

Sawbones 440: Super Sawbones Quiz of 2022

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

[theme music plays]

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

Sydnee: And I'm Sydnee McElroy.

Justin: Sydnee, how are you doing today?

Sydnee: Not great, J-Man.

Justin: Yeah?

Sydnee: No... I've got a throat issue. [laughs quietly]

Justin: I told her, I said "We don't need to record, you're sick!" And she just said, "I'm a professional, Justin. This show is everything to me."

Sydnee: If you're worried about Justin, I'm not contagious. I'm investigating the possibility that I have a genetic condition, but this is still under investigation. [laughs quietly]

Justin: Yeah. We've got our top people on it.

Sydnee: I'm also— and many people in the medical profession will tell you this— whenever you find yourself ill, you go to one of two extremes. Either you assume, like, "Ugh. This is absolutely nothing," and you ignore it and just keep working through it, or if it really is bothering you or it recurs or something, then you decide, "I must have something extremely rare." [laughs quietly]

Justin: Right.

Sydnee: "And I must do lots of research to figure out this rare, possibility fatal condition... that I have, and must be very alarmed about all the time."

I don't really think that I have anything fatal or rare, but... anyway, I have a very, very sore throat. Um, I've numbed it up right now with various... various tinctures and potions.

[both laugh]

Sydnee: Not really. Just actual medicine, um, to get through this episode. But I apologize if I sound like this. I'm doing my best.

Justin: We are going to get through this episode. It may be a little shorter than our usual episode, just so I can get my incredible wife back to her sickbed, by which I mean she's probably going to go to Harmony House and help people more. But...

Sydnee: I'm not contagious. I just want to keep underlining that. I know that I am not contagious.

Justin: So, uh, we're gonna do something fun that we have not done in quite some time. It's a new year, new you, 2023.

[pause]

Sydnee: Yes.

Justin: Or 20... 20-sun and sea, as we've just named it on My Brother, My Brother, and Me.

Sydnee: I really like 20-Sunny D.

Justin: 20-Sunny-D was very good, you are right. But, you know, the branding, the logos, the infringement, the legal battles. I just don't have the stomach for it at my age.

Sydnee: I was hoping to get, like, a Sunny-D... you know... sponsorship.

Justin: We have extended the offer to the company, that if they give us \$25,000...

Sydnee: [laughs]

Justin: ... to charity. If they give \$25,000 to charity, they can buy the rights to the year.

Sydnee: I just want Sunny-D, you know, Sunny-D mimosas every morning.
[laughs]

Justin: Yeah. So we're gonna do something different. So, what are we doing this week?

Sydnee: Well, I believe we did this last year, maybe the year before.

Justin: It's been a little bit.

Sydnee: It's been a little bit. We've done this before. But I thought it might be fun to wrap up— I know it's technically already the new year, but we're wrapping up the old year with a, uh, super *Sawbones* quiz about...

[jazzy music begins in the background]

... our show. [laughs]

Justin: Yes.

Sydnee: For 2022.

[jazzy music plays]

Justin: This is a test of how well I specifically have been paying attention to the show, which is always thrilling. Uh, over here. And also for you at home, to play along at home. We loved when people would put their scores on social media and talk about how they did. Um, I will keep track of my own score here, just to be a good sport, and because I don't have anything else to do except wrack my brain, so I need something to fiddle with.

Sydnee: And these are specifically from all the episodes we've done since the beginning— not all. Most of the episodes since the beginning of 2022. The ones that were most amenable to fun trivia-type questions.

Justin: Okay. Sydnee, I'm ready. I don't want to waste any more of your valuable throat time. I'm ready to...

Sydnee: [laughs]

Justin: To... that was a terrible phrase. I'll never say that again.

Sydnee: [through laughter] Don't ever say that again.

Justin: Never say that again. Ever. I'm ready.

Sydnee: Justin. Question number one.

Justin: Okay.

[jazzy music plays]

Sydnee: What is the name of the shade of pink that will allegedly calm you down?

[music ends]

Sydnee: Do you remember this episode?

Justin: The shade of pink that will allegedly calm you down.

Sydnee: We did an episode about how color can affect not just, like, your mood, but the way you actually behave. And specifically there was one shade of pink... that was thought to impact human behavior to such an extent that jail cells were painted this. There were rooms in psychiatric facilities painted this. There is famously a locker room for a visiting team locker room that was painted this color.

Justin: Oh yeah. Pink. Pink! It was pink.

Sydnee: Yeah, but what— I said what shade of pink. It's a specific pink. Pink is too easy. It's a specific pink.

Justin: Okay. The word chartreuse is in my head, and I don't know of it's...

Sydnee: It's not that.

[sad trombone]

Justin: Well, that's not really how trivia works? People don't say what they're thinking out loud and then the host is like, "It's not that one, try again."

Sydnee: [laughs] Chartreuse isn't pink. [laughs]

Justin: It's like a greenish, right?

Sydnee: Uh-huh, yeah.

Justin: G—pi—pur—

Sydnee: It was named for the two dudes who first tried it out.

Justin: Oh. It's named after two dudes?

Sydnee: Mm-hmm.

Justin: Okay.

Sydnee: It was named for the two dudes who first tried it out.

Justin: Briggs and Meyer.

Sydnee: No. Can I tell you now?

Justin: Cheech and Chong.

Sydnee: Baker-Miller.

Justin: Baker-Miller pink, right!

Sydnee: Baker-Miller pink. Those are the two who first gave it a go to see if it would work. Um... without telling the— the inventor of the color— well, discoverer

of the color. You know what I mean. Anyway, Baker-Miller pink. There's no evidence that it really calms you down.

Justin: Okay.

Sydnee: But people like it.

Justin: That was a very hard one to start off with.

Sydnee: I'm sorry, I thought it was an easy one. [laughs quietly]

Justin: Hachi-machi, okay.

Sydnee: Uh-oh, okay. Number two.

Justin: Alright.

[jazzy music plays]

Sydnee: So we know that in this past year, Lizzo played a crystal flute owned by James Madison.

Justin: Yep.

Sydnee: That was very cool. Very, uh, neat moment from 2022. But what was the name of the weird instrument that people used to play— we talked about it in this show— that may have caused them to die?

Justin: It didn't, probably, but it may have.

Sydnee: Uh-huh, yes. It did— it almost certainly did not. No, it didn't. I can go ahead and say it didn't. But people thought it did.

Justin: That would be the glass armonica.

[success ding]

Sydnee: And for bonus...

[trumpet sting]

Sydnee: Who made it?

Justin: Ben Franklin.

Sydnee: Good job! That's two points.

[success ding]

Justin: Woo!

Sydnee: Yeah, the first one was just worth one. This one is worth two, 'cause it's a two-parter.

Justin: Okay, wow. That's huge for me. That's huge. Ben Franklin's glass armonica. If you've never heard anybody play one, you should look it up on YouTube, 'cause it was, uh... it's a really... otherworldly is how I would describe it.

Sydnee: It is a very haunting instrument, which I think is why they thought it was killing people. Somebody, like, died during a performance, and somebody else passed out. It was— they had these weird occurrences during certain performances when people were playing the instrument, so... almost certainly unrelated. Okay, number three.

Justin: Okay.

[jazzy music plays]

Sydnee: What patent medicine of sorts from the late 1800's got the following rave reviews? So, these reviews are all about a specific product from the late 1800's.

Justin: Okay.

Sydnee: In the family of patent medicines.

Justin: Okay.

Sydnee: Okay. Dr. Manson says that it, in all caps, "DOES NOT CAUSE NAUSEA."

Dr. Bradley found it useful for seasickness. Dr. Trembley wrote, "I have used the specimen prepared by you, and I must say that this is the best preparation from meat I have ever used." And Mr. Camnis wrote "I've tried it in a limited way... and it has given satisfaction.

Justin: [wheeze-laughs] You...

Sydnee: What was the medicine?

Justin: The enthusiasm of these. It's just such a different time we live in now. Um, honey, I—

Sydnee: It does not cause nausea!

Justin: Honey, I, um...

Sydnee: I gave you a clue. Preparation from meat.

Justin: It's meat— meat pills.

Sydnee: Aw, man. So close.

[sad trombone]

Sydnee: Valentine's Meat Juice.

Justin: Valentine's Meat Juice! Ugh.

Sydnee: Famously gave it to his ailing wife and saved her life. He just ground up meat.

Justin: Ground up meat and gave her the meat juice, saved her life. Didn't. Didn't, probably. But...

Sydnee: He thought it did.

Justin: Thought it did. [laughs]

Sydnee: Uh, quite a few doctors tried the meat juice. [laughs] Number four.

[jazzy music plays]

Sydnee: The substance that fell from the sky and either cured or caused disease was called what? You remember this episode?

Justin: The substance that fell from the sky?

Sydnee: Mm-hmm. There was a gelatinous ooze that fell to the Earth. We did an episode about this. It's been happening supposedly for centuries, but there were some more famous occurrences in more recent times that we covered in greater detail, like in the 70's.

Justin: Okay, yeah. This was whale blubber, was the gelatinous substance. I feel like, judging from your face, it maybe wasn't whale... blubber?

Sydnee: Mm-mm.

Justin: Um... um, adipose.

Sydnee: And I should clarify, we don't know that it fell from the sky.

Justin: Oh!

Sydnee: That was what people assumed about it—

Justin: Jelly.

Sydnee: —when they found it. Yeah? Jelly is half of it. What kind of jelly.

Justin: Petroleum jelly. Starfish jelly.

Sydnee: [strained] Oh...

Justin: Star... jelly.

Sydnee: Yes! Star jelly!

[success ding]

Justin: Yes!

Sydnee: You got there! For bonus— so for an extra point...

[trumpet sting]

Sydnee: Can you name literally any of the explanations we came up with for where— 'cause this has happened lots of times through history.

Justin: Meteorites.

Sydnee: No. [laughs quietly]

Justin: Disintegrating.

Sydnee: Do you remember any of the reasons they thought where it may have come from?

Justin: Um... no, honey. I don't, honey. But you saw the loophole— the hoops my brain had to jump— that really felt like *Inside Out*, where there's, like, a dude rustling around through the shelves like, "[distressed] I found a starfish? Is this anythi— is it like this? For some reason I have starfish!"

Sydnee: Uh, we thought maybe it was frog innards.

Justin: Oh, God.

Sydnee: Like, that that could be one of the reasons— one of where these little gelatinous piles all over the town come from. Sometimes we think it's a mold. Sometimes we think it's an algae. There was a time when a battery processing plant maybe... [sighs] released some material that could've looked jelly-like. So these are all possible explanations for times where people have found star jelly, and it was blamed for causing people to become ill, and used as medicine, throughout history.

Justin: Wow. Star jelly.

Sydnee: Mm-hmm. Alright.

[jazzy music plays]

Sydnee: What claims got Cheerios sued by some cereal eaters and threatened by the FDA?

Justin: That the cereal lowers your cholesterol.

[success ding]

Sydnee: Yes. Yeah, I'm gonna give you that. I have the specific how much they claimed, but I don't think that's necessary.

Justin: Yeah. I remember that advertising campaign.

Sydnee: Mm-hmm, 4% in six weeks.

Justin: Wow. That's so speci— it didn't have to be that specific.

Sydnee: Well, that's really what the FDA took a lot of issue with was the specificity. And do you remember specifically what the FDA said they were gonna have to do if Cheerios didn't change it?

Justin: Um... [pause] uh, uh, uh... is this an additional point?

Sydnee: Mm-hmm.

Justin: Then I'm gonna say, treat it like a drug. Label it like a drug.

Sydnee: That's correct.

[success ding]

Sydnee: They were gonna have to reclassify Cheerios as not a food, but a drug.

Justin: I'm addicted to Cheerios. Does that count?

Sydnee: [laughs quietly]

Justin: Specifically oat and honey, the, uh— the alm— the oat crunch variety. Oh, man.

Sydnee: That is a good one. That's a good one, yeah. No, I like Cheerios.

Justin: The alm— the almond one is good, too.

Sydnee: It did change its wording, if you notice. And that's why you see— we did a whole episode about that. That's why you see more vague claims like "heart healthy."

Justin: Sure.

Sydnee: Like, what does that mean? I don't know.

Justin: You know, you get it.

Sydnee: Just healthy for your heart. It could just mean that it makes you, like, happy and full of joy and love.

Justin: Yeah.

[both laugh]

Sydnee: Um, okay. Question number six.

Justin: Yeah.

[jazzy music plays]

Sydnee: Why does Tucker Carlson think men are ending?

[silence]

Justin: That—

Sydnee: He did a doc— he did a special—

Justin: You know that there are probably, like, 30 different answers to this that I could give you that would be 100% correct. It would require, like, a long biography of the winding road that has led him to this permutation of himself, that would say why. The why is so mysterious. Why, Tucker? Why?

Sydnee: Why, Tucker?

Justin: 'Cause they're not...

Sydnee: What speci— we did an episode specifically on something that is true, that is happening, that Tucker Carlson feels is spelling the end of men, and he did, like, a special series on [dramatic voice] the end of men.

Justin: Is it lower testosterone levels in the population?

Sydnee: That is correct.

[success ding]

Sydnee: Our testosterone levels on average appear to be dropping, and he had a special fitness expert guest named Andrew McGovern on his show. And he told him how we could fix it. Do you remember... this is another two-pointer.

[trumpet sting]

Justin: We could sun our balls!

Sydnee: There you go.

[success ding]

Sydnee: That's right. Testicle tanning... was the solution.

Justin: Testicle tanning!

Sydnee: If you remember...

Justin: Don't get it on your taint! That's a different treatment. The taint tanning is different from the ball tanning.

Sydnee: The taint tanning is different from— yes. No, the— if you remember— and I hope you didn't have to watch that end of men thing. But I did see a trailer for it, and there was a moment in the trailer where they have a triumphant looking man on top of a mountain... I'm assuming fully nude. You can't see his genitals, because—

Justin: Because it's cable, and they don't have the guts.

Sydnee: Because his genitals are being tanned.

Justin: Right.

Sydnee: By a light. So there's a light... cleverly placed... [laughs quietly] instead of the fig leaf.

Justin: Yeah.

Sydnee: They have a sun lamp.

Justin: Yeah.

Sydnee: And he's standing, like, arms outstretched in triumph, as he... tans his testicles on top of a mountain, outside. Which you gotta wonder, if you're already outside naked—[laughs]

Justin: Yeah. You got it.

Sydnee: Why'd you bother with... anyway.

Justin: Why did you spend all— 'cause it costs money. Um, I'm doing great.

Sydnee: You're doing really well. Okay, question number seven.

Justin: Okay.

Sydnee: Do you remember Harry Beano, the poison king? Or Beno, Harry Beno? Harry Beano?

Justin: Harry Beno the poison king, yeah.

Sydnee: We did an episode about him.

Justin: Yep, yep, I remember Harry.

Sydnee: Yeah. He discovered he could eat strychnine and live.

Justin: Mm-hmm.

Sydnee: He may not have actually eaten strychnine. That was up to some debate. But anyway, ate strychnine, lived. So he made a career out of going around and... eating things, and not dying. Um, what stunt finally, sadly, spelled the end of Harry Beno, the poison king? What took it too far?

Justin: He... [pause]

Sydnee: This is very relevant to us, Justin.

Justin: Very relevant to us?

Sydnee: Very relevant to us.

Justin: He podcasted too hard...

Sydnee: [laughs quietly]

Justin: ... and it killed him.

Sydnee: [chuckling] No.

[sad trombone]

Justin: No. I don't remember.

Sydnee: Don't remember what he did?

Justin: No, no, no. I don't.

Sydnee: The stunt that took his life? He drilled a hole in his head.

Justin: Oh, right!

Sydnee: And he caused brain damage, and succumbed to his injuries.

[pause]

Should've listened to *Sawbones*.

Justin: Should've listened to— I do! Half of it.

Sydnee: Well, he was alive long— he died long before *Sawbones*.

Justin: Oh, we got to him too late.

Sydnee: I know. Once time travel's invented, we can—

Justin: That will be our first job.

Sydnee: We'll save the life of Harry Beno, the poison king. Um, question number eight.

[jazzy music plays]

Sydnee: What pet was the unlikely vector of a monkeypox outbreak in the United States in 2003?

Justin: Pig.

[pause]

Justin: [wheezes] Sorry, I said it with confidence in the hopes that you would be like, "Amazing!"

Sydnee: You just say the first thing that pops in your head.

Justin: All the time.

Sydnee: Okay.

Justin: What pet was the unlikely vector of monkeypox?

Sydnee: Mm-hmm. These animals were housed with the animals that probably carried it initially, but then they were all kept in the same facility before they were distributed to pet stores.

Justin: Corgis. A bunch of corgis.

Sydnee: It was not a bunch of corgis.

[sad trombone]

Justin: As far as you know, it wasn't a bunch of corgis. What would you— what's your version of this story?

Justin: They were prairie dogs.

Justin: Prairie dogs! Which are not dogs, okay?

Sydnee: There was one family that got two. One prairie dog died of monkeypox, sadly. But the other prairie dog, Chuckles, lived.

[pause]

Justin: Great! How should you feel about that, what you've just told me?

Sydnee: I don't— I don't know. [laughs quietly]

Justin: I don't know how to— I don't know what emotions to form about these prairie dogs I don't know.

Sydnee: Alright, we got to get through two more questions, then a break.

Justin: Okay.

[jazzy music plays]

Sydnee: Okay. Number nine: what is the theory I shared on our vomiting episode about why we vomit when we see someone else vomit? Do you remember that?

Justin: Yes.

Sydnee: We did a whole episode about vomiting, and there's this—

Justin: The theory is that someone else in your group has ingested the same things that you, so the people in your proximity have also ingested these poisons,

so evolutionarily, if we see someone else vomit we're like, "Oh god, I've eaten it too."

Sydnee: There you go.

[success ding]

Justin: I mean, I want it to be true. That's a fun...

Sydnee: It makes a lot of sense. I don't think we have a lot of proof for sure that that's why, but I think it makes a lot of sense.

Justin: Yeah.

Sydnee: Disgust is a very important feeling for us. It helps keep us alive. It's how we don't eat things that are, you know, rotten and whatnot.

Justin: Yeah.

Sydnee: And question number ten, before our break.

[jazzy music plays]

Sydnee: What— and you weren't on this episode. This is the episode I did with Charlie.

Justin: Ooh.

Sydnee: I hope you listened.

Justin: Yeah, of course.

Sydnee: What did the radium girls do in the factory that exposed them to radium?

Justin: Um...

Sydnee: What were they doing?

Justin: They were making, like, ceramic pots, right? Like, they were making pottery? Ceramic stuff?

Sydnee: No. You didn't listen to the episode me and your daughter made!

Justin: I did listen to it. I'm not a big podcast guy.

Sydnee: [laughs]

Justin: You know what it was? I listened on 1.5 speed.

Sydnee: You also didn't— you also didn't watch the YouTube video that Charlie watched to initially...

Justin: Where is that coming— there's something about plates and radiation, right? There's something. I'm not making that up.

Sydnee: Are you thinking of Fiesta...

Justin: Maybe, yes.

Sydnee: When they— Fiesta plates don't have radiation now, but there was a time.

Justin: They were making bomb— they were making bombs. For war!

Sydnee: No, they weren't making bomb— no, they weren't making bombs for the war!

Justin: They were... doing art.

[sad trombone]

Sydnee: They were painting watch faces with radioactive paint. It would make 'em glow.

Justin: Mmmm.

Sydnee: And it was new— it was a new material. Nobody knew that it was— questionably, nobody knew it was dangerous. So the girls were responsible for

painting the watches so that they would glow in the dark. And what they would do is lick the tip of the brush to bring it to a point every time they... and so that's how they... there was also a lot of— they may have put it in their hair and on their clothes and things, 'cause it made everything glow, and nobody knew it was deadly, so.

Justin: Alright, we are gonna take a break. But just to recap right now, I have an available 14 points. I am in possession of 8 of them, which I feel okay about.

Sydnee: [laughs]

Justin: I feel pretty good about this.

Sydnee: I— yes. I'm only a little disappointed.

Justin: Well, you should be used to that by now. [wheezes]

Sydnee: [laughs quietly]

Justin: You've been married to me for quite some time.

Sydnee: Alright, let's go to the billing department.

Justin: Let's go.

[ad break]

[graduation music plays]

Janet: My fellow graduates, for 500 episodes my podcast, the *JV Club* with Janet Varney, has gathered story after story of all the scandalous things we've done throughout our childhoods.

[crowd murmuring]

Janet: Stories like how Jameela Jamil survived a horrific house party, and she was on crutches!

Speaker Two: This is great!

Janet: Or how Hal Lublin learned a Shakespearean monologue in his pajamas.

Speaker Three: What is happening?

Speaker Four: This is not the speech we approved.

Janet: Without your love and life tragedies, there would be no podcast. In fact, I have an exclusive look at how Maggie Lawson's mom confronted her after a sneaky basement meetup with her crush.

Speaker Three: [loud gasp]

Speaker Two: Spill the tea, JV!

Speaker Four: Security!

Janet: Uh— listen to the *JV Club* with Janet Varney, Thursdays on Maximum Fun! Class of—[mic screech]— forever!

[crowd cheering and applause]

[music and ad end]

[*Star Trek* Comm noise]

[music plays]

Ben: Hey, I'm Ben.

Adam: And I'm Adam.

Ben: We host a show called *Greatest Trek* on Maximum Fun that covers all the new *Star Trek* shows. *Lower Decks*, *Strange New Worlds*, *Picard*, *Prodigy*, *Discovery*, and any other new *Star Trek* show Paramount throws at us.

Adam: Come find out why we're the most important *Star Trek* podcast on the internet.

Ben: [wheezes]

Adam: With our funny, informative recaps of all the new *Star Trek* shows that Paramount keeps churning out.

Ben: Subscribe to *Greatest Trek*. It's a new *Star Trek* podcast from the makers of *The Greatest Generation*.

[*Star Trek* comm noise]

[music and ad end]

Justin: Alright, Syd. Round two.

Sydnee: Alright, Justin. Question 11.

[jazzy music plays]

Sydnee: Can you name any two ingredients in the many variations of the Brompton Cocktail? The Brompton Cocktail was a collection of substances put together specifically to ease someone's pain and suffering towards the end of life. There were many variations of it. There was the officially listed one, but then a lot of doctors kind of did their own thing.

Justin: Op—opium.

Sydnee: Okay.

[pause]

Justin: Cocaine.

Sydnee: Hey, that's good!

[success ding]

Justin: Yes!

Sydnee: You could've said morphine. You could've said alcohol. You could've said chloroform. You could've said heroin. [holding back laughter] You could've said Thorazine. You could've said sugar, and that would technically have been okay.

Justin: That was actually my next guess, 'cause it helps the medicine go down.

Sydnee: Yeah. Should we give you two points for that? You named two.

Justin: I mean, I— I—

Sydnee: Yeah, two points.

Justin: You can give me two points, but it's out of a two available points.

Sydnee: Actually, you need two. You need to— yeah, it's out of two.

Justin: It said I needed two, so—

Sydnee: Yeah, it's out of two.

Justin: Okay.

Sydnee: Uh, number 12.

[jazzy music plays]

Sydnee: British physician Sir William Arbuthnot Lane...

Justin: [quietly] Phew. That's a good name.

Sydnee: ... in the early 1900s began to promote a theory that constipation was kind of like the central scourge of everything. Everyone has this battle, this lifelong battle [laughs quietly] with constipation. And it causes most of our health problems. And he had a saying. You need to complete this saying.

Justin: Okay.

Sydnee: "The wider your bread... "

Justin: The... the sooner you're dead.

Sydnee: Hey!

[success ding]

Justin: Yes!

Sydnee: Nice!

Justin: Yeah, that is not scientifically sound, I would guess.

Sydnee: No, it is not.

Justin: I don't think that's necessarily true. I think there's probably many other factors, but...

Sydnee: No, there were a lot this was from our episode on Metamucil, and there were a lot of people sort of blaming... I mean, we can all agree it sucks to be constipated. It is a medical problem. It does need to be addressed.

Justin: For sure.

Sydnee: But constipation for a while became, like, the focus of "If we could just fix this, everything else... "

Justin: We're always doing that, right? "If we can fix this one thing, everything— if we can fix our gut health, we can fix our... "

Sydnee: Yeah. Gut health is still a big— I would say that's still a big area where, like, there is truth and then there's lots and lots of fiction out there, that all of your problems lie in your gut health and if you just take a special supplement or cut a certain thing out of your diet then...

Justin: [quietly] It'll fix it all.

Sydnee: It'll fix it. And I really— I think a lot of that is real dangerous, too, 'cause it gets tied up in a lot of unhealthy disordered eating habits we have, and promotion of diet culture, and... anyway. So, uh, as I said, that was from our episode about Metamucil, and this is question number 13.

[jazzy music plays]

Sydnee: I did that episode because there was someone, a famous figure, who told everybody to take Metamucil. He said that it was a good idea, that pretty much anybody would benefit from taking Metamucil.

Justin: Oh, man...

Sydnee: Who was it? He was seeking a sponsorship even, I believe. Maybe in a joking way, from Metamucil.

Justin: Oh, dang it! This...

Sydnee: Who told everybody to take Metamucil?

Justin: [sighs] Oh, man. This is really gonna irritate me. Um...

Sydnee: It is really gonna irritate you when I tell you who it is.

Justin: Yeah... aw, man. I know it's— I know it's bad audio to listen to somebody try to come up with something like this, but it's also, like... Hank Green.

Sydnee: Yep.

[success ding]

Justin: Whoo!

Sydnee: I was about to say, he's gonna be mad if you don't remember. [laughs]

Justin: Oh, Hank. Hank the Tank, Hank the Crank. You know that I wouldn't forget you, bud. Except for that moment of time when I did forget you.

Sydnee: He just used one of your sounds on TikTok, and this is how you treat him.

Justin: Yeah.

Sydnee: Alright, question number 14.

[jazzy music plays]

Sydnee: Which fast food chain, although it was kind of kept quiet at the time and it actually took me a little bit to figure this out as I was researching the episode, was indeed responsible for the E. Coli 0157H7 outbreak? So, bad burgers give people diarrhea in 1982. This is not the big one. That's gonna be the bonus question. So I'll go ahead and tell you that. There was an outbreak in 1982 that was the first of these, like these fast food chain outbreaks. And then there was the very well publicized one in 1992 that most people remember and associate with a fast food chain. So we're looking for two different fast food chains.

Justin: Okay.

Sydnee: What was the initial one that was kept quiet, and what was the big one ten years later that everybody heard about?

Justin: Jack in the Box.

Sydnee: Which one is that?

Justin: The one everybody heard.

[success ding]

Sydnee: Yes.

Justin: The one that was kept quiet...

Sydnee: That was hard for me to figure out at first what fast food chain was responsible for it.

Justin: McDonald's.

Sydnee: That's right!

[success ding]

Justin: Yes!

Sydnee: Yeah. I think most people— even when you hear the name Jack in the Box, we live in a part of the country where there are no places to eat— there are no Jack in the Boxes here.

Justin: There are places to eat. None of them are Jack [wheezes] in the Box.

Sydnee: There—[laughs quietly] There are no Jack in the— Jacks— Jacks in the Box or Jack in the Boxes?

Justin: Jack in the Bo— Jack— Jack in the Boxes.

Sydnee: Is it like Surgeons General, or... [laughs quietly]

Justin: That's a good one. I actually don't know.

Sydnee: None of that restaurant exists here. But when I hear that, I have this vague association of like, wasn't there diarrhea sometime? And we don't have that with McDonald's.

Justin: No, 'cause they got better lawyers than Jacks in the Boxes.

Sydnee: I also think it probably— we may have talked about this on the episode. I think it reflects the time. "We can't tell people 'cause everyone will freak out." If you think your fast food is infected, you know what I mean?

Justin: There's a whole *West Wing* episode about it.

Sydnee: Yeah, that's true. That was about mad cow, but yes.

Justin: Same— same idea.

Sydnee: Anyway— so that was two points. Um, number 15. This— I mean, like, you should be able to get this, 'cause there's so many options for the answer.

Justin: No pressure.

[jazzy music plays]

Sydnee: Name literally any one... any one... of failed Senate candidate Droz's [laughs quietly] fake health claims.

Justin: Umm...

Sydnee: Any one of Droz's unfounded health claims. I should say unfounded. Some are completely fake, some we just don't know what the heck he's saying.

Justin: Green tea extract increasing your longevity. Ginkgo biloba for your memory.

Sydnee: [laughs quietly] I mean, I'm sure he's said— yeah, he has said those things.

[success ding]

Sydnee: I think you're thinking green coffee extract.

Justin: Green coffee, yeah, yeah, yeah. Yeah, yeah, yeah. Um... I mean, give me some other ones, just because I already got this, but I always like hearing 'em.

Sydnee: He made a homeopathic starter kit for people.

Justin: [giggles]

Sydnee: He told people to take hydroxychloriquine for COVID.

Justin: [muffled] Oh yeah.

Sydnee: He said that apple juice contained dangerous levels of arsenic.

Justin: [wheezes]

Sydnee: Cell phones cause cancer. Raspberry ketones are a number one miracle in a bottle to burn fat. Um... HCG is a weight loss solution, as long as you only eat 1200 calories a day along with it. Garcinia cambogia, um... iridology, medical astrology... the list goes on.

Justin: I just am so excited he lost. You know what?

Sydnee: He almost made it to Senate. [laughs]

Justin: I know. But I really needed the W, and I really, really like that he lost. He made me really happy.

Sydnee: The night— that election night, of course, I was discovering that I had lost. And the one thing that brought me the most comfort was Dr. Oz losing.
[laughs]

Justin: It did! It was a real pick-me-up when we needed it the most. [laughs]

Sydnee: I needed to know that if I was losing, Droz was losing.

Justin: You brought him down with you.

Sydnee: Yeah.

[both laugh]

Sydnee: I'm gonna say it was why I lost. My— my aggressive—

Justin: You spent too much time trying to bring down Dr Oz! [laughs]

Sydnee: And it lost me a lot of votes here in West Virginia.

Justin: Yeah.

Sydnee: A lot of support for Droz here in Huntington.

Justin: Okay, okay. [laughs]

Sydnee: Um, number 16. What discipline did the book titled— and this is just— I wanted to include this for this book title. You ready?

Justin: Yep.

[jazzy music plays]

Sydnee: *Quinine And Iodine Change The Colour Of The Iris; I Formerly Had Blue Eyes, They Are Now A Greenish Colour With Reddish Spots.* That's the title of the book, in 1871, written by Nils Liljequist. What discipline did that help develop?

[pause]

Sydnee: Do you need the title of the book again? [laughs quietly]

Justin: Yeah, one more time?

Sydnee: *Quinine And Iodine Change The Colour Of The Iris; I Formerly Had Blue Eyes, They Are Now A Greenish Colour With Reddish Spots.*

Justin: What do you mean, discipline? Like, what do you mean, discipline?

Sydnee: An area of pseudoscience, pseudomedicine that developed out of this.

Justin: Oh. Chr— chromeopathy is what it was called? Chro— chrom—

Sydnee: No...

Justin: What was it?

Sydnee: We're specifically focused on the eyes, here.

Justin: Oh. Um...

Sydnee: Dr. Oz touted it, too.

Justin: Oh, I don't know. I don't remember.

[sad trombone]

Sydnee: Iridology.

Justin: Iridology. Okay.

Sydnee: Yeah. You can read the iris, and tell about disease. Um, number 17 is also related to that episode.

[jazzy music plays]

Sydnee: In that episode about iridology, what happened to Hungarian physician Ignaz Peczely to inspire his foray into the field? He had a specific... like with most of these, there's a story. Something happened and he noticed a change, and that led him to explore the idea of iridology.

Justin: Was it an injury? An eye injury?

Sydnee: Not— no. Not to him.

Justin: Um... I don't remember. I don't know.

[sad trombone]

Sydnee: There was a bird involved.

Justin: Mm-hmm?

[pause]

Sydnee: He— he accidentally broke an owl's leg. [laughs quietly]

Justin: [wheezes]

Sydnee: [holding back laughter] And after it healed he noticed— he noticed that there was a spot in the iris that wasn't there before, and he thought that spot was indicative of a history of a broken leg, and maybe there were other things we could look in people's eyes and find a history about.

Justin: Okay. Okay, okay. I should've— "Owl had a broken leg" was on the tip of my tongue. I don't know how I didn't find that one.

Sydnee: [laughs] Uh, question number 18.

[jazzy music plays]

Sydnee: Anthroposophy. Remember we did a whole episode on that?

Justin: Yeah.

Sydnee: It gave rise to what set of private schools throughout the world?

[pause]

Justin: Man... [sighs]

Sydnee: They're special schools— and they're usually— although I always think of them as bougie, many listeners wrote in and said that they're not necessarily bougie. They are very specific and, you know, you can think whatever you want about their certain styles of learning or whatever. But they do have, like, scholarships, so there are people who go who aren't—

Justin: Montessori?

Sydnee: Not Montessori.

[sad trombone]

Justin: Is it like that, though?

Sydnee: Similar idea, like a special set of private schools throughout the world that have their own academic philosophy.

Justin: [simultaneously] [dejected] What is it? What is it? Yeah, what is it?

Sydnee: Waldorf schools.

Justin: Waldorf schools. Yeah.

Sydnee: And some listeners did point out, "I was not bougie but I attended one, so."

Justin: Well, there you go. Or maybe, you know, you look around a table, you don't see the bougie person. Maybe it is you. I don't know.

Sydnee: [laughs]

Justin: I don't know your specific situation.

Sydnee: There were bougie people who went, but I guess not everyone who has gone is bougie. Um, and if you are bougie and you're proud of it, that's fine too. I

don't really care. I only say bougie because my siblings do and they're cooler than me. Question number 19, we're almost at the end.

Justin: Okay.

[jazzy music plays]

Sydnee: What was found on Blackbeard's ship that indicated a painful treatment for syphilis could take place there? They found a collection of these when they uncovered the wreckage of—

Justin: A me— a metal tool.

[pause]

Sydnee: For what? What do you do with it?

Justin: You clean out the pee hole.

Sydnee: Oh, you're so close!

Justin: I got it. A urethrum spanner. A urethral spanner.

Sydnee: Not a spanner. [laughs]

Justin: A urethral needle.

Sydnee: Uh-huh?

Justin: Yeah.

Sydnee: And what are you gonna— what are you gonna squirt in there?

Justin: M—m—mercury?

Sydnee: Hey, you got it!

[success ding]

Justin: Yes!

Sydnee: That's right! Many of these syringes that could be used for urethral administration of mercury.

Justin: Okay.

Sydnee: That was a common treatment for syphilis at the time. And question number 20. Now, you're not gonna know if you get this right for a long time.

Justin: Wow! Okay?

Sydnee: This is like a— yeah. This is like an aspirational question.

Justin: Okay?

Sydnee: Um... so, keep track of your answer. I don't know, write it down somewhere.

Justin: Okay.

Sydnee: And next year this time we'll find out if you're right. [laughs quietly]

Justin: Okay.

Sydnee: Okay.

[jazzy music plays]

Sydnee: What will the big unexpected medical events be [holding back laughter] in 2023?

Justin: [laughs]

Sydnee: That we here at *Sawbones* will end up doing a lot more episodes about than we expect? We've had so many of those in the last few years. Did I ever think I would be doing episodes about not just monkeypox, but we did an episode called Monkeypox Update. Because that's how relevant monkeypox was in 2022!

Justin: Man, that was...

Sydnee: Who saw that coming?

Justin: No, nobody.

Sydnee: I mean, obviously COVID was a big— but, like, who has seen the things that we have had to do episodes to cover? Who saw these things coming? So that's what I'm— I'm giving you the chance to test your prognostic skills. Maybe you have a little bit of... I don't know, clairvoyance that you didn't know about? I don't know that I believe in that, but maybe you do and maybe you have that.

Justin: I'm gonna go a little bit outside the bounds and say Hepatitis X.

Sydnee: [laughs]

Justin: A lot of people aren't talking about it, 'cause it's not real. But Hepatitis X, I believe this is the year. 2023 will be the year of Hepatitis X.

Sydnee: You think so?

Justin: The rare good Hepatitis. It's a good one. Hepatitis X. Coming... to a liver... near you.

Sydnee: Alright. So that's your— that's your— so everybody can take some time with that. You got a whole year to find out if you're wrong or right. [laughs]

Justin: That'll be for bonus. That'll be for bonus points.

Sydnee: That's your bonus to hold on to. The rest of them should add up to 25. I thought that was a nice, neat... yeah. The rest of it— so, out of 25 points, you can figure out your share. You can share it with us, if you want.

Justin: Yeah. 15 out of 25 was my final score.

Sydnee: You know, I know you're not paying too much attention, so that actually makes me feel pretty good.

Justin: [strained and high pitched] I am paying attention! I got a lot of— I have to come up with the jokes, too!

Sydnee: [laughs]

Justin: It's a full-time job! Thank you so much for playing along with us. We've got a lot more for you this year. It's gonna be another fun one. As always, we're so thrilled that you continue to hang out with us and join us, and we're also thankful to The Taxpayers for the use of their song, "Medicines," as the intro and outro of our program. And thanks to you for listening. That's gonna do it for us for this week. Until next time, my name is Justin McElroy.

Sydnee: I'm Sydnee McElroy.

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

[theme music plays]

[chord]

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