

MBMBaM 27: Immersion Therapy

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Intro (Bob Ball):

The McElroy brothers are not experts, and their advice should never be followed. Travis insists he's a sexpert, but if there's a degree on his wall, I haven't seen it. Also, this show isn't for kids, which I mention only so the babies out there will know how cool they are for listening. What's up, you cool baby?

[theme song, "Take A Chance On Me" by ABBA plays]

Justin:

Like the Chilean miners—

Griffin:

No.

Justin:

... emerging once again.

Griffin:

We did that one.

Justin:

Listen, I— listen, you may willing to forget about them that quickly. I'm not gonna forget about our Chilean brothers that emerged from the ground like that. Let [crosstalk]—

Travis:

How do we know there's not some more down there? Have we looked?

Justin:

Like a Chilean miner, a forgotten Chilean miner, emerging a week after everyone else has left from the ground, this is *My Brother, My Brother and*

Me emerging from the depths of ignorance to deliver week-old wisdom straight to your dome.

Travis:

Do you think like, six weeks after the celebration, someone looked around and said, "Have you guys seen Sleepy Tim?"

Justin:

Where's Sleepy Tim? Shit. [crosstalk] Now he's Skinny Tim.

Travis:

[laughs] Lonely Tim.

Justin:

Lonely, skinny Tim. All miners [crosstalk].

Griffin:

Tim is actually a very common name in Chile.

Justin:

[laughs]

Griffin:

Um, you guys may not know that.

Justin:

[laughs] Not Chile. It's not— they weren't let— lost in a mine inside one of the members of TLC.

Griffin:

No, they were lost in Chili's restaurant. They needed to be excavated from... which, I, I mean, I can't blame them. Of all the places to get stuck in the ground for three months. Uh, I mean, their chicken strips are really out of this world.

Justin:

Guys, I don't care how awesome this blossom is, I'm going to fucking flip if I don't get out of here soon.

Um, wait, wait. Awesome Blossom is Outback. What does Chili's have? They have a, they have a version that is equitable to the Awesome Blossom. Anyway—

Travis:

The mediocre blossom.

Justin:

As you've certainly gathered, this is an advice show for the modern era.

Travis:

[laughs] Clearly.

Justin:

I am your host and co-brother Justin McElroy.

Travis:

I'm Travis McElroy.

Griffin:

I'm Griffin McElroy.

Justin:

Um, and, and we are going to get right into the, the wisdom, the growth, as it were. Um, I can't tell if this is going to be a good one or a bad one, but let's find out together. "One of my friends that I have known for years has a serious problem about washing his hands too much. He washes them every 30 minutes and as it gets colder outside, his hands start to crack and bleed because they are dry. What should I do to get him to stop being a freak? Kevin from Gmail." Kevin, your friend isn't like, he's not like, cooky.

Travis:

What a crazy guy.

Justin:

He's got Marc Summers-itis.

Travis:

Oh no.

Justin:

Yeah, he's got the Summers.

Travis:

He's got the *Double Dare*.

Griffin:

It seems kind of counterintuitive to me, right? Like, I wash my hands because they're dirty, um, but I wash them too much, so now they have blood all over them, which is like the dirtiest substance known to man.

Justin:

And as we all know, you can wash all you want, that blood's not coming off.

Travis:

Nope.

Griffin:

Never, ever.

Justin:

Nope. The blood stays.

Travis:

Maybe you need to invest in some gloves. [crosstalk] simple.

Justin:

The thing that worked for Marc Summers is something called Immersion Therapy uh, where, to get over the fact that you're really worried about getting dirty, they make you climb around in giant waffles covered in fake butter.

Travis and Griffin:

[laugh]

Justin:

And that, and that seemed to fix him pretty good.

Griffin:

Um, so all you have to do is go to Nickelodeon uh, or what, what's Nickelodeon's parent company? Because I know Nickelodeon Studios—

Justin:

Viacom.

Griffin:

Is like shutdown. You got to go to Viacom. I, I can show you where their office is in New York. Uh, you just go there and you, you try and get him uh, arranged uh, a 90's style uh, game show with your friend as the host.

Justin:

Yeah. Or, Kevin, you could realize your friend has something called Obsessive Compulsive Disorder, and it's probably not going to be fixed with a pat on the back and a couple of concerned looks.

Travis:

In fact, don't pat him on the back. I don't think that'll help.

Justin:

Yeah.

Travis:

I think that actually hurts the situation.

Justin:

He has to wash his back. You can't hurt the situation, look at those muscles. That guy's diesel. Um—

Travis:

I think what you need to do is if you realize it's been a little over 30 minutes, look at him and go, "Whoa, it's been 30 minutes. Better wash your hands or puppies are going to die."

Justin:

[laughs] Help keep him on schedule. That's all you can do, is try to facilitate. Um—

Griffin:

Or just ridicule him endlessly. That's the only way that friends can really get friends to do other things.

Justin:

Yeah. I know a lot— there are probably some people clucking their tongues out there and saying, "Hey, that's a serious..." listen, life's hard. The fact that the guy washes his hands every half hour, it's not exactly debilitating, okay? We're all [crosstalk].

Travis:

Look at Howard Hughes.

Justin:

Look at Howard Hughes, okay? He, he managed to still build the Spruce Goose.

Griffin:

[laughs] Yeah, but I mean, think of all the life experiences that he's going to miss out on now. Like, he can't— he'll never be able to hold his newborn baby for longer than 30 minutes at a time.

Justin:

[laughs]

Griffin:

`Cause when you're holding a baby, things start to get really good around minute 40.

Justin:

[laughs] That's true. The connection is really, is really real there. All his finger paints will look like rushed bullshit. I see what you're going with— for here, but you really kind of needed to percolate a little bit more.

Uh, "Dear Brothers, my girlfriend says I play WOW too much. I've lived with my girlfriend for eight years and started playing WOW a year ago. I play a few hours a day, but she wants me to stop. So, I haven't been on the dating scene for 10 years. Any advice?" Whoa, whoa, whoa! Ho! What kind of bizarre either/or have you entered into there, Formspring?

Griffin:

[laughs] Um, yeah. My, my advice is to—

Justin:

What's WOW?

Griffin:

Sometimes when I'm, I'm faced with decisions like uh, this, this very difficult decision this man is clearly facing, I like to pretend that I've traveled back in time from uh, a few years in the future where I'm so cripplingly sad because of the decision I made. And that by traveling back in time, I can manage to stop myself from doing that terrible thing. Um, which is a long, long way of saying don't do what you're thinking about doing.

Justin:

You're talking about like, present-time travel right?

Griffin:

I'm talking about hypothetical future-to-present time travel.

Justin:

Okay. Yeah. I like that idea. I think it probably before it's going to catch on, you're going to need a catchier name for it. I'd suggest Immersion Therapy, but [laughs] but I do like the premise here. Remember, Formspring, someday you are going to die.

Griffin:

Mm-hmm [affirmative].

Justin:

And when you die, you are not going to say to yourself, "Gosh, I wish uh, I had played WOW more." You might, however, say, "I wish I hadn't dumped my girlfriend of eight years to play WOW more." Which is maybe the same principle of uh, of uh— as Griffin's, but I like to keep the taste of death in everybody's mouth with every moment. I think if you're thinking about your death, your eventual death, you're always going to make the best decision.

Travis:

You need to live like you're dying and then die like you're dying.

Griffin:

Yes.

Justin:

[laughs] [smacking lips] What is that picante? What is that mild... is that death?

Griffin:

It's got kind of a, a butternut—

Justin:

[smacking lips] Deathy.

Travis:

A definite deathy kind of feel to it.

Justin:

I'm getting a note of grave.

Travis:

[laughs] Uh, can I suggest proposing to your girlfriend of eight years? Get off—

Justin:

In WOW.

Travis:

Yeah!

Justin:

Yeah!

Griffin:

No, no, no, no.

Travis:

This can only go well. Don't listen to Griffin.

Justin:

Come here and look at the screen for a sec. I know you don't play, but come here.

Travis:

I bought you a purple ring.

Justin:

It's amethyst. It's in the game.

Griffin:

I changed the name of my guild to "I love you, Susan. Be mine."

Justin:

Oh, Susan. "My friend, Tim, and his girlfriend have a problem. They never stop making out and groping each other in front of the rest of us." I'm going to go ahead and submit that you're the one with the problem, but let's go on. "How do I go about stopping this? At points, it's downright annoying. Also, talking to them about it and telling them how we feel does nothing. I need something a little more drastic. Thoughts? Carlo."

Travis:

Carlo, no.

Justin:

Carlo, you do realize that you're trying to stand in the way of the most powerful force in the universe.

Travis:

Making out.

Justin:

Right? Making out. Boners, yeah. You're trying to stop a man and a woman, who I'm guessing from your description are under the age of 17, you're trying to get them to stop groping in public. What do you think, you're going to reinvent the wheel? Come on, Carlo.

Travis:

[crosstalk] a fool's game.

Griffin:

And, and does it say in pub— okay, it is. So, they are doing it in public. Um, for some people, watching that happen, that's all they got.

Justin:

Yeah.

Griffin:

That's all they have. Like—

Travis:

Yep.

Griffin:

Some people, and I'm not going to go to malls and just like to just see the, just see people express themselves.

Justin:

See people in love.

Griffin:

Just express their love.

Travis:

And groping each other.

Griffin:

In a physical manner. Um, and—

Justin:

In public.

Griffin:

Yeah. In, in public places, like outside the Gap. Um, some people need— some people, some people need that.

Justin:

Some people need it. Nothing wrong with that.

Griffin:

I mean, there is something wrong with it.

Justin:

There's something a little wrong with it, but I don't want to judge you. You're my brother, for Christ's sake. I mean, not you, of course. We're not talking about you.

Travis:

But hypothetical people.

Justin:

Hypothetical Griffin.

Griffin:

Hypothetical, future, present Griffin.

Justin:

Some of us are coming up on 30 and like to be reminded of what it's like to feel and maybe Carlo, you shouldn't get in the way of that. Maybe.

Travis:

I suggest just every time you see it, yelling, "Ew!" really loud.

Justin:

That's good. That's good. And then uh, get— go back in time, go to Nickelodeon Studios, get a container of gack, and then—

Travis:

[laughs] And slime them.

Justin:

Just slime them.

"What's that? What's this all over me?"

"You've been slimed."

Travis:

[crosstalk] just yell, "I got next."

Justin:

You can't do that on television, but you can do it in [unintelligible]. Slimed. What's up?

Griffin:

Just fire some kush balls at them.

Justin:

[laughs] I almost said they're on *The Rosie O'Donnell Show*. Ah, criminy.

Griffin:

No, but really, um, you, you shouldn't do anything. There's nothing you can do.

Justin:

They'll hate each other soon enough.

Griffin:

Yeah.

Justin:

And you don't want to, you don't want to get in the way of that. "I have this guy friend who, to me, is totally awesome." That's in all caps. I don't think I can do it justice, but trust me. "He's great, funny, chilly, LEFT EYE..."

Griffin:

No.

Justin:

"...T-Boz..."

Travis:

Nope.

Justin:

"...all that." Nope, those aren't in there. "The only— he's chill, all that. The only problem is that to people that he isn't friends with, he's just a total jerk. Just the worst. He's rude and downright unpleasant to be around. He's never violent or anything like that, but still. Even though he's perfectly fine when he's hanging with me, I find that a lot of friends kind of look down on me for hanging around him because of this. What should I do? Thanks, Devil's Advocate, Gmail."

Griffin:

I like it.

Travis:

So, is it like a Jekyll and Hyde kind of thing? Or is it just that you like his bad attitude and your friends don't?

Griffin:

No, I think it's, I think it's one of those scenarios where once he gets surrounded by too many people, um, he transforms into a monster.

Justin:

He gets, he get— I mean, you got to... I think the thing to remember is that it stems from a place of... some people, when they're— when I'm around a bunch of people I don't know very well, I, I tend to kind of clam up a little bit. I get a little social phobic, and his is probably just manifesting in a different way. In this case, he gets, he gets on the um, you know, he gets on the offensive.

Griffin:

Mm-hmm [affirmative].

Justin:

Um, is what it sounds like to me. I... I think the trick is to try exposing him to one friend at a time, you know, until he gets comfortable with both of you. And then, eventually, you do that enough times—

Griffin:

You got to find that magic number so that if, like you're hanging out with three friends and you bring in a fourth and he's still cool, and then you bring in a fifth, and he's like, "Grr, Jews!" And you're like, "No, okay. Not five."

Justin:

None of that.

Griffin:

Four or under.

Justin:

Right now, you're attempting what's called Immersion Therapy. I don't think it's working. It's not for everyone. It worked for Marc Summers, but that doesn't mean it's going to work for Jerko over here. Um, don't you guys think one friend at a time until he's like, more comfortable with the group? I, I think that's the only way you can go. Or like, is this guy worth it? Like, he doesn't sound very cool.

Travis:

He's totally awesome!

Griffin:

He's totally awesome. You don't know him like he knows him. Um, here's another suggestion. And if you're hanging out with friends, uh, and you want it to just look like it's you and him, then hide your friends around the room...

Justin:

I love it!

Griffin:

...that you two are hanging out in.

Justin:

Like, they talk to you, and he's like, "What was that?" And you're like, "I didn't hear anything."

Griffin:

I didn't hear... I don't know what you're talking about.

Justin:

But yes, Greg, I would like to go to the mall tomorrow. [laughs]

Griffin:

And then, once he's been awesome for a while, your friends can jump out and be like, "That, that behavior is the kind of behavior you should exhibit around us."

Justin:

But he's scared. He's like, "Fuck you! I'm out!"

Travis:

[laughs] I don't trust people!

Justin:

How could you do this to me, Richard? [crosstalk].

Griffin:

Here's a Yahoo Answers question. And it's— it was sent in by Hybrid Misfit. Thank you, Hybrid Misfit. Uh, it's from Yahoo Answers user Sick Nick, who asks, "How can I make my rapping better?" Uh, he has a very unique problem, though. He says, "When I rap, I get a lot of saliva in my mouth, and I don't sound too good when it happens. How can I change that, and can you give me other suggestions?" Uh, well, I mean, let's not put the cart before the horse. You, you need to handle your saliva situation first and foremost.

Justin:

Right.

Griffin:

Uh—

Travis:

Uh-huh [affirmative].

Griffin:

I think you should maybe just incorporate it into your, into your act.

Justin:

Well, yeah, that's been a popular strategy. You ever wonder where uh, Big Daddy Bronny came from? Why people call him that? It's because he raps with a, a giant wad of paper towels in his mouth.

Travis:

Yeah.

Justin:

A lot of people don't know that.

Travis:

DJ Mumbles. DJ Mumbles and his mouthful of cotton balls.

Justin:

Cotton balls, yeah.

Griffin:

DJ— how about just DJ Cud? Kid Cud.

Justin:

Kid Cudi.

Griffin:

That's how he got his name.

Justin:

That's how he got his name, exactly. Uh, you, you might remember MC Silica Gel is actually— actually died, because you're not supposed to put silica gel in your mouth, but you get the, you get the idea. I mean, went young, but God, those rhymes!

Travis:

So, so dry.

Griffin:

It's hard to corner the rap market nowadays because you, you have to be doing, you have to have something new. Um, like, for instance, I, I think Kanye West does it just with, you know, really clever rhymes and, and catchy beats. Uh—

Justin:

And being crazy.

Griffin:

And being crazy and, and Soulja Boy does it by really super untalented, which is, which is in and of itself kind of you know, unique. So, I think what you can do is just have a lot of spit in your mouth while you're rapping.

Travis:

Yeah. [crosstaly] DJ Drooly.

Griffin:

DJ Drooly, something— there's something along those lines. Ja Drool.

Justin:

Ja Drool?

Travis:

Uh-huh [affirmative].

Justin:

And all your lyrics could be about it too. Like, "When I spit rhymes, you know you'll really get wet." Something like that.

Griffin:

Oh, my God. This is—

Travis:

You will get wet, you may get soaked.

Justin:

"The name's Kid Slimey. Don't you never forget." Something like that.

Griffin:

[laughs] Can you give me four more lines?

Justin:

Uh, let me see. Let me see what I got in here. Um... "When I'm done with you kids, you're going to need a towel. I'm going to open your eyes, I'm going to empty your bowels." Uh, is that two lines, or—?

Griffin:

That's two lines.

Justin:

That's two lines. Um... uh, "When I'm on the M—I—C, things will never be dry."

Griffin:

Mm-hmm [affirmative]. Oh, come on, you can do this.

Travis:

You've almost got it.

Griffin:

Justin, Justin, Justin!

Justin:

"I'm going to dampen your shirt and spit in your eye."

Griffin:

Yes.

Travis:

[laughs] There it is.

Justin:

Uh, Formspring says, okay, alright. "My older brother is balding. He tries to hit it with hats, hoodies, bonnets, etc. Unfortunately, he cannot rock a hat and is wearing a hoodie indoors makes him look like a rapist."

Travis:

Uh-huh [affirmative].

Justin:

"How do we get him to get right with his MPB?" Formspring.

Griffin:

I don't know what that—

Travis:

Male pattern baldness.

Griffin:

Okay. Um—

Travis:

I think last— just to clarify last week, I think we covered no one can rock a hat.

Justin:

No one can rock a hat.

Griffin:

You can wear a hat, and sometimes you can't even do that.

Travis:

Yeah.

Justin:

Sometimes you're just barely wearing a hat.

Travis:

You need to explain to your brother that we are in time period now where bald people are awesome.

Justin:

Yeah, it's the most socially acceptable bald has ever been, I think.

Travis:

I agree. I think he needs to shave it and call it a day.

Griffin:

Well, is that, is that because of Moby? You think?

Justin:

Yeah, it's because of Moby mainly.

Griffin:

I think Moby is really the one that turned it around because I mean, it was cool to be bald at like, '55, but Moby was like, "Nah, dog. I'm 22. And now I have a bald head."

Travis:

I remember in that interview where Bruce Willis was like, "Thank God for Moby. Thanks for making it all okay."

Justin:

The thing is, the, the step one to getting your sexy right is always acceptance.

Griffin:

Mm-hmm [affirmative].

Justin:

You got to accept who you are. Wearing a hat and hoodie and bonnet - I hopefully not really a bonnet, but - wearing that kind of stuff, that doesn't— that, that says I'm ashamed—

Travis:

Yeah.

Justin:

Of something that's utterly out of my control. That's not sexy.

Travis:

You should say you're proud of it, because it's something you got that most people don't.

Justin:

Uh, shave your eyebrows, and then walk around just saying, "Fuck you." Just like that to people, and then point at them. Like, "What's up with these?"

Travis:

But then grow a huge beard.

Justin:

A huge beard.

Griffin:

And break your own nose so that it's just slightly tilted to the left.

Justin:

Whoa, I like this.

Travis:

Yeah, this is a look. We're doing like a [crosstalk] thing here.

Justin:

You're welcome. This is a lot more than you paid for, my friend.

Griffin:

Gauge one of your ears really big.

Travis:

And shrink the other one.

Griffin:

Shrink one ear entirely.

Justin:

I guarantee you, if you do that, no one will notice you are bald. Guaranteed.

Um, but I think in short, shave it. Just shave it. Get done with it.

Travis:

One of the funniest guys I know, outside of my family, Brental Floss, uh, made that decision. Like, just shaved his head. So much cooler now, great looking guy. Very funny. Popular with the ladies. It's a look. It's a look that you need to, you know, convince your brother. Now, how do you convince your brother to do it? Uh, you do it while he's sleeping.

Justin:

And, and probably try to get some facial hair. Just something down there.

Travis:

You should shave his head, and then glue that hair to his face.

Justin:

Yeah, I like it.

Griffin:

I, I personally, um, think that you shouldn't uh, encourage him to go bald.

Justin:

Why?

Griffin:

I think, I think— I just, I— you guys couldn't convince me to go bald, is the thing. I'm thinking about it from, from the brother's perspective. If you guys came to me and were like, "Hey, bro, you got to get rid of that hair. There's no way, there's no force on Earth that can force [crosstalk]—"

Travis:

Griffin, I can change your mind right now.

Griffin:

Okay.

Travis:

If you shave your head, you can shave three seconds off of your lap time in the pool.

Justin:

[laughs]

Griffin:

Damn it.

Justin:

Uh, Griffin, I'm, I'm uh, afraid you misunderstood the premise of the show. See, when you try to take our advice into the real world and apply them practically to your situation, that's when things, that's when the wheels really fall off. The idea with *My Brother, My Brother and Me* is that we give an answer that'll have them saying, "Hey, yeah. Exactly. Why don't I just do that?" And then as soon as they try to apply it, it all collapses around them like a castle made of lies. And then you [crosstalk].

Uh, we got a question from Steph via Gmail. She says, "I've just recently graduated from college at Berkeley, and I packed my bags and moved away to the San Francisco peninsula with my boyfriend for a job at Stanford. Our friends in Berkeley are too lazy to come visit us - we visit them - and we have no friends on the peninsula. How do you meet people and make friends after college, especially 20-somethings? We're both nerdy people who like video, board games and comic books." Uh, not video board games. Not like the Clue VHS game.

Travis:

[laughs] *221 Baker's Street.*

Justin:

Nightmare. Um, "...and comic books. We prefer to meet other well-adjusted nerds. The problem with this is most nerds I've met are single men, and are awkward and are uninterested when we approach them as a couple, but try to ask me out when I don't have my boyfriend around."

Travis:

Ugh.

Justin:

"This happened recently—" yeah, gross "—when I went to a local board game shop and asked if they had a game night. We don't need to meet nerds, but we also want to have stuff in common with our future fantastic friends." That is a tough question.

Travis:

Yep.

Griffin:

It's like a, it's like a treatise of everything that's, that's wrong with, with the nerd culture right now.

Justin:

Yeah, right.

Griffin:

It's a nice summation of everything that's terrible.

Justin:

Yeah. I mean... [sighs]

Travis:

If it's any indication, the questions that we get, apparently all nerdy people are nervous about talking to all other nerdy people.

Justin:

Yeah. Ooh, ooh! Wait a minute, wait, wait, wait. Okay, I got it. You don't... you need to realize that nerdy couples are still made of two nerdy people. They're going to feel just as uncomfortable as they did in the mating— you are in another mating process here. This is, this is an, a mating negotiation that doesn't end with um, uh, conception. It ends with—

Travis:

Inception.

Justin:

Inception, and going to see it together.

Travis:

[sings droning *Inception* theme]

Justin:

Um, it ends with, you know, sitting around a table and playing some "Last on Earth." Something, something nerdy. Um—

Griffin:

The, the fact of the matter is that making friends, meeting new people that will then become like, friends, and not like, acquaintances, but straight up friends, is more difficult than meeting members of the opposite sex.

Justin:

I think it's also more difficult than once you're in a couple, because I think when you're solo, you can sort of make those negotiations a lot easier. You can pretend to be somebody you're not when you're flying by yourself. But when you're in a couple, it's sort of like, that person's going to know what's up. And you know, they've got to like the situation you're in too.

Griffin:

Mm-hmm [affirmative].

Justin:

Um—

Griffin:

That's intimidating. I mean, if you're looking for people to meet at a bar, you don't go to the couple that's sitting by themselves at a table. Like, "Hey guys, what's up? Oh, you're having the buffalo wings, huh? Let me get down on— let me just snack."

Travis:

Well, I stand by the, as far as meeting friends, you always do good meeting people at work; meeting people, you know, at hobbies that you're both doing. Like, if you, if you guys joint a pottery class or go to a coffee shop or something like that. Anything like that where it's not just random strangers, but people you know. But that doesn't always mean you're going to meet the best people, um, 'cause you're limited to the people that are in that group. But it's, you know, people that you know.

Justin:

You could put— at work, put up like, a flyer on campus that says: "Hey, we're— does anybody want to play some board games or something together for couples only? Couple Nerd Night?" and then organize it.

Travis:

Maybe not make it sound so sad, though.

Justin:

[laughs] Something less sad?

Griffin:

That's an awfully tight filter to put on that. I think maybe just a flyer with uh, your personal phone number and the message, "Who wants to party?"

Travis:

Couple looking to share fun with another couple.

Griffin:

Yeah, something like that. Like, something very open and honest and uh—

Travis:

Looking for open couple to share with other open couple.

Justin:

That's good, because you want open honesty. Um—

Griffin:

In big block letters. "Couple looking for other couple for a foursome." But then in much smaller letters, um, "...for Scrabble."

Justin:

Maybe uh, you know, and you want to go back and forth between a few different games. So, make sure that they're willing to swing.

Griffin:

Mm-hmm [affirmative].

Justin:

You want to say that in the flyer. Like, looking for couple, open minded couple willing to swing—

Griffin:

And maybe you can play that hot new uh, board game from Mattel, Key Party.

Justin:

Yeah. "Down for Key Party?" Uh, maybe a convention would be good. Some sort— uh, go to Comic Con or something and look for women dressed as superheroes, 'cause you know they didn't do that on their own. That's just science. Um, Steph, I am sorry that we don't have more practical help for you here.

Griffin:

This— I mean, Jesus, if I knew this, then— like, we need to listen to another podcast like, *My Brother, My Brother, My Brother, My Brother and Me*, where—

Justin:

And my super well-adjusted uncle. [laughs] Who's way cool.

Griffin:

Which— and the only thing we do on that show is give *us* advice. Um, and uh, they can tell me how to do this because I'm, I'm right there in the same boat except—

Travis:

I'm starting to realize that everyone's kind of just floating through this void of nobody knows how to talk to anybody else. Like...

Justin:

It's true. It's true.

Travis:

We just get so many questions about “How do I start conversations? How do I meet people?” Everybody— we are not solitary beings, and people that feel solitary is because they are the most afraid and they are the—

Griffin:

Unless you're on the reality show *Solitary*. And then you're, you're totes alone.

Travis:

Agree.

Justin:

You know, you might, you might try— I, I know this seems like, counterintuitive, considering what we just talked about, but you might try Facebook. There's certainly— there's got to be some like, San Francisco gaming groups um, on Facebook. Maybe go there and say hey, we're looking for couples to, to, to hang out with um, [crosstalk] in the area.

Griffin:

The trick is, for couples, the trick is to just find that one couple that you can be cool with, and then they know eight or nine other couples. Um, especially if they've lived on the San Francisco peninsula for a while.

Justin:

Uh, “Hey, MBMBaM. I'm always, *always* hungry. Uh, there literally isn't a time when I couldn't eat. I'm not a fat guy, but I fear I may become one. Keep up the— what should I do? Keep up the amazing work, especially the deep voice guy who isn't Justin or Griffin. I like him. Harrison, Gmail.”

Travis:

I like you too, Harrison.

Justin:

Harrison, I do want to clarify for you, that is how people become fat guys. So, that's not like, a fear like something ephemeral that may... like, no. You will, that will happen.

Griffin:

I'm afraid of ghosts and also that I'll get fat if I eat too much food.

Travis:

That's not a fear.

Justin:

Yeah. Um—

Travis:

I, I know that I feel the same way and I, I, as we have discussed previously, I could literally always eat something at any point in the day. But really, that is because a lot of the time, I'm just massively bored. Um, and usually boredom leads to hunger. So, maybe try Sudoku instead of a sandwich.

Justin:

Mm-hmm [affirmative].

Travis:

Um, get a Game Boy. All of these things help.

Justin:

Oh my God, Harrison, you have a tapeworm! Harrison, you have a tapeworm. You have to go to the doctor.

Griffin:

But wait. If he has a tapeworm, then he won't get fat, right?

Travis:

Yeah, he's safe.

Griffin:

Because the tapeworm will eat all the food for him.

Justin:

But the tapeworm will eat all the food before he can digest it and use its energy. And he'll eat all the good food, too.

Travis:

What if he's pregnant?

Justin:

Oh my God, Harrison.

Griffin:

With a tapeworm.

Justin:

You're pregnant with a tapeworm baby. Congratulations!

Travis:

You got a tapeworm baby, oh God!

Justin:

I shall name him Phillip. He is my tapeworm baby and I love him. It's just like that movie *Junior*, except he is a tapeworm and, you know what, Arnold Schwarzenegger is always hungry. So it's just like the movie *Junior*, except for the tapeworm. But what is—

Griffin:

I went to the Sears baby department and they had no clothes that would fit my tapeworm baby.

Justin:

I ended up uh, with a pantyhose for super skinny ladies. That's what I had to walk out of there with. Can you imagine the look on Phillip's face when I hand him that? I sewed a little ducky onto it, but I don't [laughs] I still don't think it's going to fly. But I love him, and he is my child, and he is going to go to college.

Travis:

And I'm planning a play date with my neighbor's monkey baby.

Griffin:

Harrison—

Justin:

Harrison—

Griffin:

Don't eat anymore. Just pump the brakes. Like, find something to do that takes up hours of the day that you... I—

Justin:

The fact that you are not a fat guy yet does not make you special. Like, yeah, fat people feel that way, too. That's why they're fat. It's not like, "What? How did this happen?" Like, this is how it happens. You start out this way and then you eat so much that you turn fat.

Griffin:

When you're fat, you can, you can go back and you can chart out a history of double downs that made you what you are now.

Justin:

Listen, Harrison, just pump the brakes. Listen to my brother, Griffin. Just slow it down. If you want to eat something, lots of people think that way.

Travis:

Don't. Just don't.

Justin:

Uh, it could be that the food you're eating is too good. Did you try eating healthy food? 'Cause if you only have healthy food in the house, then you won't want to eat as much, 'cause it doesn't taste very good.

Griffin:

Or, or just get moderately poor. Um, to the point where you can't really afford um, a lot of food.

Justin:

Oh, that's good. I like that. But then he'll start eating out of the garbage.

Griffin:

Yeah, don't do that.

Travis:

Like a giant raccoon.

Justin:

The tapeworm will wrap around— Phillip will wrap around his brain and make him go to the garbage and make him start eating out of it.

Griffin:

Um—

Justin:

I'm starving.

Griffin:

I have a, a Yahoo Answer that um, it kind of goes against one of our, our core tenants here at *My Brother, My Brother and Me*, but it's— I feel like it's going to open up um, a really interesting dialogue between the three of us. So I think it might be worth the, the infraction against our own rules. Um—

Justin:

Okay.

Griffin:

But if, if I read the title and you guys don't want to go ahead with it, like, I'll totally understand. It won't hurt my feelings at all. Um, uh, it was sent in by uh, listener Benjamin Carl. The man's so nice, they named him twice. Uh, and the, the question itself was crafted by Floyd Brewer, who asks, [clears throat] "I am trying to get my son trained to defecate in a bag instead of a toilet or diaper. Any suggestions or tips?"

Travis:

[laughs]

Griffin:

"My wife and I are very environment-conscious and have been thinking of this [crosstalk]..."

Travis and Justin:

[burst out laughing]

Griffin:

"...[crosstalk] our two-year-old son. He isn't potty trained yet, and we don't really want him formally trained to use a toilet, which we believe wastes water and drains resources. My wife and I started— my wife and I started going in bags about two years ago"—

Justin:

[squeaking, holding back laughter] No, you didn't!

Griffin:

"And we use the excrement, blended with other materials, to fertilize our garden. And also, and also sell it to friends for extra spending money."

Justin:

[bursts out laughing]

Travis:

No!

Griffin:

"But we have had problems, but we have had problems getting him to squat and be patient enough to go. How can we— how can we encourage him? Prizes? Punishment? What has worked for you?"

Travis:

Go in the bag, damn it! Go in the bag!

Griffin:

You shit in that bag, or so help me.

Justin:

Derek, so help me, if you don't shit in that bag.

Griffin:

Derek, you shit in that bag, or you are grounded.

Travis:

Someone's—

Justin:

Hey, I'm sorry, weirdo, but what punishment are you going to levee against this child that even approaches the social punishment of going to school the first day and asking the teacher where you can go shit in a bag?

Travis:

"Excuse me, where's the shit bag room?"

Griffin:

He totally preempted that uh, because in the additional details, he says, "He won't need a bag to be packed into his backpack because he will be home schooled. Again, he doesn't have to worry about being made fun of because he will be home schooled." Bitch, listen, it doesn't— school? That's uh, that's one, one part of that kid's life. How about a mall? How about the next time he goes to the mall and he's at the arcade and he feels a deuce coming and he has to bag it right there?

Justin:

Where's your bag dispenser?

Travis:

Where's your bag dispenser?

Justin:

What about the first time he goes to the produce department at the grocery store and gets confused as fuck?

Griffin:

Hey, where's the human shit? And, and who made it? Is that like, an in-house thing that you guys, you guys provide? Is that a service?

Travis:

I... there's one nugget, and pardon the pun, of this—

Griffin:

Jesus.

Travis:

—question that sticks in my head, and that is [crosstalk] selling [laughs]—

Justin:

Sticks in my hair. What?

Travis:

Selling it to their friends for extra spending money. Who the fuck are your friends?

Griffin:

Is there a jar somewhere that they just slide their extra, their extra change into that they got from selling their human shit to their very real friends? And when that jar gets full, they go to Disney World?

Justin:

Um—

Griffin:

This is human poop we're talking about.

Justin:

If you really want to help your child, here's how you do it. You put the child on the porch, you scatter your fecal matter around your home—

Griffin:

Mm-hmm [affirmative].

Justin:

And you burn it down with you inside it. [laughs] There is literally no way that child could be better off than you and your wife doing the right thing here and burning your house down with you inside it. It is the only choice you have.

Travis:

I don't know that this is true, but I have to imagine that uh, Child uh, Protective Services goes through the internet looking for things exactly like this.

Griffin:

Nah.

Justin:

Have to, right?

Griffin:

Nah, this is cool. I mean, it's pretty much a science project, if you think about it. Nah, it's that Green movement. You can't get the— you can't— Child Protective Services isn't going to do shit about this.

Travis:

More like a brown movement.

Justin:

You monster.

“Hey, it looks like you’re just cupping your child's naked bottom with your hand.”

“No, it's cool, I have a bag on it.”

Griffin:

There's a bag here.

Justin:

And I'm trying to get it to poop in the bag.

Travis:

The little bastard just won't do it. Thinks he's too good for pooping in a bag.

Justin:

Punishment? What punishment? You going to rub his nose in it? Fuck.

Griffin:

Honey, did you just hear a flush? Derek!

Justin:

Derek, did you bring a toilet into this house!?! What, it, what, it... you know, it is such a fine line. Children cannot be the defining line between crazy person and unconventional parent. You can't just cross the line because you had a kid. You can't just be like, "No, now I'm normal. I just want to teach my child different things." You're still a crazy person. You're still insane. It's 2010, dog. It's 2010.

Travis:

And it worries me that there's another person in this world, there is more than one person, there are two people and they found each other that find it okay to poop in a bag.

Justin:

Hey, if you're worried about finding your special somebody, it'll never happen, look at these two fuck-ups.

Griffin:

Um, do you think it's okay for them to, to, um, to make pee in a toilet? To make water?

Justin:

No, they go to the garden.

Griffin:

That can't be good for the plants.

Justin:

It's terrible for the plants. What do they care?

Griffin:

I need to find out what state these people live in and never buy any produce that came from that state 'cause maybe that's how shit rolls in Montana. Like, maybe that's, maybe that's a common thing there.

Justin:

Literally. Uh—

Griffin:

This, this question is indicative of my, my terrible fear that there are giant parts of the country that I know nothing about where things like this happen.

Travis:

Where there's just poop everywhere.

Justin:

Did you uh, thank you for coming to the farmer's market. Did you want to buy some of my plums? They're really dope. I fertilized them with my friend's fecal matter.

Griffin:

Mm-hmm [affirmative].

Justin:

They're currently training their kid to—

Griffin:

Not just my friend. It's my friend's son's fecal matter. And it gives the, the eggplants here, they're just so firm. They're so, so firm.

Justin:

So firm. The skin is so tight.

Travis:

I am so disgusted right now.

Justin:

What could be— like, you got to— people like this got to pull the camera back. You're worried about the planet? Cool. Why? Well, we're going to have kids on this planet someday and we want to take care of it for them. Cool. Did you know your kid doesn't care if it's seven degrees hotter in July because they're experiencing that heat while pooping in a bag?

Travis:

Isn't the whole point of it to make the world a better place for your kid? [crosstalk] inventing toilets.

Justin:

You are actively [crosstalk]—

Griffin:

Categorically a worse place because of your son.

Justin:

Yeah, yeah.

Travis:

Because you have a son that's pooping in a container that's not a toilet.

Justin:

Forget about the world for him. Like, I don't care about this kid anymore. He's dead to me. Like, it— nothing's coming good out of this, but here, here's, here's a new game I want to start playing on um, on *My Brother, My Brother and Me*, and it's called "Things You Never Hear the President Say." Um, and number one on my list is "Yeah, my parents trained me to poop in a bag, but I basically, basically I still poop in a bag."

Griffin:

Through a punishment regimen that was very— it was strict but fair.

Justin:

Yeah.

Travis:

I don't want to know what that entails.

Justin:

Yeah. Um, the idea of this is still like, is going to haunt me, I think, because I think the world is different now for me, a little bit. Because, because there are people like this. This is not a guy who's fucking with us. Like, this is a real guy in the world.

Travis:

Somewhere there is a couple that made eye contact one night and said, "You know, honey, I've been thinking about it and I've— the decision is made. It's time for us to start pooping in bags."

Justin:

How do you bring that up with your loved one? Like, do you see them going to the toilet one day and just go, "Ah!"

Griffin:

There's a better way.

Travis:

"You know, I've been thinking..."

Justin:

Eh, wait a minute, honey...

Griffin:

We're wasting a lot of water here. Um... maybe let's just—

Travis:

Follow me, follow me.

Griffin:

Maybe just bag it? Because that doesn't waste any resources. That's [crosstalk] if you didn't want to waste resources, you would just go shit directly on your crops. Just go shit directly out on your flowerbed.

Justin:

Instead of doing what you're doing right now, which is shitting directly on your kid.

Travis:

Honey, I have one question for you: paper or plastic?

Justin:

Delicious.

Griffin:

[sighs] Listen, listen.

Justin:

Uh, I'm going to stick with burn your house down with you inside it. Um, but not the kid. It's not the kid's fault, except if he does it. If he does this crazy thing you're telling him to do, then he's not made of strong enough stock to survive in this world we, we live in right now.

Griffin:

Although, he will be the best hobo. He will be the most conscientious hobo ever.

Justin:

He'll be like, the MacGyver of hobos. He'll— like, Toothless Jim will be like, "Derek, I thought you said you had to use the bathroom." He's like, "I totally did." [crosstalk].

Griffin:

"I didn't see that Wendy's bag."

“Don't go to that.”

Justin:

Don't go to that bag.

Griffin:

Not that bag. Or that bag. Or that bag. Or that... because I only do that in bags. That's my, that's kind of my thing. That's why, that's why they call me Stink Bag Derek. Don't—

Justin:

The coolest thing about these— this environmental sound couple, they use uh, one industrial-size trash bag for every bowel movement. One giant plastic bag for everyone.

Travis:

Oh, I'm so sad.

Justin:

I don't even want to... like, I don't even want to end this show. I just want to end my life at this point. Is that possible? Can we do that? Can we work that out?

Griffin:

Let's suffer through it.

Justin:

Okay. Uh, I want to hear Griffin's last question. I don't really, but I'm going to say that I want to hear Griffin's last question because that's what I say before I tell you about mbmbam.com. That is our, our website that we have. Um, it is going to be revamped. I would expect it this week, um, but it—

Griffin:

Let's not put a timetable on it because we don't—

Justin:

There's no timetable. Hopefully very soon and trust me when I say, you guys have both seen it now, right? It's bomb.

Griffin:

Hell yeah.

Justin:

It's bomb, right?

Travis:

It's dope. It's absolutely fresh.

Justin:

You are going to be in love with it. Um, so, so thank you guys, in advance, for that. We're— and uh, we're going to have some new gear in the store pretty soon. Um—

Griffin:

Survival gear.

Justin:

Survival gear.

Griffin:

Things like pickaxes, um, hatchets, uh, compasses. Compi, compi? Is that—

Justin:

Yeah.

Travis:

Yeah, that's right.

Justin:

Thank you to people on the uh, on the internet. On the Twitter spreading the world— uh, spreading the word, sorry, not the world. Um, people like Mitchy D. Our boy Mitchy D. is always out there put, putting it out there. Um, we got uh—

Travis:

I want to throw out a special shoutout to Magic Whiskey on uh, Twitter. Not only a fan of the show, but just went and saw Dracula at Cincinnati Shakespeare Company. Uh, thank you so much for helping me convince my bosses that this whole internet thing is going to be around for a while.

Justin:

[laughs] Um, uh, a special happy birthday to uh, [unintelligible] Jesus. Brooks turns 30 on the 28th. So, we're not going to get to talk to him before then. So, congratulations and happy birthday on the big 3—0.

Griffin:

Five more years and you can run for president.

Justin:

Yeah. Uh, did you... we also got an email [laughs], we got an email this week from Molly. Um, uh, a listener of [crosstalk]—

Griffin:

Of "Hey Hun, How's Your Day?"

Justin:

Of "Hey Hun, How's your Day?" fame. Uh, she said that uh, they loved the advice and um, the, that writing into MBMBaM was the nicest thing he's ever done for her, which doesn't speak real great, Chris.

Travis:

Kinda sad.

Griffin:

God, this episode is crushing.

Justin:

It's crushingly depressing. Um, and uh, so anyway, if you want to ask us a question, mbmbam.com is— mbmbam.com is the place for that. Uh, make sure you join our Facebook group. There's a link right there. We are up to uh, 1,488 members. So, get on there, join that group. People putting really

funny pictures up. Did you see uh, uh, Dominic Anello put up a picture of him in a man-sized jar that his wife made for him? He's got a little twig and a, a leaf in there. You guys got to go to check it out.

Griffin:

Um, one, one thing that we don't— we haven't uh, requested people do in a while is if you could get on that iTunes tip and just leave a review, um, leave a review and a rating, that would just— it takes a few minutes and it really helps us out.

Travis:

I am sick and tired of Adam Carolla running his mouth nonstop. He calls me every day. Says, "Hey, look who's number one?" And I go, "Yeah, Adam. That's—"

Justin:

Yeah, Adam. We get it. Just review it and tell all your friends to review it. If you're— we had another listening party uh, this week. It's, it's listening. It's uh, *My Brother, My Brother and Me* Fan Club Delta has been formed. Um—

Griffin:

We're getting up there. I can't wait for Omicron. Or Upsilon or, or Rho.

Justin:

[laughs] Um, so, so thank you uh, to everybody doing that. Um, and if you have one of those parties, make sure everybody logs on to their iTunes accounts right afterwards and give us a great review. Um, so that's enough selling ourselves. Uh, and I need to go uh, poop in a bag. So, maybe Griffin can just wrap it up with a final question.

Griffin:

Sure. Um, this one was sent in by Maddie B. Thank you, Maddie B. Uh, it's by Yahoo Answers user Yidiot, uh, with a Y, uh, who asks... "My urine smells like Worcestershire sauce. What gives?"

Justin:

[laughs] I'm Justin McElroy.

Travis:

I'm Travis McElroy.

Griffin:

I'm Griffin McElroy.

Justin:

This has been *My Brother, My Brother and Me*. Kiss your dad square on the lips.

[ending theme music plays and ends]