

Wonderful! 72: The Wetitation

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[theme music plays]

Rachel:

Hi, this is Rachel McElroy.

Griffin:

Bazinga, it's Griffin McElroy.

Rachel:

And this is Wonderful!

Griffin:

I thought maybe if I started each one with a polite reverent Bazinga...

Rachel:

Let's do a different one.

Griffin:

Okay.

Rachel:

Hi, this is Rachel McElroy.

Griffin:

Cowabunga, eat my shorts, it's Griffin McElroy. That was two Simpsons, which equals one Bazinga in my mind.

Rachel:

Oh, what's the...

Griffin:

The conversion rate? I'm glad you've asked.

Rachel:

Yeah.

Griffin:

Well, keep going. Let's try one more and maybe you can start to suss it out.

Rachel:

Hi, this is Rachel McElroy.

Griffin:

[imitating Quagmire, Lois, and Stewie] Giggity, Peter, Lois. Ugh. I'm Griffin McElroy.

Rachel:

What was that last?

Griffin:

That was the dog one.

Rachel:

Oh.

Griffin:

And he was, he was drunk of course.

Rachel:

Uh-huh.

Griffin:

So this four of them equals two of The Simpson equals one Bazinga man.

Rachel:

Mm-hmm.

Griffin:

I watched a bit of Young Sheldon. We just got our DVR working and, uh, we'll tune into a bit of Young Sheldon and by tune in. I mean, it was on when I discovered that our cable box was working again and, um...

Rachel:

Oh, okay.

Griffin:

Not what I expected from Young Sheldon.

Rachel:

I thought you meant that we had some how DVR'd Young Sheldon.

Griffin:

Well, my secrets don't need to be aired out so publicly on this podcast. And I might appreciate if you didn't try to shame me.

Rachel:

Do you think the next spinoff is old Sheldon?

Griffin:

I think the next spinoff is two Sheldons.

Rachel:

[laughs]

Griffin:

I think the next one is called shell-don and it's him as an undersea mollusk.

Rachel:

Or it's the Garfield and Friends character, Sheldon.

Griffin:

That is another very likely possibility.

Rachel:

Yeah.

Griffin:

Maybe the next one's called smeldon and it's about, um...

Rachel:

Bears that live in a den.

Griffin:

Oh, I was gonna say like his butt or a fart.

Rachel:

Oh, see, I'm moving beyond.

Griffin:

I see, you like the den part of it. Hey, do you have any small wonders?

Rachel:

I do. Uh, St. Louis Blues, Hockey.

Griffin:

Yeah, they are crushing it.

Rachel:

Yeah. So they have won, uh, 10 games in a row, which has tied their franchise record from back in 2002. And tonight they're playing the Toronto Maple Leafs. And if they win, new record.

Griffin:

Bunch of pushovers, the Maple Leafs, I ain't worried about it one bit. Hear that Toronto?

Rachel:

I'm too superstitious for that.

Griffin:

Blow there. You know what I call the, uh, St. Louis Jazz... Jazz? Blues.

Rachel:

Mm-hmm.

Griffin:

Call 'em the leaf blowers.

Rachel:

Oh, that's nice.

Griffin:

'Cause they're... [snorts] They're gonna, I guess, blow all the Leafs tonight? Yikes. What's going on? Yeah. What's going on here?

Rachel:

What's your small wonder?

Griffin:

My small wonder, I've been listening to this album usually during, like, Henry's chill out time before we put him down for bed. Uh, but it's also a good work album. It's I think it's called The World of Studio Ghibli and it's just this string quartet playing very pretty, uh, string covers of Studio Ghibli songs, which I didn't realize, like I've seen like most of those movies at this point, I didn't realize how, uh, much those songs have stuck in my mind because you hear one and you're like, oh, this is from Spirited Away. And then you hear one and you're like, oh, this is from princess Mononoke.

And then after the third, when you're like, oh fuck. I just know all the Studio Ghibli music, I guess. Uh, it's very pretty, it's on Spotify. And, uh, it's, I like instrumental stuff to work to, especially like nice string, uh, chill, instrumental stuff. And this is, this is good, good, good for that. Um, I think... Who goes first this week?

Rachel:

I don't know.

Griffin:

Luckily, wonderful FYI is back up. Of course it was back up by the time our episode eulogizing it, uh, had been posted, uh, it looks like first one to go this week is Rachel. Take it away!

Rachel:

Uh, so I wanted to talk this week about the evolution of Leon Bridges.

Griffin:

Yeah. So somebody used a sunstone on this fucking guy and all of a sudden he grew twice in height. He got yellow stripes all over and now he can do fire attacks also. So thanks to whoever did that. You really lot of...

Rachel:

Is that a Pokémon reference?

Griffin:

Lot of power creep. No, that was a reference to the— That was, that one was not a Pokémon reference. What you just heard from me was a reference to the transfiguration from beloved German philosopher. The one who wrote that, and I think his name was... Kapf. Kapf. Gregendry Kapf.

Wow, I just got so many anything's wrong. I just... Guy about— Book about guy who turns into a bug. The Metamorphosis that's Franz Kafka.

Rachel:

Oh, Kafka.

Griffin:

And we've made it here full circle, arrived. Hello everybody. I'm Griffin.

Rachel:

Wow.

Griffin:

I paid 10% attention in school. But so anyway, that was the reference I was trying to make it would've made me sound real smart if I'd done it.

Rachel:

Who, if you had gotten maybe 20% more right. I could have helped you out there, I think.

Griffin:

I think I said Kapfa, which is close to Kafka, but anyway, so...

Rachel:

So Leon Bridges has two albums.

Griffin:

He's amazing.

Rachel:

He is relatively new to the scene. He's a very young man. He's 29 from Fort Worth, Texas.

Griffin:

I did not know that.

Rachel:

Yeah. Uh, his first album came out in 2015 when he was just 26 years old.

Griffin:

The good thing about living in Texas is so many artists are starting here now. This like didn't happen very often in West Virginia, but when it did, I'd be like psyched out of my mind, but it happens all the time. Everybody's from Texas now. It's amazing.

Rachel:

I know. You know who else is, uh, Gary Clark Jr.

Griffin:

Yeah.

Rachel:

I read in an interview with him and Leon Bridges. And apparently they've been doing some collaborating.

Griffin:

Lots of folks, St. Vincent is from Texas. Just, like, everyone. Everyone's from Texas.

Rachel:

Big state.

Griffin:

Big old state. I think she's from Texas.

Rachel:

Uh, so his first album, *Coming Home*, came out in 2015. He got a lot of comparisons to Sam Cooke and Otis Redding. Um, and I think a lot of that came from his kind of relative newness. Uh, he also grew up not listening to secular music. He had like a very religious mom. Uh, and so his exposure to kind of the world and the music scene was, was relatively small. So when he came out, you know, it was just a lot of like kind of soul music. And everybody talked about, you know, how he seemed to be kind of from this different time. So I...

Griffin:

Right, because music at that time was almost entirely inspired by non-secular tunes, right? Like, I feel like all the like big singers that you hear from, from that day, like have some sort of connection to like, you know, I sang in the church or I grew up listening to, like, these gospel singers.

Rachel:

You know, if you read a lot of interviews with Leon Bridges, he talks a lot about his mom and being kind of shy about, you know, like letting her down or making her uncomfortable with his music.

Griffin:

Adorable.

Rachel:

Uh, so you've probably heard this song, but I wanted to play a little bit of the title song, *Coming Home*.

[*Coming Home* clip plays]

Lyrics:

"Baby, how I'd be grieving

If you wanted to leave me all alone now

By myself, I don't want nobody else
The world leaves a bitter taste in my mouth, girl
You're the only one that I want, wanna be around."

Griffin:

It really sounds like it's just from, it really sounds— I looked through the YouTube comments of this one today and every one of 'em was like, "I heard this on the radio. I just assumed it was like from 1967. Like what the fuck?" 'Cause it does, it sounds so authentically like old school like that.

Rachel:

Yeah. Uh, very, like, very, very Sam Cooke, um...

Griffin:

Which is about as good a comparison as you could hope for, I think, vocally speaking.

Rachel:

Oh, of course. Uh, but it, I read this interview with him recently, so his new album came out in 2018. It's called, uh, Good Thing. And it's, you know, just a lot more complex and just like a lot more variety in the style. Uh, and in the interview they asked what his, uh, inspirations were. Let me read his quote, "Fucking Usher, Ginuwine, James Blake, Portishead, R. Kelly, Townes Van Zandt, Willie Nelson."

Griffin:

[laughing]

Rachel:

Like the combination of names there to go like Ginuwine, Willie Nelson, Portishead, Usher, like...

Griffin:

I've always had that Ginuwine and Willie Nelson have more in common than they have apart. And I wish they would just squash the fucking beef already, guys.

Rachel:

Well, and I have to recommend so very, very recently, like Valentine's day, like last week, uh, he was on, uh, Jimmy Kimmel and did his own version of Pony.

Griffin:

[gasps]

Rachel:

He's very good.

Griffin:

Oh, my God.

Rachel:

He's very good. So he gets kind of a lot more R&B, uh, on this new album, uh, in this article from Esquire, uh, it says, "Across the 10 tracks, all of which Bridges co-wrote, he toys with 80's-style pop, flirts with jazz, and occasionally dives head first into throbbing R&B. No two cuts move in the same direction. Instead the energy refracts from one song to the next, constantly beaming off into new directions."

Uh, and a lot of the interviews with Leon Bridges, he talks about, you know, how sheltered he was and how he, you know, since that first album has toured the world, he's been nominated for two Grammys. He attended president Obama's last birthday at the White House.

Griffin:

I saw also in all the YouTube comments for the second song you're gonna play. Uh...

Rachel:

Mm-hmm.

Griffin:

... all of them were also like, "Obama sent me here. Obama said this."

Rachel:

Yeah. So the song off this album I wanted to play is called Bad, Bad News. Uh, and it's from Obama's 2018 playlist.

Griffin:

That's a good playlist.

Lyrics:

"Let me come through (let me come through)
I'm tired of being in the back (a'ight)
I'm just tryna move up front
A lil' more of this, a lil' less of that, yeah
They tell me I was born to lose
But I made a good, good thing out of bad, bad news."

Griffin:

I'm a bad music fan because I am quick to be, like, "This isn't like the old thing that you did and I don't like it as much. So, blegh." Uh, and I've done that like more times than I can count. Uh, but I feel like this one, there was something really novel about his old stuff, his first stuff that came out...

Rachel:

Mm-hmm.

Griffin:

But just based on how, like genuinely classical, it sounded, um, but then like to lose that layer of... That layer of novelty— Novelty makes it sound like I'm diminishing, like the type of music he was making. It wasn't that, it was that the type of music he was making was being made in the 2010s, uh, to lose that and just be like, "Now I'm doing like my voice, but bringing it to like all of these other different sounds," it feels like he's just like, gone, like...

Rachel:

Well...

Griffin:

"You haven't seen my final form yet!" And just like busted...

Rachel:

To be fair, his second album, Good Thing, uh, there is still some like, you know, like more soul traditional tracks.

Griffin:

But I don't think you could confuse it like with music actually...

Rachel:

No, no, it's a lot more sexy to—

Griffin:

Yeah!

Rachel:

Like his other single off Good Thing, uh, Beyond is like, it's just like super.

Griffin:

Doing it tunes.

Rachel:

Super sensual.

Griffin:

We'll have to throw that one down on the old wax spinner, which is what I call our jukebox, which is what I call our record player.

Rachel:

Um. (laughing)

Griffin:

Then now you'll lay me down slow on a bed of roses and we don't need to go any further than that. 'Cause folks know what we're talking about at that point.

Rachel:

Um, you make me blush, Griffin McElroy.

Griffin:

You ordered fresh roses, you ordered fresh roses. It's Tuesday night, you know what that means? You got the roses, right?

Rachel:

Oh, you know what? I just got the thorns.

Griffin:

We'll make— We'll make do. [laughs]

Rachel:

We can do something. We can do something with that.

Griffin:

Nasty!

Rachel:

Uh, so yeah, more than like Leon Bridges, for example, being like my favorite soul singer or my favorite R&B singer, it's kind of like my favorite new artist to, like, watch mature and like find his voice and his style and become more confident in what that is and, like, the value in that.

Griffin:

Yeah.

Rachel:

I feel like it just, the progression from the first to the second was just super cool to see it makes me excited for what's coming next.

Griffin:

Yeah. I think the reason that like I'm so into album two, even though it's a different direction, which is a trend that I've like, you know, fallen out of favor with a lot of different musical artists who try the same thing, is that it's not a, like, reversal or complete denial of what he first brought to the table.

Rachel:

Yeah, exactly.

Griffin:

It's not like, you know, "Oh, you liked my old acoustic shit? Well, tough here is a really grungy electronic album. I'm doing electronic pop now." And it's like, ah, this is just not your core com— I'm glad that you're trying new stuff and you shouldn't be hemmed into just doing the old stuff, but like this new thing that you've decided to just completely pivot to doesn't work. That's not what he did! He was like, I'm gonna bring this sound that I, you know, curated in the first album and like bring it and explore it in all these other different ways. It's really good.

Rachel:

Yeah.

Griffin:

Um, can I tell you about my first thing?

Rachel:

Yes.

Griffin:

My first thing is shower thoughts and I wanna be clear here when I talk about shower thoughts, because there's like a thing, there's like an internet thing about shower thoughts.

Rachel:

There is?

Griffin:

Yes. The idea of a shower thought. I was doing research about thinking in the shower and what I realized is like the internet's sort of main library of information about this very subject is a subreddit called r/showerthoughts, which already I'm not super excited about 'cause I'm not a big Reddit fan. Um, but they did have this definition of what like the internet thinks of as shower thoughts. Uh, they have it listed as small epiphanies that make the mundane more enjoyable. Uh, one example being your stomach thinks all potatoes are mashed. They're called shower thoughts because it's like...

Rachel:

[laughs]

Griffin:

Another one is like once you have a PhD, every meeting you go to becomes a doctor's appointment. That is fine. They're fine. They're entertaining enough. Uh, they are called shower thoughts because, uh, you generally have them when you are sort of doing a fairly mundane thing, a fairly mundane thing that you do very regularly...

Rachel:

Oh, okay, so it's not necessarily showering.

Griffin:

Exactly. You don't have to have them in the shower.

Rachel:

Okay.

Griffin:

Which is why I don't wanna talk about this specifically.

Rachel:

Okay.

Griffin:

I specifically wanna talk about shower thoughts.

Rachel:

Okay.

Griffin:

Because in my shower time, the shower is where I do, without a doubt. My very best thinking.

Rachel:

Really?

Griffin:

Some of my best thoughts have happened in the shower.

Rachel:

Okay.

Griffin:

Um, now that I do a long drive to daycare, I'm starting to do some of those there also.

Rachel:

Uh-huh.

Griffin:

But obviously I'm always fucking 10 and 2, I'm always eyes on the road, two car distance between me and the next car, a good driver boy. So it does require a little bit more mental RAM. Shower? I'll just stand there and feel nice and get relaxed. Talk about showers while I take a drink of water.

Rachel:

Uh, you know what I used to have, um, when I was in college...

Griffin:

What's that?

Rachel:

... is I had shower crayons. So I could write down my shower thoughts...

Griffin:

Oh, that's fun.

Rachel:

... uh, before I forgot them.

Griffin:

That's really good.

Rachel:

But it, it was not a good look for the shower.

Griffin:

Yeah. I can't imagine it did. So Rachel can probably attest that my showers sometimes last longer than they should. Uh, when you consider that my needs in there are fairly Spartan.

Rachel:

Yeah, I assumed you were doing stuff in there I didn't wanna know about.

Griffin:

Uh, no, I wouldn't do that in the shower. Um, standing up because, uh, I'm not a cave man.

Rachel:

[laughs] Okay.

Griffin:

Um, the reason I don't really get it and get out is because I do my thinking in there, I'll get lost in thoughts. I'll explore thoughts.

Rachel:

Okay.

Griffin:

Um, I've written a lot of TAZ ideas in there. Uh, I've come to terms with some, you know, some brain troubles in there.

Rachel:

Adventure Zones.

Griffin:

Adventure Zone is a show I do.

Rachel:

That might not be familiar.

Griffin:

Um.

Rachel:

Not the Tasmanian Devil.

Griffin:

But I have come up with some of my favorite Tasmanian Devil fan fiction in there. Um, the whole thing where he, uh, accidentally does eat the Tweety bird and then Marvin Martian has to zap him with the big beam to make the bird come out.

Rachel:

What if he spun the other direction?

Griffin:

And Tweety bird came right out.

Rachel:

Yeah.

Griffin:

Yeah. What if he did spin the other direction? What if there was an evil...

Rachel:

Would we even— Would we even notice?

Griffin:

Would we even know? Um, I, yeah, whenever I have like a hard decision that I need to think over, if I'm in the shower, sometimes I'll like consider some new angle of it. Um, sometimes I just like, I, you know, I work in front of a computer and generally deal with a tremendous amount of anxiety the computer, uh, does not help much with. Uh, and so just like being in the shower, I get to sort of like take some time to unpack things, cause...

Rachel:

I got to introduce you really to bathtub life.

Griffin:

Bathtub life doesn't do it for me.

Rachel:

No?

Griffin:

No, because I enjoy the feeling...

Rachel:

'Cause then you're like, you're sitting, you know, it's like an next level of relaxation.

Griffin:

But I get bored. I get bored.

Rachel:

Oh, okay.

Griffin:

Yeah. I need to be able to walk out at any time.

Rachel:

Okay.

Griffin:

Um, whenever I have like a fight with somebody about something like I can go in the shower and like really process like how I actually feel about it, um...

Rachel:

That's good.

Griffin:

And so like, I wanted to know why this was, uh, I found an interview with Time, uh, with a psychologist at Washington university, his name's R. Keith Sawyer. Uh, who's written some books about, uh, how like human beings find creativity. Um, and uh, in this interview with Time, he said, "Many people believe creativity comes in a sudden moment of insight and that this magical burst of an idea is a different mental process from our everyday thinking. But extensive research has shown that when you're creative, your brain is using the same mental building blocks you use every day. Like when you figure way around a traffic jam.

"Uh, in creativity research, we refer to the three B's for the bathtub, the bed and the bus. Places where people have famously and suddenly—" Uh, "Where ideas have famously and suddenly emerged. When we take time off from working on a problem, we change what we're doing and our context, and that can activate different areas of our brain. If the answer wasn't in the part of the brain we were using, it might be in another, if we're lucky in the next context we may hear or see something that relates distantly to the problem we had temporarily put aside."

Basically saying like, if you really, really, really get focused on something, if you really, really focus on a problem that your brain kind of like siphons all of its efforts towards that one thing.

Rachel:

Uh-huh.

Griffin:

And any kind of, like, out of the box solution for it or a great idea about a completely fucking different thing, it's gonna be harder for your brain to like actually cast a wide net and get that stuff, which is a sort of, may seem counterintuitive way of thinking about how your brain works, but the more you focus on something, the less efficient your brain is actually being.

Rachel:

I kind of buy that, because this is like, when I was talking about taking walks one week and how, like, it was really helpful for me to take a walk and think my thoughts.

Griffin:

Yeah, for sure.

Rachel:

Like you just do any other task that doesn't require a lot of effort and it frees up your brain a little bit.

Griffin:

Yeah. Uh, I read a Mental Floss article that sums it up, kind of like, uh— Sums it up like this, uh, "Thinking hard about a problem, deactivates your default network. It boosts your prefrontal cortex's control. This isn't a bad thing, it tightens your focus and gives you the power to stop gawking at cat pictures and hit that deadline. But it can also dig you into a creative rut because when you're deeply focused on a task, your brain is more likely to censor unconventional and creative solutions.

Rachel:

Yeah.

Griffin:

Which is, like a perfect way of thinking about it? So, like, I got myself a fucking busy, super anxious brain and the things that I do with it every single day, just like work— Really, really work me up. And when I am trying to, when I'm sitting in front of, you know, my document where I'm trying to prepare the next episode of Adventure Zone and I just sit there for 30 minutes and nothing comes out, I literally just have to force myself to stand up.

And, you know, usually I don't take showers... I take showers at weird times of the day, usually around like two or three o'clock. And I usually save 'em for when I have hit my absolute breaking point where like, I cannot create anything else today. I go take a shower. I have one just one idea that can like serve as a writing prompt for something else and then I can go just like, go get it done. Uh...

Rachel:

Yeah.

Griffin:

... it's a nice transitional thing too. Like when I'm editing a podcast, I'm so fucking head down on it. And so, uh, dialed in that the, you know, I'm not gonna naturally think of something cool to do in the next episode of TAZ.

So, like, going into the shower and relaxing and letting my brain kind of like, uh, you know, expand a little bit and rinsing out all of that, like highly technical editing focus outta my gourd and letting myself think of other stuff too, is like a good transitional period between like the different kinds of work that I do. And also I get clean in my hair and like my butt and my grundle and my armpits, I soap them all up so good. And then I come out of the— I come out and I smell super great.

Rachel:

Yeah. I like thinking about the shower is less of like a task you have to do and more like an opportunity to go in this room of your house that is like, just designed to like set you free for a few minutes.

Griffin:

Yes. Uh, which, like I'm saying this all out loud and it makes me think that I like, I should have been meditating basically my entire life, because that's all like, that's what this is about also.

Rachel:

Yeah. But there's something about the required isolation and the like...

Griffin:

I work from home. I got no fucking excuse there's apps and shit.

Rachel:

Yeah. But I think there's something about being wet. Like you can't, you can't bring stuff in there with you, you know, like you can't, you can't work on your laptop in the shower.

Griffin:

Yeah.

Rachel:

You know, or you can't look at your phone in the shower or... most of the time. It's like, it forces you to focus on the immediate.

Griffin:

Let me hit you with something.

Rachel:

Okay.

Griffin:

It's definitely the podcast episode title, but, or maybe not because we might wanna like protect it a little bit until we can find a way to monetize it.

Rachel:

Okay.

Griffin:

Wetitation.

Rachel:

[laughs] Okay. Okay. Okay. Now, is this an app or is this a state of mind?

Griffin:

It's, I think, I don't know how we could do it as an app. I think it's a state of... Maybe the app is you spend \$50 and then it's just me and I pop up and I'm like, "Go get under some running water and just think really good."

Rachel:

Or you provide the running water sound effect and then a splice in. And so if somebody closes their eyes, they feel like they're in the shower.

Griffin:

Yeah. And I'll come to your house with a super soaker and just keep blasting you in the gourd, just over and over again.

Rachel:

I'll make the water noise. You say some things you would say, okay?

Griffin:

Okay.

Rachel:

You ready? [imitates shower sounds]

Griffin:

Stop thinking about, what are you thinking about? Stop it. [imitates Super Soaker] The super soaker is gonna make some noise, too. Keep going. Got a thing at work? That's tomorrow, don't worry about that. [imitates Super Soaker]

Rachel:

See, yours seems a little punitive. [laughs] Usually meditation apps are, like, more calming. They're not, like, punishing you.

Griffin:

You want me to try again?

Rachel:

Yeah. [imitates shower]

Griffin:

[quietly, softly] It's time to stop thinking about that dumb shit thing you said at the big meeting today and everyone laughed at your dumb idea.

Rachel:

Babe, you're so bad at this.

Griffin:

I'm telling 'em to stop... [crosstalk]

Rachel:

It's giving me a real insight into how your brain works and I feel so bad for you.

Griffin:

No, let me try again.

Rachel:

Okay. [imitates shower]

Griffin:

Mm. Feel that water? Feels good, doesn't it. Anyway, don't think about that terrible thing— You fell on the street and you, the coffee splashed all over your...

Rachel:

Okay.

Griffin:

... your jeans.

Rachel:

Wetitation.

Griffin:

Right in your triangle. Hey, can I steal you away?

Rachel:

[laughs]

[ad break]

Griffin:

I have a message here for Hannah and it's from Tyler who says, "Hello, honeybee. I'm so glad we're hanging out and in love and junk. Getting to live with you and our thicc cat son, makes me happier than anything in the world. Charles and I love you— Charles and I love you more than anything in the whole wide world. Also, can we get stuffed crust tonight? Thanks, Bibber Noodle."

Rachel:

Can you still get stuffed crust somewhere?

Griffin:

Where is this stuffed crust happening is what I wanna know.

Rachel:

Does Domino's still have it?

Griffin:

Domino's, you're fucking out of this world with these ideas, man.

Rachel:

[laughs]

Griffin:

I can't believe they're still doing this dang thing. Have you ever had...

Rachel:

Is their cat named Charles? Because I love that.

Griffin:

Could be, could be. Do— Can I read the other one?

Rachel:

Yes.

Griffin:

So one's for Kaylee and it's from Claire who says, "Kaylee, you are my dearest friend and someone I would be remiss without. I hope you're having a good time in Scotland, even without Gatorade. And every moment with you is easy. Have a wonderful Wednesday. P.S Bunkie." Yeah, yeah, yeah, yeah. Sure, sure, sure. Yeah, yeah, yeah.

Rachel:

It's a real stream of consciousness there.

Griffin:

Hold on though, is Gatorade illegal in Scotland or something?

Rachel:

Maybe they just don't have it.

Griffin:

It might be a little...

Rachel:

It's like when people travel and they get peanut butter sent to them 'cause they can't get it there.

Griffin:

I haven't heard of that either.

Rachel:

Mm.

Griffin:

But then what's that in the peanut butter that you pull it out? It's a big bottle of Gatorade. Better luck next time Scotland!

[Max Fun ad]

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Sean, that's a little extreme and also not quite true.

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[ad break ends]

Griffin:

What's your second thing?

Rachel:

My second thing is a trip to the poetry corner!

Griffin:

That's hot, that's hot! [huffing] Hot tea, hot tea, tea, hot tea, tea. I drink the hot tea.

Rachel:

[laughs] That's my favorite one yet.

Griffin:

I mean, I do enough of these, eventually, I'm gonna do a poem.

Rachel:

[laughs] Did you know you were doing hot tea from the beginning or did you just land there?

Griffin:

Uh, I mean, when you learned to beatbox, which I, you know, I went to, uh, school for, I, um, you learn, you learn a few techniques and the first one is hot and the next one you can blend it into hot tea and that forms the basic sort of, uh, oral paradiddle if you will.

Rachel:

You're a very talented man.

Griffin:

Thank you. Tell me about your poem.

Rachel:

So I was thinking a little bit today about poems that, uh, very first got me into poetry when I was itty bitty.

Griffin:

Oh, interesting.

Rachel:

So specifically the poems for children. Okay. Now I bet you think they wanna go Shel Silverstein, but I'm not.

Griffin:

No, yeah, you're too. Uh, you're too clever for that.

Rachel:

I mean, I'll probably get to Shel Silverstein don't...

Griffin:

Yeah.

Rachel:

... don't worry.

Griffin:

Nothing wrong with Shel Silverstein, but I feel like your shit's gonna be way more underground.

Rachel:

I don't know if I'd say that.

Griffin:

Way more underground. I guess.

Rachel:

[laughs] Not like I was going to coffee shops at age four.

Griffin:

Was it like, are we counting like Maurice Sendak in this? Wasn't he—

Rachel:

We are not.

Griffin:

Okay. He was a poet, right? He did poetry too, right?

Rachel:

I don't know.

Griffin:

I mean Where the Wild Things— Okay. Anyway. Sorry. What's...

Rachel:

He's more of a book than a poem.

Griffin:

Yeah, I guess. What's, what is it?

Rachel:

It is a poem called The Swing by Robert Louis Stevenson.

Griffin:

Hey, okay.

Rachel:

Does that name ring a bell to you?

Griffin:

He made Winnie the Poo.

Rachel:

No.

Griffin:

Then no!

Rachel:

He wrote Treasure Island.

Griffin:

Yeah, close.

Rachel:

And, uh, also The Strange Case of Dr. Jekyll and Mr. Hyde.

Griffin:

Whoa. Okay.

Rachel:

Check out the range on that guy.

Griffin:

Yeah. He's got some, uh, he's got some, he's got some skills. I could have sworn he made Winnie the Pooh.

Rachel:

No.

Griffin:

Okay.

Rachel:

Robert Lewis Stevenson.

Griffin:

Mm-hmm.

Rachel:

Only lived, uh, till 44.

Griffin:

Shit.

Rachel:

Uh, 'cause he was kind of a sickly dude.

Griffin:

Okay.

Rachel:

He was born in Scotland. Uh, had a lot of bronchial trouble growing up and so it's kind of steady stream of illnesses kept him from school. So he was taught a lot by private tutors. Uh, and so he spent the first, you know, 20 something years of his life, more or less homebound. And if not homebound, like searching for the ideal climate to like regulate his, his bronchial issues.

Griffin:

Okay.

Rachel:

Uh, and then in 1875, he met, uh, an American woman while in France, uh, that he fell in love with, but she was still married.

Griffin:

Oh.

Rachel:

Um, but she had kind of a jerk husband. She had two kids and she was spending time in France and her husband was kind of a known, uh, adulterer. Um...

Griffin:

So he swooped that or what?

Rachel:

Well, yeah, so he was super in love with her, took a boat to New York and then a train to California, which, like, almost killed him, just 'cause of how sickly he was. And he, like, took the boat, like, steerage, like super affordable, but like very terrible conditions.

Griffin:

Shit.

Rachel:

Uh, and then in 1879 she divorced her husband and then five months later remarried Robert Lewis Stevenson.

Griffin:

Oh.

Rachel:

Uh, so the two of them and her kids returned to Europe in 1880. Uh, and then in 1882, he again became very terribly ill and was confined to his bed, which, uh, and he was unable to speak. Uh, and so he didn't do much writing of prose in that time. But as he was recovering, he wrote A Child's Garden of Verses.

Griffin:

Oh, that's where— Okay.

Rachel:

Yes.

Griffin:

This is where I know him from.

Rachel:

And that was in 1885. And so this, I had a copy of this book growing up, the Golden Books edition.

Griffin:

I remember.

Rachel:

Um, so the book came out in 1885. The version I had was from 1951. Uh, and this poem, *The Swing*, is one, it's interesting. I didn't really think about it growing up. Uh, it wasn't until a few years ago when I was talking about this with my grandma that I realized it was like a part of my family history. 'Cause I guess she used to read it to my dad and then my dad used to read it to me. And then recently my dad got a copy from me to read to Henry.

Griffin:

Yeah.

Rachel:

He is way too young.

Griffin:

Way too young. Yes.

Rachel:

If there is not a picture of a lion on it, he is not interested.

Griffin:

Or a picture of Mickey that you have to find.

Rachel:

[laughs] Uh, but *The Swing* is just kind of a, like, a magical little, like three stanza poem and I wanted to read it if that's okay?

Griffin:

Please.

Rachel:

"How do you like to go up in a swing,
Up in the air so blue?
Oh, I do think it the pleasantest thing
Ever a child can do!

Up in the air and over the wall,
Till I can see so wide,
Rivers and trees and cattle and all
Over the countryside—

Till I look down on the garden green,
Down on the roof so brown—
Up in the air I go flying again,
Up in the air and down!"

Griffin:

That's nice.

Rachel:

I used to love that poem as a kid. And I also like that the cadence of it reminds me of swinging back and forth a lot.

Griffin:

Yeah.

Rachel:

Like, I have to imagine that was intentional, but this kind of like, up in the air, I go flying again, up in the air and down... Like that rhythm of it feels very much like swinging back and forth.

Griffin:

Yeah.

Rachel:

And I just, um, I don't know. He is writing poems for children that are very much like in the world of children, you know? Like swinging? Top five activities when you're a kid.

Griffin:

One of the best.

Rachel:

Maybe top three activities.

Griffin:

Well...

Rachel:

Like four square.

Griffin:

Game Boy, Super Nintendo... Like I, even if it was like 15 for me, but it was, it was still really good. I got to say listening to that poem, it's really clear. You can see, like, the footsteps that led from that poem to the tipping...

Rachel:

Dr. Jekyll and Mr. Hyde?

Griffin:

Well, to the tempting tip, the tempting tip of my ice cream, dripping down my hands, lick it up, slurp it up, finish, finish, hurry. Um...

Rachel:

Griffin is referring to a poem I wrote in second grade.

Griffin:

I'm pretty sure we talked about it on this show before.

Rachel:

It was more Shel Silverstein inspired, really, if you think about it.

Griffin:

Yeah, sure. Yeah. More Hustler magazine inspired, filthy poem, filthy ice cream poem. I love your filthy ice cream poem. Nothing has made me that happy in a long time. Um, it's a good poem. I like it. I...

Rachel:

Yeah. Yeah. I mean, there's something about it that is, like, so fundamental to my, like, beginning interest in poetry that like every time I see it, I just have this, like, feeling of like, this is where it started!

Griffin:

I'm excited to crack into that with Henry.

Rachel:

Yeah.

Griffin:

I'm excited to watch his eyes open to the, to the beautiful, wonderful world of Rachel's poetry corner.

Rachel:

Mm-hmm.

Griffin:

Um, can I tell you about my second thing?

Rachel:

Yes.

Griffin:

So lemme take a drink 'cause there's lots of long words in this one. So you've heard me talk about bismuth that wonderful shape shifting metal, but what about bismuth subsalicylate?

Rachel:

What is happening? [laughs]

Griffin:

Are you friends with bismuth subsalicylate, because it goes by another name, do you know what that other name is?

Rachel:

No.

Griffin:

Fucking Pepto-Bismol.

Rachel:

Oh, really?

Griffin:

Yeah. I guess it's got that weird, cool shape shifting metal up in there.

Rachel:

Your love for bismuth, it goes so deep.

Griffin:

It goes very, very, very fucking deep. Listen, y'all, you know my fucking sitch at this point. Fluids, I have drank— Fluids I drank in this life ranked, goes water, soda, juice, beer, Pepto-Bismol, wine, in that order. If we're counting by fluid ounces, I think Pepto-Bismol beats wine, but I'm becoming an adult man. And now, although the older I get, the more Pepto I'm just gonna drink. So what the fuck?

Rachel:

You know what, you got the tabs the other day and I'm curious if you think the tabs are as effective.

Griffin:

The tabs are bullshit, but we were about to get on a boat and I didn't need to have a big bottle of Pepto-Bismol with me. Um, I ate them. I ate them very recently folks and listen, it's the best medicine ever, even though it occasionally leaves me horrifically constipated. It only does that some of the time and every rose has its thorns baby.

Um, how many times are we gonna reference that colloquialism? Uh, so it is this pink goo, right? But that pink goo is not necessarily, you know, the bismuth subsalicylate, just like in its natural form. It is called what's, uh, it's called a colloidal substance. Which is science talk for, it's got a bunch of insoluble, like particles floating around in another solution.

Uh, so that pink stuff has other, like, tiny insoluble particles just sort of floating around in it, I guess just chilling in that thick pink goo. Uh, and the compound also has salicylic acid in the compound and that has anti-inflammatory properties. It kills bacteria and the bismuth has antibiotic properties and it acts as an antacid as far as I can tell, nobody tells— Nobody can tell, like, how it actually stops diarrhea.

No one's a hundred percent sure. But it just does it also, which, like, what the fuck? Maybe I haven't done enough research, but I did more research into Pepto-Bismol today than I thought I would ever do. Um, it was first on the market in, uh, the early 1900s, like the year 1900...

Rachel:

Oh, wow.

Griffin:

...uh, it started showing up in this store. Uh, some derivative of it, uh, some pharmacist in New York. Um, and he, it was developed as an antidiarrheal for, uh, infants with cholera. So good looking out Pepto-Bismol, well done. Uh, when it was first sold on the market, it was sold as Bismosol: Mixture Cholera Infantum.

Uh, which is, you know, the scariest four words I've ever heard put together, I think. Uh, and then luckily in 1919, they changed it to the way less scary Pepto-Bismol. Not Pepto, what, what was it? Bismosol: Mixture Cholera Infantum. "Mm, I wanna drink that pink stuff and go eat at Pizza Hut." No, I wanna drink a Pepto-Bismol.

Rachel:

Do you know why it's pink? Did you find out about the pinkness? I'm very curious.

Griffin:

The pink, I think, is just sort of a color choice because it has to be a— I think all colloidal, um, materials have to have a very, very sort of opaque... What's the, I get these, I get the opaque and transparent. Opaque means it's, like, thick and you can't see through it, right?

Rachel:

Yeah.

Griffin:

It has to have, like, an incredibly opaque— The form that it takes that, like, sort of gooey, gooey thick, rich form, uh, is the most important part because that's what sort of binds these non-soluble particles together. And so at that point, like your options are like, you know, creamy white, or I guess you could dye it, like, black, but that would be wild. Um, and uh, yeah. I don't know why they picked pink, but...

Rachel:

Huh.

Griffin:

... it looks— I mean, it's striking, right?

Rachel:

It is. And it's identifiable very easily.

Griffin:

It's very identifiable. So despite the fact it's pink and I don't know how much, uh, Pepto experience you have.

Rachel:

I was trying to think about the last time. I don't even know if I— I've maybe taken it once since you and I have known each other.

Griffin:

Yes.

Rachel:

So it's, it's been like eight years?

Griffin:

Yeah. Um, you ask about the pink color. I was certain that, you know how when you drink, uh, a lot of like, I think it's grape juice. Your stool can turn, like, green or something like that? I think that that's the, like, the purple dye

in the grape juice turns your stool green, uh, when you drink Pepto-Bismol, for some people, it can turn your tongue and your stool black.

Rachel:

Oh, geez.

Griffin:

And this happens to me and I was never quite sure about it, but I thought it was like the grape juice thing or it's just like the dye in Pepto-Bismol for whatever reason, like...

Rachel:

Yeah.

Griffin:

The inversion of pink, like, it just left behind like this black show. What it really is, is that the, uh, the chemical compound in Pepto-Bismol can mix with the sulfur in your saliva. And it will combine with the bismuth to form bismuth sulfide, which is an insoluble black salt. So your tongue and your poop turns black, but it's all good. No worries here.

Rachel:

[laughs] Is that what it says on the side of the bottle?

Griffin:

That's what it says on the side of the bottle.

Rachel:

"It's all good."

Griffin:

It can also be extremely not good because if you use it for, like, prolonged periods of time, you can, like, develop, you know, a pretty serious toxicity sort of situation in there. Uh, also like, young kids who have the flu or compromised immune systems can get very serious, uh, diseases from, uh, use and overuse of Pepto-Bismol.

So, you know, it's— It ain't perfect. It's got super serious side effects for some people who... Keep that in mind, use it responsibly. Um, but when you are able to use it and you do use it responsibly, when you hold a bottle of Pepto-Bismol, you are essentially holding a medicine cannon that you can then sort of randomly point at this specific part of your body and just fire it off.

Rachel:

Mm-hmm.

Griffin:

And that part of your body will be good at that point. And I— There— I can think of no other medicine or treatment like this, like something is wrong with my stomach. Here is Pepto-Bismol. Go for it. I can't say like, my sinuses are stuffy and my right eye hurts and my I can't hear out of my left ear and my tinnitus is really acting up and, um, I think I have pink eye. Somebody won't come up to me and be like, "Here is head pills and you take this and your whole head gets better." Do you know what I mean?

Rachel:

Well... [laughs] I think what you're saying basically is that there's kind of only a couple symptoms that come with stomach problems, but there's a lot that goes on up in your head that could be unrelated.

Griffin:

I think we're— I think when you're talking about upset stomach, indigestion, uh, something, something diarrhea. That's not just a few stomach problems. That's a sweet, that's an array of stomach problems. Okay. I'll tighten it up a little bit. I'll tighten it up a little bit. Uh, I got an ear infection and there's, uh, I got tinnitus and it's uh, yeah, this is gonna get gross, I don't wanna do the ear.

Rachel:

Yeah. I just, I think the upstairs is a little more complicated than the downstairs.

Griffin:

I think so too. But it doesn't change the fact that I have stomach...

Rachel:

Yeah.

Griffin:

... This is— I look all around my medicine cabinet. That's the pill that helps me not be sad all the time. That's the pill that helps me when I'm getting very, very scared for no reason, I take that one. This is one is for general aches and pains. Uh, this one I can take when, uh, the trees start shitting and doing weird stuff.

Rachel:

Yeah.

Griffin:

And it makes my nose get all stuffed up.

Rachel:

Yeah.

Griffin:

Um, and then here is the only stomach one.

Rachel:

The stomach fixer.

Griffin:

The stomach fixer upper. There's some sort of game, like, video game mechanic logic about that, where it's just like, "Oh, my stomach got shot. Well, jab it with this stomach healer. Ah, I'm better." Like...

Rachel:

Okay.

Griffin:

It's amazing.

Rachel:

The stomach works, like, a lot. Like if you think like, if you're hungry and then you eat food and then you're not hungry anymore. The stomach is just ready. It's just ready to solve problems.

Griffin:

Or my stomach's really, really fucked up. And it has been for a long time, eat this yogurt. Hey, that did fix it. What the fuck, stomach?

Rachel:

The stomach is ready to be solved.

Griffin:

I love stomach. Um, what I don't love, me and Pepto go way, way back, right? We're old, old buds. Uh, he's got me out a lot of hard scrapes over the years. Um, his flavor is the worst taste in the fucking universe and it can burn in hell forever. I don't care what kind of like tropical spin you try to put on it.

Rachel:

It's one of those flavors you can conjure. Like, I, again, it's been like, I don't know, six or seven years since I've had Pepto-Bismol, but I can recall it in my mind.

Griffin:

It is indicative of the colloidal, sort of like, substance, uh, sub genre I feel like. Uh, like have you ever had to do like an MRI where you drink that like tracer goo?

Rachel:

No.

Griffin:

It's sort of the same sort of, uh, textural experience.

Rachel:

Mm.

Griffin:

For me, I think flavor is undeniably bad, but what's worse is that it sort of coats your whole, uh, tasting zone, your whole tasting area, uh, in a way that is, uh, unpleasant, unpleasant. If it was a bad flavor, but like a nice liquid form that you could just kind of shoot down there. That, that would be one thing, but yeah.

Uh, anyway, that's Pepto-Bismol. I'm very grateful for it. I took it before we went on a three hour boat ride. I was very nervous I was gonna get tummy sick on it. 'Cause I've been tummy sick a bit since I got back from the latest tour, but bought me a beautiful, exactly three hour long reprieve, which ended as we were pulling into the docks. Which made me do the old fucking truffle shuffle back up the, uh, back up the...

Rachel:

You really feel comfortable sharing a lot of information on this podcast.
[laughs]

Griffin:

I think that I've pretty much whittled my audience down to people who do this exact same shit at this point. I am not worried about it.

Rachel:

Okay.

Griffin:

Uh, that's gonna do it for us. Hey, do you wanna hear some submissions from our friends at home?

Rachel:

Yes, please.

Griffin:

Here's one from Meredith who says, "I absolutely love putting maple syrup in my coffee. It's so delicious. I don't put anything else in coffee anymore."

Rachel:

I've heard that this is a thing. Have you ever done this?

Griffin:

Fuck, no. Meredith went out of her way to announce that she has Meredith from Vermont. So there is maybe something to be expected about it, but no, you know me, I mean...

Rachel:

It seems like you might be into it.

Griffin:

I need to pour some sort of colloidal substance into my coffee to get it, to get it, uh, you know, crimey. And if I'm gonna do that, it's gonna be that, that hazelnut shit. And I've— I drink coffee every day. I drink it so much and I always get the same hazelnut shit in it. Um, because I've never had another flavor that that pleases me as greatly as that does. Maybe I should, maybe I should mix it up. Maybe I should throws some, you know, soy sauce or whatever in there who knows?

Rachel:

Or maple syrup, like Meredith suggested.

Griffin:

Maybe I'll pour some Karo syrup. I'll meet you halfway.

Rachel:

Okay.

Griffin:

Uh, Sophia says, "I love opening up a new tube of paint or lotion and using the pointy bit on the end of the cap to poke open the metal seal."

Rachel:

Oh!

Griffin:

Oh, that's good.

Rachel:

God, that's good. I love those.

Griffin:

'Cause you look at it and you're like, "Oh God, how am I gonna—" And then you see that little fun little spear and you're like, "I'm gonna stab." It's a stabbing. It's a stabbing. Fully human beings love a stabbing, I feel like.

Rachel:

[laughs]

Griffin:

Uh, and then one last one, this one's from Kiersten, uh, who says, "I love rearranging the furniture in my house once every few months. It makes the normally arduous chore of cleaning under big places of décor more exciting and I like to experiment with different setups and vibes a room can have."

Rachel:

My friend Ariel does this all the time.

Griffin:

Yeah.

Rachel:

Like, she is always rearranging. She's got in her living space and dining space are kind of her only areas to really play around.

Griffin:

Yeah.

Rachel:

And she goes for it, man.

Griffin:

I feel like every time I've been there, it's been a different layout.

Rachel:

Mm-hmm. And I, once, like, I was so inspired. I brought her to our house.

Griffin:

Yes.

Rachel:

Our old house that was a little bit smaller than the one we have now. And I was like, "Hey, hey, can we do it here?" And she was like, "Mm, no." [laughs]

Griffin:

I know, she's so good at it. Uh, that's gonna do it for us, thank you, hey, to bo en and Augustus for the use of our theme song, Money Won't Pay. You can find a link to that in the episode description and, uh, big thanks to MaximumFun.org for having us on their network. Uh, what do you wanna plug this week?

Rachel:

You know, I just wanna mention that the Max Fun Drive is coming up.

Griffin:

It is coming up very soon. It's an exciting opportunity. If you're new to the show, uh, we are part of Maximum Fun, which is a pledge supported network. That means if you enjoy the stuff we do, you can donate some money to keep us going and get some cool pledge gifts. when we do the Max Fun drive.

Rachel:

And during the Max Fun Drive, we all kind of make a special effort to make really good shows. And so it's a good time to check out new stuff. Uh, and that happens in March,

Griffin:

And we have, uh, we'll be doing bonus episodes. Everybody's doing bonus episodes.

Rachel:

Mm-hmm.

Griffin:

Uh, Rachel and I are still trying to figure out, what we want ours to be.

Rachel:

Well, we have an idea.

Griffin:

We have an idea. Maybe we should float with the idea.

Rachel:

Yeah, let's float it.

Griffin:

We're gonna do just sort of all Will Smith. Just kind of, uh, review. This is your...

Rachel:

Yeah, the music and the filmography.

Griffin:

Music and filmography. And look, I don't wanna dump on his, you know, some of his later, uh, more questionable work, uh, his, uh, you know, uh, After Earth. What was the one he did with M. Night Shyamalan?

Anyway, uh, you know, I wanna celebrate, to celebrate the things that, uh, do matter. And I maybe just wanna celebrate him because I saw him as the blue genie. Um, and not only saw him. I, um, I made him my desktop background. Rachel can see him poking through my windows right now.

Rachel:

Oh, that's fun.

Griffin:

Yeah. He's been the background on my desktop and my laptop for a long time. And I saw him, I thought like people are making fun of Will Smith and, um, you know, whether or not he deserves it. I just wanna just turn back the dial.

Rachel:

We think, we think it would be a fun episode. And Griffin does also know a lot of the lyrics to Wild, Wild West.

Griffin:

I know a lot of the lyrics to— Uh, yeah, yeah, yeah, yeah. To that, to, um, really all of the Big Willie Style, which is, it makes me kind of basic, I feel like, as a Will Smith fan, but, and yeah, there's lots of other shows on the network and you can find other stuff we do mcelroy.family and, uh... Any other things? Any other stuff? Got tickets for sale for MBMBaM and TAZ in, uh, San Jose St. Louis. It's not St. Louis, San Jose and Salt Lake City. Thank you. And anything else?

Rachel:

Nope.

Griffin:

[imitating Jed Bartlet] What's next, bringing... What's next? Do you know him?

Rachel:

No.

Griffin:

Do you know that character?

Rachel:

No.

Griffin:

All right. What's next?

Rachel:

No.

Griffin:

It's Jed Bartlet from the West Wing.

Rachel:

That's Jed Bartlet?

Griffin:

[imitating Jed Bartlet] What? All right. What's next? All right, bring me the next thing. What's next? Hurry up, Josh.

Rachel:

[Sighs]

Griffin:

When was the last time you watched it?

Rachel:

It's been a few years, maybe that is exactly what he sounds like.

Griffin [as Jed Bartlet]:

No, come on CJ. What's next?

Rachel:

You're getting closer.

Griffin:

Because I'm saying character names.

Rachel:

[laughs]

Griffin [as Jed Bartlet]:

Leo, I'm sick of it. What's next? Give me that. Gimme a freaking president hammer. Putin send his robots over. I'm going to get 'em, what's next?

[hums]

[theme music plays]

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Speaker 1:

There's nothing quite like sailing in the calm international waters on my ship, the SS biopic.

Speaker 2:

Avast it's actually pronounced bio-pic.

Speaker 1:

No, you dingus, it's biopic!

Speaker 2:

Who the hell says that? It's bio-pic, because—

Speaker 1:

It's the words for biography and picture!

Speaker 2:

And if you...

Dave Holmes:

[honking a horn] All right. That is enough. Ahoy, I'm Dave Holmes, I'm the host of the newly rebooted podcast, formerly known as International Waters designed to resolve petty, but persistent arguments like this. How? By pitting two teams of opinionated comedians against each other with trivia and improv games, of course, winner takes home the right to be right.

Speaker 1:

What podcast be this?

Dave Holmes:

It's called Troubled Waters, where we disagree to disagree!