

Shmanners 347: Victorian Medicine

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[theme music plays]

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

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

Travis: And you're listening to Shmanners!

Teresa: It's extraordinary etiquette...

Travis: For ordinary occasions! Hello, my dove.

Teresa: Hello, dear.

Travis: I don't know why I just... felt a little bit like a Casey Kasem DJ for a second.

Teresa: Oh!

Travis: "And you're listening to Shmanners."

Teresa: Oh boy.

Travis: It's extraordinary etiquette for ordinary occasions. Hi, you're joining Travi—you're joining Travis and Teresa.

Teresa: [laughs] Oh, those younger people. They might not even know who Casey Kasem is.

Travis: "Welcome to WTRV, Travis Radio. Joining me in the studio is an—"

Teresa: Casey Kasem was—

Travis: I wasn't done!

Teresa: Sorry.

Travis: "With a manners expert who's also my wife and I love her." Okay, now you can say it.

Teresa: Casey Kasem was like the original Ryan Seacrest. Right?

Travis: Um, I would say that Ryan Seacrest is the new fake Casey Kasem, but yet. In fact didn't he take—no! Uh, who was the guy who did the New Year's Eve show, and he also used to host—

Teresa: Dick Clark?

Travis: Dick Clark. I think Ryan Seacrest is the new Dick Clark.

Teresa: Well, but Ryan Seacrest has taken over a ton of radio stuff, too.

Travis: Ahh, I see. He is a stealer is what you're saying. He's stealing everyone's jobs.

Teresa: I mean, Casey Kasem retired, I think.

Travis: Oh, okay. Um, hey. None of this episode is about any of that.

Teresa: None of that, no. [laughs]

Travis: Okay, great. What are we talking about?

Teresa: Well, so at the risk of stepping just a touch on Sawbones toes...

Travis: On their sawtoes? Toebones?

Teresa: Toebones. [laughs quietly] We're gonna talk about Victorian, quote, "medicine."

Travis: Now, I think because you put it in quotes it's not really medicine?

Teresa: No, it's not medicine. I mean, it is—they used it like medicine, but it's not. And, like, so the thing about especially the Victorians, right? Um, is that the social aspect was pervasive, right? Throughout all of their—the whole thing. Um, and so not only are we gonna talk about, like, medicinal things, but also social behaviors.

Travis: Like opium dens?

Teresa: A little bit.

Travis: Okay. I also want to point out, I had this realization recently where if I travel back in time and I tried to be, like, the "You can trust me, I'm a genius from the future! Let me tell you all about health and stuff," I don't know that I could pinpoint—like, I'd roll back and be like, "Ahh, you need to wash your hands because of the evil spirits." And they'd be like, "Yeah, man. Germs. We know."

And I'd be like "Oh, uh... do you know about penicillin?"

"Yeah, we know about penicillin."

"Ah, man. What don't you know about?"

Teresa: I mean, the penicillin was after the Victorian era.

Travis: I don't know when anything happened ever.

Teresa: okay. Okay. Alright.

Travis: I don't know what day of the week it is.

Teresa: Uh, 1890.

Travis: That doesn't sound like a day of the week.

Teresa: Let's start then.

Travis: Oh, okay.

Teresa: [laughs] Okay. So if you were a well-off Victorian, let's say firmly middle class Victorian...

Travis: Like, oh, what was the lady that I—Lady Richington? Was that it, that I created for the—

Teresa: Yeah, but that was more upper.

Travis: Oh, okay.

Teresa: That's too much.

Travis: How about this is...

Teresa: This is the *nouveau riche*.

Travis: Lady Wellington. She's doing okay.

Teresa: Alright. There are several things that—

Travis: I'm gonna say Mr. Wellington, just to shake it up a bit.

Teresa: Just to shake it up.

Travis: I'll play a man this time.

Teresa: That you may be afflicted with.

Travis: "[posh voice] Oh no! What is it? [unintelligible]—is it the gout?!"

Teresa: No, actually. This would've made more sense if you were a woman, because... anemia.

Travis: "I'll pass it over to my wife, Lady Wellington. I guess she would've been Mrs. She wouldn't be a Lady."

Teresa: Right. Just—

Travis: "Mrs., take over—" "[high pitched] Ohh, my! I have the anemia!"

Teresa: Okay.

Travis: "I'm so tired!"

Teresa: Yeah, that is one of the things.

Travis: "I know."

Teresa: So, anemia is a very common blood disorder where the blood has a reduced ability to carry oxygen due to either a lower than normal amount of red blood cells or also in the case of sickle cell anemia the cells are differently shaped, and then not able to carry as much oxygen. It can—

Travis: "Yeess, I know all about this, my dear!"

Teresa: —manifest in tiredness, weakness, shortness of breath, headaches, or reduced ability for exercise.

Travis: "And of course there's spirits in my blood attacking me from the inside!"

Teresa: That's not exactly what they thought. But, I mean... maybe somebody thought that.

Travis: Yeah. Mrs. Wellington did.

Teresa: Mrs. Wellington did. But today, anemia is treated quite easily with B12 supplements and iron pills, and also with diet changes and things like that. And pretty easily diagnosed, as well. But one of the things that the Victorians loved to use was arsenic.

Travis: Oh boy!

Teresa: Does it really seem like the thing that people used to unalive themselves or others could help with that?

Travis: Now, here's what I'll say. Speaking of Toebones, the show with Justin and Sydnee, Toebones, a modern tour of misguided medicine, I would say in *Sawbones* they talk a lot about how the dose makes the poison, right? Because there's lots of medicine we take that if you take too much of it it'll kill you.

Teresa: Of course. That is true.

Travis: So I think that it's very easy for us to be like, "Oh, arsenic?" Right? But one of the poisons that's always talked about in Agatha Christie and stuff is nicotine. And, like, pure nicotine is incredibly actively poi—not just like, yeah, cigarettes are bad for you. Like, will kill a person in a murder mystery.

Teresa: Okay.

Travis: So it's just that thing. I just want to say, arsenic? Do it, man. Go ahead.

Teresa: [laughs]

Travis: Eat all the arsenic you want.

Teresa: Well, it was highly available in the form of vapors, pills, injection—I mean, over the counter, basically.

Travis: And I have to assume people weren't just, like, taking it and immediately dying, right?

Teresa: No, no, no. It is a—you do require a certain level of it, and in some of these things the levels were very low. But if you were using it every day, I mean, it could happen pretty soonish.

Travis: That was another thing in I think it was the first Poirot novel, where it was about this medicine, and it's like, yeah, as long as you, like, shook up the bottle or whatever, it was fine. But the dregs could settle at the bottom and kill you.

Teresa: Mm-hmm. One of the very popular patent medicines was known as Fowler's Solution, and use of it was so prevalent that Victorians referred to their light arsenic poisoning and suffering from Fowler's diseases.

Travis: Huh.

Teresa: And the anemia wasn't gone. [through laughter] So it didn't work.

Travis: Yeah. So you're anemic and poisoned.

Teresa: Yeah.

Travis: A one-two punch.

Teresa: A one-two punch. The next one...

Travis: "Hey, are you gonna be out for work again today?"

"Yes! My anemia still hurts, and I've been poisoned!"

"[gasps] Who poisoned you?!"

"Myself. Slowly, over time."

Teresa: Hmm. What about insomnia? Does she suffer from insomnia?

Travis: "Ohh, yes! Ohh, the waking spirits. Oh, how they haunt her."

Teresa: [laughs] She is—

Travis: "Myself."

Teresa: She is chockablock full of spirits.

Travis: "She's full of spirits! Not good spirits! She's not in high spirits! These are bad spirits."

Teresa: So obviously, I mean, in case you didn't know, insomnia is a very common disorder that makes it difficult to fall asleep, or stay asleep, or even get very deep/restful sleep. And modern day doctors understand this disease pretty well. Um, I mean, this symptom pretty well. It's usually a symptom of other ailments, right?

Travis: For me it's anxiety and ADHD.

Teresa: Certainly, certainly. And there are certain habits that you can pick up.

Travis: Oh, were the Victorians looking at their cell phones too much right before bed?

Teresa: Oh, that must be it. That must be it.

Travis: Yeah. Their steam powered cell phones.

Teresa: Or maybe they were drinking too much coffee.

Travis: Oh, was that it? Or they were having parties till, like, three in the morning, which is a—they would—right? We just talked about this not too long ago, where they would start their parties at, like, 11 PM and then be like, "I didn't get enough sleep last night."

Teresa: No, that was—the parties was the Regency.

Travis: Ahh.

Teresa: Anyway—I mean, I'm sure they had long parties. But, um, the interesting thing about coffee and insomnia is, um, they didn't actually know what the coffee was doing to them.

Travis: They just felt great.

Teresa: And they thought that it might actually help their insomnia.

Travis: Now... I'm not a medical expert. That might surprise some of our listeners to know. But I do know that, like, caffeine and any kind of stimulant like that can people help people who have ADHD... not necessarily fall asleep, but to feel a little more even keeled.

Teresa: Sure, sure.

Travis: So I could see where if you—especially—oh my god, can I imagine? Like you didn't sleep the night before and you woke up and you were like, "I am so tired, and I feel bad. Oh, I drank a cup of coffee. It made my body feel better." Right? Coffee is good for you, they would say.

Teresa: Sure, sure. But socially, socially talking, the Victorians believed that there were different types of work, in a way. So if you were a brain worker, meaning something that was an intellectual, like a doctor, a lawyer, an academic, a banker, you know, things like that.

Travis: Yes. A trapeze artist.

Teresa: No. That was not a brain worker.

Travis: Okay.

Teresa: Were the only people who could reasonably be affected by insomnia, which was an affliction of the brain.

Travis: Now, okay. While that's obviously not the case, I could see a strange justification for that. Once again, this is not the way that we're thinking, but if you spend all do doing physical labor, for me at least, right?

No matter how anxious I am, no matter how spun up my brain is, I can usually fall asleep, 'cause my body is just so tired.

Teresa: Yes, I'll give you that. Definitely. But that's not—they seem to think that anyone who didn't have one of these—you know, these jobs, which is extremely classist, right?

Travis: yes, obviously.

Teresa: Could not possibly suffer from insomnia.

Travis: [sarcastic] Yes, because what would poor folk have to worry about?
[laughs]

Teresa: [laughs] [sarcastic] They don't use their brains at all!

Travis: Oh my goodness.

Teresa: Um, and if you as a brain worker could not sleep, coffee was supposed to be the solution.

Travis: Okay. Well, obviously not. Obviously. This makes so much—

Teresa: I mean, we know now, obviously not. But they didn't know.

Travis: It... it illuminates for me this thing I've always been like, "Why would you—" and it's like, in so many of the Regency—not Regency. Victorian novels and stuff that I enjoy. It's always like, "Ahh, we finished dinner. Let us retire for coffee and cigars, or brandy and cigars." But coffee and cigars I'm like, "It's like 11 PM, what are you talking about?"

Teresa: Yeah.

Travis: And now I understand why. And this is also something I think is very outdated, because I still see this in restaurants now where they'll come and it's 10 PM and they're like, the dessert menu, and it'll include espresso and coffee drinks and stuff. I'm like, "It's 10 PM, man."

Teresa: Ooh, or an affogato.

Travis: A what?

Teresa: Is that it? Aff—affogato?

Travis: Avocado?

Teresa: No, not avocado. It's a coffee drink with ice cream in it.

Travis: Oh, well that has ice cream in it. It's a dessert.

Teresa: I mean, it's a dessert, but it's still coffee.

Travis: I guess you're right.

Teresa: So this wasn't the only thing that was "common knowledge," quote, to make you sleep. You could also have a nightcap.

Travis: Okay.

Teresa: Right? But if you're trying to lay off the sauce, you could also shoot some cold water up your hoo ha.

Travis: Now hold on. Now hold on. How could one person do that once and then continue to think, "That makes me sleepy."

Teresa: [laughs] I know, right? A lot of these I feel that way. But these so called cold douches were said to be effective remedies for insomnia.

Travis: But they clearly weren't! This is a thing they talk about on Sawbones all the time that I'm always like, "Yeah, I agree, Justin." Which is like, somebody does that once, and [wheezes] then after that it's like, "I better go to sleep or else I know I'm just gonna end up cold douching myself again, and I don't want to go through that again, sleep, sleep, sleep, sleep."

Teresa: So this was called hydrotherapy.

Travis: There's a lot of that, isn't there?

Teresa: Yeah. And in the late 19th, early 20th century, it was recommended for sleep improvement and to improve circulation, fight infection, treat headaches. In fact, Dr. Henry M. Lyman wrote in 1885 in his book *Insomnia and Other Disorders of Sleep* that, quote, "By this means, the brain is enabled to resume a healthier mode of action, and sleep follows as a matter of course."

Travis: There is a lot in Victorian and early 1900's—which I might have just said the same thing twice—but water. Where they were just like, "Water, man." And it's like, yeah, hey, guys? Water is very good for you. Don't get me wrong, guys. But this idea of like, I don't know, man, soak in it and then maybe you won't have cancer anymore? Like, they did not know anything.

Teresa: here's another one that doctors would frequently prescribe. Cannabis indica.

Travis: Wait a minute. That is weed, yes?

Teresa: It is! It's the wacky tobaccy. And there weren't laws against it.

Travis: As well there shouldn't be.

Teresa: As we'll there shouldn't be. So that was, I mean—

Travis: Maybe just keep it away from children, but that's just because I don't want children to have anything fun.

Teresa: [laughs] I mean, that works for people.

Travis: Yeah! Makes you sleepy?

Teresa: Yeah.

Travis: Yeah!

Teresa: Totally. Speaking of that good kush...

Travis: Hey, babe? That made you sound so much like a cop.

Teresa: [laughs]

Travis: The way you said that. "Hey! Do you guys enjoy cannabis? You know, that sticky icky? That good kush, huh? Wait, were are you going, fellow teens?"

Teresa: How come you picked up on good kush but not wacky tobacco?

Travis: I was gonna let it go and you kept going.

Teresa: Ohh, oh. I just like all these fun names.

Travis: I know you do, mom. I know you do.

Teresa: [laughs] Here is another reason why your doctor might prescribe that as a Victorian. Uh, perhaps if you have asthma.

Travis: Now, hold on. Wait. Smoke it, assume. I assume they weren't doing bong—well, bong rips is still smoking. They weren't doing edibles? Tincture, maybe?

Teresa: Probably not. Perhaps tincture. But it was recommended that smoking is sometimes beneficial, and cannabis indica can be used in chronic cases.

Travis: Heh, chronic cases.

Teresa: [sighs] Yeah.

Travis: In chronic cases.

Teresa: Chronic cases, I got it. I got it. But if you couldn't get tobacco or weed, it was recommended that you burn stramonium, which is a hallucinogenic nightshade. Or lobelia, which is a flowering plant also known to work as a sedative.

Travis: Okay.

Teresa: I mean, basically they were like, "Just inhale some smoke. Doesn't matter what kind."

Travis: For your... asthma.

Teresa: That will help your asthma.

Travis: Hmm, interesting. Once again, seems like a proof is in the pudding kind of deal, doesn't it?

Teresa: Yes.

Travis: Yeah.

Teresa: Yes. Um, another very popular even social drug was chloroform.

[pause]

Travis: Wait, sorry. A social—hold on. Let me run that back. The social drug known as chloroform. Now, I'm imagining we're not talking about chloroform parties where everybody's playing maybe the most high stakes version of hide and seek ever where if I find you, I'm putting you out, right? I'm gonna lay s—you know, handkerchief over your face, lay you down. On to the next one. Right? That's not what we're talking about.

Teresa: No. This is another case of the dose makes the poison, right? Just a touch of it could relax you enough to be fun at parties. Or to cure your hiccups.

Travis: Now, hold on. [laughs]

Teresa: [laughs]

Travis: Now, I do like the idea of getting an invitation that says BYOC. I enjoy that mentally. Aww, man. What a stingy party host that won't provide their own chloroform. But they used it for hiccups?

Teresa: Yeah.

Travis: Okay. That one might work. I don't know. Maybe you're too sleepy to hiccup.

Teresa: Maybe. Um, but here's the problem with chloroform.

Travis: Yeah. Where do you even get it?

Teresa: [laughs] It was pretty prevalent. It was popular anesthetic but fell out of favor because it can damage your nervous system, and your liver, and your kidneys, and your eyes.

Travis: So your body.

Teresa: So your body. [laughs]

Travis: It can damage yourself.

Teresa: Yes. Yes.

Travis: Okay. Um, I want to talk more about this. But first, how about a word from some other Max Fun shows?

Teresa: Okay.

[theme music plays]

[music plays]

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Speaker 1: From the creator of Depresh Mode with John Moe, it's Sleeping with Celebrities. Every week on Maximumfun.org. Nighty night, sleepyheads.

[music and ad end]

[music plays]

Jesse: Hi. I'm Jesse Thorn, the founder of Maximum Fun, and I have a special announcement. I'm no longer embarrassed by *My Brother, My Brother, and Me*. You know, for years each new episode of this supposed advice show was a fresh insult. A depraved jumble of erection jokes, ghost humor, and—frankly, this is for the best—very little actionable advice.

But now as they enter their twilight years, I'm as surprised as anyone to admit that... it's gotten kinda good. Justin, Travis, and Griffin's witticisms are more refined, like a humor column in a fancy magazine. And they hardly ever say bazinga anymore.

So, after you've completely finished to listening to every single one of all of our other shows, why not join the McElroy brothers every week for *My Brother, My Brother, and Me*?

[music and ad end]

Travis: Okay. So what other fun party stuff did they do that damaged their bodies?

Teresa: Um, well...

Travis: Did they do, like, uranium sniffers?

Teresa: We would be remiss if we didn't talk about historical nose candy.

Travis: Yeah.

Teresa: Cocaine.

Travis: Yeah.

Teresa: Yes.

Travis: Now, this is different from snuff, right? Snuff was like a tobacco thing that they snuffed up their noses, right? Not the same as cocaine.

Teresa: Not the same.

Travis: I think people often see in historical things where they get a little box out, tap a little bit out on their, like, thumb muscle, you know? That [unintelligible] right there, and then [sniffs] up, and they're like, "Oh, it's cocaine." Different.

Teresa: Different.

Travis: Different.

Teresa: Not saying that you could not administer cocaine that way.

Travis: Oh, sure! Sure! I'm just saying it's not the same.

Teresa: Um, it was used... in a medical way, to treat alcoholism.

Travis: Interesting. Huh! "Oh, what's that? You've got a stab wound? I'm gonna shoot you." [laughs]

Teresa: But very quickly began to be prescribed for depression, anxiety, fatigue, migraines. I mean, literally anything.

Travis: Having a bad day? Try some cocaine, my friend. Here, don't worry. I put it in an easy to drink soda.

Teresa: Sodas, tonics, powders, wines, all kinds of soft drinks also had cocaine. Well, not the refined kind of cocaine that you see in movies and TV, but—

Travis: The genteel cocaine you see in movies.

Teresa: Coca leaves.

Travis: Yeah.

Teresa: Right.

Travis: Like Coca-Cola.

Teresa: Indeed.

Travis: Wait, is that why it's called that? Oh man, my brain! No, I knew that. I knew that already, folks. I'm not a silly goose.

Teresa: We pretty much all know that at this point. I mean, but, like, you would definitely feel energized, right?

Travis: Yep! Listen, I've never done cocaine, but from what I understand, yeah, man! Seems like it!

Teresa: It was a, I would say, kind of a mind clearing—it was often used by Sigmund Freud, right?

Travis: Yes.

Teresa: Um, and also by several literary characters. Sherlock Holmes comes to mind.

Travis: Oh, did he? Was it cocaine? I thought it was heroin. I don't know why I always thought it was heroin. But cocaine, okay.

Teresa: Cocaine, yeah.

Travis: Well, if Sherlock Holmes does it, it must be cool!

Teresa: [laughs] It must be good for you! But, I mean, it's not.

Travis: Look how smart he was, solving cases with his best bud.

Teresa: Um, unfortunately it was readily available, and the dangers were not recognized until for most people it was too late. You could become addicted. Sigmund Freud certainly did. And the drug—

Travis: Funny that he didn't think about that, right?

Teresa: Funny.

Travis: But not funny ha-ha.

Teresa: [laughs] It was made illegal in the United States in 1914, and it was hard to get it out of circulation in fact, because it had been prescribed as readily as, like, Tylenol.

Travis: Okay.

Teresa: Right. I do want to talk about one more thing. So, a social habit, let's say, and medical problem. Constipation.

Travis: Wait. Okay, so there were constipation parties?

Teresa: No.

Travis: Okay.

Teresa: In the way of it was pervasive throughout the Victorians.

Travis: Ohhh. Okay. I thought it was like, "Hey, man, I'm feeling constipated."

"Yeah, me too. And Jerry was telling me earlier he's constipated."

Teresa: No, no. No.

Travis: "Hey, let's get together tonight and all be constipated together!"

Teresa: I mean a common problem.

Travis: "We don't have anything else to do-do."

Teresa: [laughs] A common problem, also a common topic of conversation. A common—I mean, basically everything, especially with, like, home remedies, had a lot to do with digestion.

Travis: I can imagine.

Teresa: So if you were having trouble pooping in 1899...

Travis: Just wait till 1900!

Teresa: Uh—your doctor would tell you to eat more figs or apples or drink more coffee, but he also might prescribe heroin.

Travis: Now, that seems a leap, doesn't it?

Teresa: It does.

Travis: To "Hey, have you tried fiber? Oh, that didn't work? What about heroin?"

Teresa: What about turpentine?

Travis: Now, hold on. Administered in what way? Drank?!

Teresa: Yeah! You could also try strychnine.

Travis: Now, hold on.

Teresa: [laughs]

Travis: Now we're just being silly. Now it's just being silly.

Teresa: That was injected.

Travis: Oh, okay. Well, okay. Then never mind, okay.

Teresa: [simultaneously] Oh, ahh, ahh, of course. Of course.

Travis: Great, great, great.

Teresa: Of course. So all of these different things were believed to improve gastric functions. Everything from constipation, to flatulence, to ulcers. It was—I mean, anything in the digestive area was free game.

Travis: But it's so wild that it's, like, so close—at the beginning it's like, "Hey, try figs and apples and stuff with fiber. Man, coffee if you have to. And then I guess—" it's like, "Oh, you've almost got it! You're almost there!"

And they're like, "And heroin and turpentine and strychnine.!"

It's like, "Whoa, where are you going? No, come back! You were so close!"

Teresa: [laughs] I know.

Travis: It's like if a golfer was about to putt into the hole and then just turned around and took a driver and drove it into the next golf course. Like, what are you doing, man?

"I'm gonna play basketball now!"

"But you're a golfer!"

It's that. That's how I feel about it.

Teresa: Right. So it was a very common problem, because food was often adulterated. And, I mean, things like plaster of Paris often ended up in bread.

Travis: Gross.

Teresa: Right? Yeah. So that could really stop you up.

Travis: Yeah, man!

Teresa: So then there were lots of things you could go to your doctor for, or even in your home cupboard that could help you out. One last thing about strychnine.

Travis: Way better than strycheight. [pause] No? Nothing?

Teresa: No.

Travis: Ugh.

Teresa: That was a bad one. That was a real... [crosstalk]

Travis: Listen, I'm trying. But I'm thrown off by the whole turpentine for your constipation thing.

Teresa: Uh, I mean, it would certainly get you to do something. I'm pretty sure. But strychnine can cause convulsions. And here's the reason why this was suggested. Because the convulsions might shake the poop loose.

Travis: Okay, man. Go on a roller coaster.

Teresa: [laughs] Why yes, I'll just take the day off and go to the amusement park [crosstalk].

Travis: I mean, Mrs. Wellington could! She's doing okay.

Teresa: I suppose she could, I suppose she could. Um, yeah. So these were common issues that Victorians dealt with.

Travis: You say "Issues." Some of it's issues, right?

Teresa: No, yeah.

Travis: Constipation? Issue.

Teresa: Insomnia? Issue.

Travis: Issue. Doing some heroin, getting addicted to stuff? That is I would say a little bit different than constipation.

Teresa: Well, they didn't know any better.

Travis: Okay.

Teresa: Right? Every new thing on the scientific horizon was the best thing ever, right?

Travis: Sure, sure.

Teresa: So these—the industrial advancement was both their boon and their detriment, right?

Travis: Sure, sure.

Teresa: So things were coming up all the time. Everybody wanted the latest and the greatest.

Travis: It's like the newest iPhone.

Teresa: It is a little bit like the newest iPhone.

Travis: But cocaine.

Teresa: I mean...

Travis: "Hey, have you tried cocaine 8? Yeah, man. The screen got even bigger." Oh boy. Alright, you know what? Hey, thanks, everybody. Thank you for listening. We couldn't make the show without you. There, I said it. Thank you to our editor, Rachel. We couldn't make the show without you either, Rachel, but a big thank you to Alex, our researcher, our friend. Couldn't make the show without you. Teresa? I couldn't make the show without you.

Teresa: And Travis. Not without you!

Travis: And myself. I couldn't make it without me.

Teresa: Mm-hmm.

Travis: So thank you, everybody. Also want to let you know, our graphic novel is out, which is very exciting. Please check that out if you haven't already. It's not our graphic novel. It's not based on *Shmammers*.

Teresa: Oh no. I didn't write any of it.

Travis: It's based on *The Adventure Zone: Eleventh Hour*. It's available now. You can get it at theadventurezonecomic.com. We've got new merch out now. We've got the podcast merch is back with a podcast hat, "Don't talk to me until I've had my podcast," "100% podcast," and "Podcaster" frog shirt. It's all dumb and it's all great. 10% of all merch proceeds this month go to Equality Florida, which is dedicated to securing full equality for Florida's LGBTQ community. You can get all of that at mcelroymerch.com.

Also, MBMBaM live and virtual show, our first 20 Sun and Sea show, and it's available wherever you can get internet. It's gonna be March 17th, 9 PM Eastern Time. Tickets are only \$10. We've got *Sawbones* opening for us, so it's two shows in one. Video on demand is gonna be available for purchase

for two weeks after the event, so don't miss it. [Bit.ly/mbmbamvirtual](http://bit.ly/mbmbamvirtual). What else, Teresa?

Teresa: We always thank Brent "brentalfloss" Black for writing our theme music, which is available as a ringtone where those are found. Also, thank you to Bruja Betty Pinup Photography for the cover picture of our fan-run Facebook group, Shmanners Fanners. If you love to give and get excellent advice, go ahead and join that group today. Also, thank you to Alex for reading all of your topic suggestions, and you can continue to send those to shmannerscast@gmail.com.

Travis: And that's gonna do it for us, so join us again next week.

Teresa: No RSVP required.

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

Teresa: Manners, *Shmanners*. [sighs heavily] Get it.

[theme music plays]

[chord]

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