. And I think, like, that same thing you could apply to things like, you know, talking about body odor, or using too much perfume.

Teresa: Absolutely.

Travis: Uh, your eating habits, all of these things, right? Of just, like, the way—your own personal choices are yours. This is about how we expose other people to our personal choices. And the fact of the matter is, I know for a fact culturally, historically, smoking has had a huge impact.

And one of the things I wanted to talk about just right off the top— 'cause I was also thinking about this, is when we talk about smoking, one of the things that always gets talked about is, is it cool or not? right? Because this is the thing that we've seen shift in pop culture in, like, the last two decades especially. Where it used to be, like— one, everybody in movies smoked. Watch any movie from the 80's. Everybody's smoking.

And two, it used to be that the heroes smoked, right? And now if you see someone smoking in a movie made in, like, the last 15 years, if somebody is even smoking in the movie—

Teresa: It's the baddie.

Travis: It's the baddie, right? And what's so interesting to me about that is it's like a lot of things we see in pop culture where there— I think there are two kinds of cool, right? There's something that is inherently cool, and this is going to sound like I'm making a joke, but an eagle doing something awesome—

Teresa: [laughs]

Travis: —like swooping into water and picking up a fish? Inherently cool, right? We all know that. Even if you've never seen it before, no one ever had to say to you, like, "Hey. Look how cool that eagle is."

Teresa: [laughs]

Travis: Right? You see it and you're like, "That was pretty cool." Right? Or a baseball player making an amazing catch. Even if you knew nothing about baseball, you're like, "Whoa. That was cool."

And then there's stuff that we have been taught is cool via pop culture, right? Like, take for example the scene in a movie where somebody, like, shoots a gun and knocks a can off of a fence. I don't think it's that inherently cool, but the way that they shoot it in movies you're like, "Nice!"

Teresa: [laughs]

Travis: [laughs] And so I think for a while the reason smoking was considered as cool as it was is people shot it that way. People would be like, "Look at this cool dude in the door frame, well lit— oh, he just walked in. What a suave detective, havin' a cigarette." Right?

I don't think there's actually anything inherently cool about smoking a cigarette. I mean, I guess you're inhaling, like, smoke and fire? I guess that's cool. There's better ways to do it to, like with the— you know the people who blow fire? Way cooler.

Teresa: Way cooler.

Travis: Fire out? Cooler than fire in.

Teresa: [laughs] Alright.

Travis: Okay.

Teresa: So, as we do, let's do a little bit of history first.

Travis: Yes please!

Teresa: Okay. [clears throat]

Travis: I know for a fact tobacco goes way back.

Teresa: Oh—

Travis: I know it goes way back.

Teresa: Oh, way back. Um, we can date it as early as 5000 BCE.

Travis: I mean, there you go. right? I think we only, like, have existed since 10 thou— the universe has only existed since 10,000 BCE—

Teresa: [through laughter] No.

Travis: No?

Teresa: So, here's the thing, right? We found evidence of pipes and other smoking paraphernalia, which was used in shamanistic rituals in the early Americas. Also, Europeans showed up and, you know, dabbled in those sorts of things more recreationally than, like, religiously.

Travis: We've touched on that before, to, with chocolate, right? Where chocolate was a very— not necessarily sacred, but it was used as a very special, like, celebratory thing for ceremonies. And then Europeans showed up and said, "This is great. I'm gonna drink it when I'm cold." Right?

Teresa: Right, yeah.

Travis: Okay.

Teresa: Um, and that's just tobacco smoking. If we're gonna talk about cannabis smoking, it also goes back that far. Um, but it wasn't smoked like tobacco is smoked until about the 16th century.

Travis: Yeah, I have to— once again, recreationally. You know, here's the thing. I think about sometimes—

Teresa: Well, here's the deal, right? So, when cannabis and tobacco was smoked as part of a ritual, it was usually vaporized on hot rocks or on charcoal and burned as incense.

Travis: Oh! Okay. That makes a lot of sense. I was going to make a comparison between cannabis and cigarettes, like, I don't know, uh, moonshine and beer. Of just like, similar categories but one is far more extreme, I gue— I don't know. I honest-to-God now that I'm saying it, I just, like, have no idea where I was going with it.

Teresa: Yeah, I don't know either.

Travis: It is not— hey, you know what, everybody? I'm not gonna edit it out, but you edit it out of your brains and pretend like I didn't say anything. Go on.

Teresa: Um, so then after the 16th century the consumption and cultivation and trading of tobacco, this is when it really, like, boomed, right? Um, as time went on, the farming equipment and manufacturing became more and more modernized,

and so cigarettes became widely available. Um, and mass production quickly expanded and became common throughout at least the United States until about the 1960's. And it went— you were talking about pop culture. It went in and out. There were certain times where if you were part of the in crowd, you smoked, and then it would, like, swing back to if you were the rebel, you smoked.

Travis: Just like tanning.

Teresa: Tanning and facial hair and, you know, a lot of the things that we do as societies. They cycle through this. The cool people do it—[clears throat] 'scuse me, drainage. [clears throat] The cool people do it, and now we set ourselves apart by saying, "No, we're cool and we don't do it," so then the rebels do it. And, like, it just goes— it swings back and forth like that.

Travis: Culture and counterculture swap places every, like, 20 years or so.

Teresa: We also can't talk about smoking if we don't talk about opium as well.

Travis: Sure.

Teresa: In the 19th century England, British trade, brought it back from China. More of, like, kind of, you know... more of a colonization tactic, again. Um, and it spawned the opium dens that we hear and see in books and movies. Um, and it was just kind of, like, the moody British... people, like, with their... opium pipes and—

Travis: With your opium pipes and your dens and what— and your hula hoops!

Teresa: Um, they continue to exist throughout the world, but it, like, the trend fell way down after the first World War.

Okay. Um, so let's get a little bit more...

Travis: Granular.

Teresa: Granular, that's a great— ooh.

Travis: It's one of my favorite words.

Teresa: Hmm, granular.

Travis: I love that word. Granular. Oh! Even if you didn't know what it means, you know what it means to— oh, let's get granular. Ooh, like a grain, you say?

Teresa: Okay. So, um, as far as religious purposes go, tobacco and cannabis and other drugs and plants, herbs, things like that, were used all over the ancient Americas, particularly in the Andes. Um, lots of ancient civilizations did this sort of thing. The Babylonians, the Chinese, incense or smoke as part of their rituals. And it even goes as far, you know, to today, the Catholics, the incense that the Catholics burn.

Travis: They're b— they're burning cannabis in there?!

Teresa: Incense.

Travis: But not cannabis.

Teresa: No.

Travis: Okay.

Teresa: And orthodox Christian churches. Um, but those aren't for direct inhalation. They're more kind of like for atmosphere.

Travis: Sure. But, I mean, it's smoke, right?

Teresa: It is smoke!

Travis: It's smoke. Like, they're inhaling smoke for religious purposes. So, I mean, if you— if you remove any kind of, like, cultural stigma from tobacco and cannabis, and say tobacco and cannabis incense, you're inhaling smoke for purposes! For religious— okay, I see what you're seeing.

Teresa: Yeah, uh-huh.

Travis: I'm picking it up now.

Teresa: That's it! Um... so then, uh, talking about opium and cannabis, the resin has been found in incense pots of this time period, also for religious and medical reasons. So, we start getting into the medical part of— so, like, the Assyrians.

They employed cannabis for a cure for “poison of the limbs”, which was probably arthritis, and that's actually something that is being explored today, again!

Um... so, after we go through the different kind of ritual and, um... uh, religious ideas using the smoke, uh, connected to various gods, deities, things like that.

Travis: 'Cause I have to imagine, just from what I know about the way that they would do, uh, like, prophecies and stuff, and especially in, like, ancient Greece and ancient Rome and stuff like that, but there had to have been, like— once they knew that cannabis had some kind of, like, religious properties that they would use, I imagine that there was a connection between, like, prophecy makers and, as you said, like, opium and cannabis and anything that would elicit any kind of quote, unquote, “high,” right? I imagine that was part of it.

Teresa: Um, it was used as part of Ayurvedic medicine, continues to be used that way, but not— again, not really as smoking, but burned in an open vessel type deal. Um, but here's what happens, right? Uh, Europeans arrived in the Americas in the late 15th century, and tobacco smoking as a recreational activity took off. So, it is said that a Frenchman named Jean Nicot...

Travis: [gasps]

Teresa: Yes.

Travis: Like nicotine?!

Teresa: Like nicotine, I was waiting for you. Uh, introduced tobacco to France. From there, it spread to—

Travis: France, tobacco. Tobacco, France.

Teresa: [laughs] It spread to England, uh, where the first report of a Brit smoking was a sailor in Bristol, in... [laughs] 1556, who was seen, quote, “emitting smoke from his nostrils.”

Travis: [snorts] That's a great way to frame— emitting smoke. Not blowing smoke, emitting smoke.

Teresa: Mm-hmm, from his nostrils. And so then—

Travis: [English accent] Like some sort of dragon!

Teresa: [clears throat] The Brits do what they, you know, they do, and... started doin' it.

Travis: They made it a fad.

Teresa: They made it a thing.

Travis: A long fad, I guess.

Teresa: Well, it started out as medicine probably, medicinal purposes. There's the idea of the four humors.

Travis: But don't you always think that when someone says, like, it started off as medicine— and I say this— you know, take this with a grain of salt, because this is a lot of the way that cannabis has been legalized here in the US. But it's a lot of, like, "Yeah, it's for medicine," just as a way to make it more culturally acceptable to do something that you enjoy doing, right? 'Cause it's just— we did the same thing with, you know, laudanum, which is basically, I believe— what, opium?

Teresa: Yeah.

Travis: And tobacco, and cannabis, and alcohol, and... all of this stuff was like, it's for... medicine.

Teresa: Chocolate.

Travis: And it's like, man, just—

Teresa: I mean, we were talking about chocolate this way! It—

Travis: Just do— like—

Teresa: Just do it. [laughs]

Travis: I'm not gonna say, like, everybody should smoke. But, like... be honest about why you're doing it.

Teresa: Anyway.

Travis: That's not to— hey, let me be clear. That's not to say that things like cannabis can't have medicinal properties. I am saying that most of the time when we talk about legalizing something, we're talking about it from a standpoint of it being more culturally acceptable to come at it from the direction of medicine, not that it doesn't also have medicinal properties.

Teresa: [laughs quietly] Than the direction of fun.

Travis: Yeah, right?

Teresa: Yeah. [laughs]

Travis: For some reason, saying, like, "Well, I want to do it 'cause I think it would be fun."

But like, "Well, no, it's illegal, then."

Like, "But what if it's medicine?"

Like, "Okay, fine."

Teresa: Um, according to the system of the humors, tobacco was thought to be helpful in heating and drying out what had needed to be heated and dried in your body, because of—

Travis: That makes sense. I mean, it doesn't *make* sense, but it... makes a certain sort of sense.

Teresa: Well, if things are cold and wet...

Travis: Yep.

Teresa: ... then you put something that's hot and dry.

Travis: Yep.

Teresa: Then you fix it.

Travis: I mean, like I said, it makes some sort of sense. [laughs]

Teresa: And if you are not familiar with the four humors system of medicine, please do check out *Sawbones*. Sydnee is really great at explaining it.

Travis: Yes.

Teresa: So, King James I...

Travis: Wait. The guy who wrote the— the Bib— the— not— he didn't *write* the Bible, but the guy who adapted— the King James version King James?

Teresa: Yeah!

Travis: Okay. And I'm gonna bet, just... he didn't like tobacco.

Teresa: No, he didn't. [laughs]

Travis: Okay.

Teresa: He wrote a scathing piece about it being a menace to society. Uh, the 16th century, it wasn't just popular in Europe, it was also popular in China and the Middle East. Um, based on the Chinese system, the Persians invented a water pipe...

Travis: [excitedly] Like a bong?

Teresa: Like a hookah!

Travis: Okay. I mean... I think we were both right.

Teresa: I mean... yeah. But...

Travis: You weren't talking about—

Teresa: I wasn't talking about a bong. I was talking about hookah.

Travis: Sure. Okay.

Teresa: Um, so— um...

Travis: When I hear "water pipe" I think "bong." Maybe that's just me.

Teresa: The hookah offered several tubes to accommodate multiple smokers, so—

Travis: Very social.

Teresa: It became a social engaging thing.

Travis: That, I mean, still to this day, there are whole bars dedicated to hookah. Hey, if you're looking for a thing you definitely shouldn't do during the COVID-19 pandemic, let me suggest... hookah bars!

Teresa: Mm-hmm.

Travis: Definitely not— there's no excuse for going to a hookah bar during a pandemic.

Teresa: Exactly. Um...

Travis: Hey, I wanna hear some more about this. I'd love— I love history. You know that.

Teresa: I know that.

Travis: If I could marry the concept of history, I would. But first! How about a thank you note for our sponsors?

[theme music plays]

Travis: When was the last time you thought about socks? I mean, maybe it was the last time you put on socks, or maybe you just did that mindlessly? You just put 'em on and you didn't really think about it. But think about how much better it is to put on a pair of comfortable socks rather than just some old, you know, worn out pair. Now imagine you're giving the gift of those fresh, comfortable socks to someone that you love. That could be a reality with Bombas!

And, not only are you giving the gift of socks to someone you love, you'll also be giving a pair to someone who needs them, because for every pair you buy, you'll be donating a specially designed pair to someone in need. That's what Bombas does.

For every pair they sell, they donate to someone experiencing homelessness across the US, and they've spent years perfecting every detail of their socks, like eliminating toe seams, making sure their socks never slip, and creating a special mid-foot support system. I love Bombas so much, and not just socks. Bombas also makes great pants, great shirts, lots of stuff, to the point where I would buy them even if they weren't supporting the show! That's right, folks: I love Bombas. I would say at this point about 75% of my sock stock... yes? Yes. Is Bombas. And you could make the switch too!

And not only that, once again, you'll be giving to someone in need. From comfort to kindness and everything in between, Bombas aren't just givable, they were made to give. So, go to bombas.com/shmanners today and get 20% off any purchase during their big holiday sale, November 18th through December 2nd. That's Bombas, B-O-M-B-A-S.com/shmanners for 20% off. Bombas.com/shmanners.

So, for as long as I can remember, which basically is, like, 13— when I was 13 on, I have had issues with acne. And here I am, a 37-year-old adult, and it still is something that bothers me. And that's why I was really excited to start using Curology, because whether you're trying to take control of acne or if you're focusing on fine lines, dark spots, occasional breakouts, or clogged pores, Curology will customize a prescription formula with three active ingredients picked for you to tackle your skincare needs.

You start by answering questions online about your skin, and sending in a couple selfies to Curology. A licensed dermatology provider will get to know your skin, and if it's a good fit, you'll get a customized prescription cream to address your skin concerns. I've been using Curology now for, you know, a couple months, and I've really noticed a difference, and I'm less worried about breakouts than I used to be.

So, take control of your acne, dark spots, breakouts, or whatever your unique concerns may be with a powerful skincare treatment made for you today. Go to curology.com/shmanners for a free 30-day trial. Just pay for shipping and handling. That's C-U-R-O-L-O-G-Y.com/shmanners to unlock your free 30-day trial. See curology.com for all the details.

[music plays]

David: I can remember as a child thinking it was odd that here was this can full of meat.

Jesse: I'm Jesse Thorn. This week on my show *Bullseye*, David Letterman on shame, regret, and canned hams.

David: Is this the best delivery version of pork?

Jesse: That's this week on *Bullseye* from Maximumfun.org and NPR.

[music and advertisement end]

[music plays]

Rachel: Congratulations! You've won a ticket to attend an exclusive opportunity in a relaxing environment with two lovers. [laughs]

Griffin: Wow. Well, this sounds like a sort of proposition of sorts—

Rachel: [laughs]

Griffin: —but really it's an ad for our podcast, *Wonderful!* It's a show we do here on Maximum Fun where we talk about things that we like and things that we're into.

Rachel: I'm Rachel McElroy, and you just heard Griffin McElroy, and we are excited for you to join us as we talk about movies, and music, and books!

Griffin: Things like sneezing, the idea of rain.

Rachel: [laughs] Can you get news or information you can use? I don't think so.

Griffin: Absolutely you cannot! Because we're here to talk to you about pumpernickel bread.

Rachel: You can find new episodes on Wednesdays.

Griffin: [intense voice] So catch— catch the wave!

[music and advertisement end]

Travis: Okay. Give me some more of them mad facts.

Teresa: Well, it's really the final piece of the puzzle, right? A lot of what we talked about at the beginning and the swinging of the pendulum through time, uh, once heralded as a miracle drug. Um, even in, like, the 1800's, late 1790's, people started to see it [clears throat] negatively impact health.

Travis: Yeah. I mean, it's hard— listen. It does negatively impact health. There's no way around that. The fact is, smoking is bad for you. There are many fun things in this world that are bad for you, and I think that the problem is that the thing that we're dealing with, and I think the reason that there has needed to be this hard push for education for the last, you know, couple decades, is that that aspect was so underplayed for so long because there was money in selling cigarettes, and the younger you could get people to start smoking, the more cigarettes you could sell to them over time.

And I will now say that, as we've talked about this, I have lost at least two grandparents— I mean, two people in my family, my grandmother and my grandfather on my mom's side both died of lung cancer.

Teresa: Right, which doctors didn't really start to see until really after the first world war, when smoking became a lot more recreational, and also, you know, there were factories manufacturing low-cost cigarettes, so they were very easy to get, and, um, that's when they really started to launch formal investigations in between the link of smoking and cancer.

Travis: Right. It's bad for you. Right? And, you know, the thing is, is I think that— the only reason I mention it is to also acknowledge the hypocrisy of the people who are perfectly fine, you know, drinking alcohol, and then telling people that they are dumb for smoking.

Teresa: Right.

Travis: You know, it's all about knowing, having the conscious choice, having all the information. I mean, I will say that I quit after college. You know, I have two kids now and I want to live as long as I can, and I—

Teresa: And I have asthma, so it's always been a thing for me where I need to, for my personal health, stay away from smoke and secondhand smoke, and I, um— I was never harsh with you about it, was I?

Travis: Nah.

Teresa: Um, I just— I couldn't take the smell, so if he was out smoking, he had to come, like, wash his face and wash his hands and change his shirt and I, you know— that's what we had to do.

Travis: But that was a long time ago. And now I do unhealthy things like eat a whole bag of potato chips in one sitting 'cause I wasn't paying attention. That kind of thing.

Teresa: So, let's do some etiquette.

Travis: Okay!

Teresa: Um, so please— for smokers, please be sure to smoke in only designated areas, especially if the designated area is indoors.

Travis: Uh, and I will also now extend, that also includes vaping.

Teresa: Yes.

Travis: That is— we had a question from, uh... I— Ina— Inanib—@inanib? Sure.

"How do I rip huge clouds with my vape rig politely?"

I think treat it like you would, uh, any kind of— of cloud that you could expel from your lungs. What a weird way— treat it like smoking, right?

Teresa: Yes.

Travis: Designated areas, take it outside, all of those things.

Teresa: Be mindful of where you blow your smoke. Never blow in somebody's face. Um, it's also etiquette forward to ask people you're with, "You mind if I smoke?"

Um, most will just say, "It's fine, sure," or "Go outside," or "Not in here," or, you know. Like, it's not a judgment thing.

Travis: Yeah.

Teresa: [laughs] "Do you care that I'm smoking in my life?"
No, that's not it.

Travis: But "Can I smoke in here?" Right? And I think that that's true of a lot of things. Is it okay if I drink in here? I would prefer if you didn't drink while my kids were in the room. Right?

Teresa: Exactly.

Travis: I think that that is a thing— and I think it goes both ways, too. We had a question from @benandromeda.

"How do I politely ask someone not to smoke around me or ask them not to smoke in my car?"

I think that that is a perfectly reasonable thing. Let me put it this way. If you were standing in a smoking area by choice and you told people not to smoke around you, I think then it is your responsibility to move to a nonsmoking area. If you are in an area where there is not supposed to be smoking, or it is your area, like your house, your backyard, your car, I think that the best way to say it is to be direct and say, "Oh, uh, this— you know, I would prefer if you did not smoke in my car," or "This is a nonsmoking car. If you would like to smoke, please wait until we reach the destination."

Especially, I would say, if you're, like, a Lyft driver, if you're a ride share driver.

Teresa: For sure.

Travis: You know, tell the person. "This is—" and I will take that one step further, 'cause we also had a question, uh, if— let's see. Um... well, now I didn't put it in here. But if you're a Lyft driver and you especially not only don't want people smoking in your car, but you would prefer them not bring the smell of smoke into your car, I think that that is something that you can say when— you know, when you, uh, make the connection to pick them up. You could message them, if it is

important to you, and say, like, "Please finish smoking before I arrive, I would prefer that my car not smell like smoke."

Teresa: Okay. [clears throat] If you are smoking cigarettes and you need to ash your cigarettes, please be careful about where you do that. Um, and, you know, always an ashtray is preferable, but if you can't do that, you know, don't just ash everywhere over people's carpets or, like, all over their porches or whatever. You know, find a discreet place to take care of that. And make sure that before you throw out a cigarette that it is completely out, and, you know, don't litter.

Travis: Uh, we also had a question. This is from... Twerk Dad.

"Can I smoke my tobacco pipe in a car or on breaks at work? I don't like cigarettes but I do like my pipe."

Uh, so the thing is, a pipe is a—

Teresa: That's a long game, isn't it?

Travis: It takes a long time, so let me answer the second part first. If you're going to smoke it on breaks at work, you need to keep it to ten minutes, the same time you would get for a cigarette break. As far as smoking in a car, I'd say treat it like, you know, cigarettes or anything else, where you would ask, "Do you mind if I smoke my pipe in your car?"

The thing is, at least as far as I have seen, pipe smoke tends to be much thicker, because pipe tobacco usually has some kind of, um— it's a little, for lack of a better word, juicier, right?

Teresa: [laughs]

Travis: So, you tend to get kind of a thicker smoke. And so, like, it can— it can, one, really linger, as far as the smoke goes, and also sometimes discolor fabric and, like, stain.

Teresa: Yeah. So, my grandpa, he smoked cigars and pipes, and I did not like it when he would smoke the cigars. I did not like the smell. Uh, but I didn't mind the smell of the pipe. It smells a little bit like cotton candy.

Travis: Yeah, like I said, much like hookah tobacco they usually have some, like, flavor to— they're juicier. [laughs quietly]

Teresa: But, um, upon the selling of my grandmother's house, we moved the pictures and there was a very thick film of smoke damage. Blegh. Anyway.

Travis: Um, we have another question here. Uh, so this—[laughs] this question is from Matt.

"About how long should I smoke a brisket to get a solid bark and a smoke ring, but without drying it out too much?"

So, Matt, what you wanna do, you wanna do low and slow.

Teresa: [laughs quietly]

Travis: And for the first four hours you're gonna leave it uncovered, right? And then after four hours you're gonna wrap it in aluminum foil, right? So that first four hours you get the bark. The second four hours you're gonna get the cooking without the drying out, because the foil is gonna keep that liquid from evaporating off. But, you know, you can find lots of recipes about it, lots of YouTube videos about it. Um—

Teresa: [through laughter] That's not what this is about. [laughs]

Travis: I know, but I just knew the answer to it, and I was really excited about it. Um, now we got a question from Alice and a question from Blam Chowder, mostly about cannabis etiquette, specifically smoking. Um, and the thing is yeah, a lot of the times it can be a group activity, so as far as, you know, passing— once again, right now, in a pandemic, please do not share, uh, anything like this. Pipes, or bongs, or anything. Even if you're—

Teresa: Even a joint, because—

Travis: Yeah, whoa.

Teresa: Don't.

Travis: There's a lot of saliva there.

Teresa: Let me say, we're gonna hold on to this. We're gonna do a second smoking episode—

Travis: [gasps]

Teresa: —because Alex found that Lizzy Post, Emily Post's great-great-granddaughter, wrote a book on cannabis etiquette.

Travis: Oh boy. Okay.

Teresa: So, we are going to acquire it, we are going to read it, and we are going to do another episode.

Travis: Uh, this question is from Grace.

"Is there a polite way to deliberately move away from someone that's smoking/vaping? I have asthma and secondhand smoke makes it hard for me to breathe, but it seems to just walk away, especially in conversation."

I think once again I would say, and you have asthma so please expound, but as someone who used to smoke, if I was smoking and someone said to me, "Oh, excuse me, I would love to continue this conversation with you, but I can't really deal with the smoke, so while you are smoking I wanna step away, and I will come back."

And I would not be offended by that.

Teresa: Absolutely. So, uh, my best friend Lisa used to smoke. Well, does she still smoke? I can't remember. But when we were hanging out, if she was smoking she would go outside, and I would chill in the room. Nobody was mad. It was not a thing. I just didn't want to go outside with her. And then she would come back. It would be fine.

So, I think as long as it's... just don't make it awkward, right? Don't, like, stare daggers at someone and, like, slowly back away, right? You communicate and say, "I can't handle the smoke, so I'll be inside, and come back and talk when you're done."

Travis: Yep. Uh, this question is from @AKAbigscoop.

"If someone asks someone else for a smoke and they know that person is quitting, how can you politely refuse?"

Uh, and before I answer that, as someone, once again, who used to smoke in college, don't... if you are bumming enough cigarettes off of people that you are smoking regularly, you need to buy your own cigarettes.

Teresa: Yes.

Travis: Uh, once again, this is not me encouraging anybody to smoke. But, these things cost money. There is money spent on them. It is one thing, I would say, that if we're talking about etiquette and you have run out, and you are unable to journey to a location to buy more. It is another thing if you are constantly depending on other people to provide things for you.

Teresa: Yes.

Travis: Um, you need to plan ahead. Now, as far as this question goes... I would say, uh, you know, we've talked a lot this episode about it being, like, personal choice, and I think that if you know someone is trying to quit and they ask you, I think say, like, "Um, you know, I am not going to provide you with a cigarette because I know you are trying to quit, and I support that. Uh, and I don't feel comfortable facilitating this habit that you're trying to quit."

Like, I think that that's per— I don't think that's rude.

Teresa: Again, it's all about the conversation, about the way you approach it. Is it inherently rude to deny someone a cigarette? No, there's always circumstances around this.

Travis: Yeah. But, I mean, once again, you don't have to share anything. You don't have to give anything. You don't have to do anything you're not comfortable with. That's part— that's what etiquette is, right?

Teresa: Right.

Travis: Like, it's not polite— politeness isn't doing something you're not comfortable with, right? It's saying what you want in such a way that it is clear and direct without being mean. That's it.

So, you know, speaking of saying what you mean, this is the end of the show.

Teresa: [bursts into laughter]

Travis: Um, that is going to do it for us. You know, I wanna say thank you, as we said, to Alex.

Teresa: Always.

Travis: We could not do it without our researcher Alex, and thank you to you, the people who support us through Maximum Fun. Without you, we wouldn't be able to, you know, first pay Alex for the amazing work that she does, and you should pay people for their work, uh, and two, you know, we got two kids, and knowing that you all are out there supporting us makes it priority for us to make sure we don't miss episodes and to make sure that we're here for you, so thank you for that.

Speaking of, thank you Max Fun, our podcast home. You can go check out all the other amazing shows on Maximum Fun.

Uh, if you are listening to this on Friday or Saturday, the 20th or the 21st, there is going to be a *My Brother, My Brother, and Me* virtual live show tomorrow, the 21st, November 21st at 9 PM Eastern Time.

Tickets are 10 dollars. Our opening act is *Sawbones*, perhaps you have heard of them. Uh, it's a marital tour of misguided medicine. I think you know it. Uh, and it, you know, it's gonna be a virtual live show. It's going to be a wild, wild time. Everybody agrees. Uh, and you can get those tickets at live.themcelroy.family. That's it. [Live.themcelroy.family](https://live.themcelroy.family). Uh, it's gonna be available for 48 hours after the show, so even if you're not able to watch it at 9 PM Eastern Time tomorrow, you're still gonna be able to check that out. Also, go to McelroyMerch.com and check out all the other amazing merch that— there's a lot of cool stuff. Uh, let's see. What else, Teresa?

Teresa: We always thank Brent "brentalfloss" Black for writing our theme music, which is available as a ringtone where those are found. Thank you to Kayla M. Wasil for our Twitter thumbnail art. You can tweet at us, and these questions were submitted by tweet, @shmannerscast.

Thank you to Bruja Betty Pinup Photography for the cover banner of our fan run Facebook group, *Shmanners* Fanners. Um, and thank you for everyone who keeps submitting topics! We love getting those idioms. Please keep sending us idioms, keep sending us topics, and you can send those to our email, shmannerscast@gmail.com.

Travis: Uh, and that's gonna do it for us, so 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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