

Sawbones Episode 91: The Teen Girl

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Intro (Clint McElroy):

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 song Medicines by The Taxpayers plays]

Sydnee:

Hello, everybody and welcome to *Sawbones*, a marital tour of misguided medicine. I'm your co-host Sydnee McElroy.

Raleigh:

And I am Justin McElroy.

Sydnee:

Hold on a second. You are not Justin McElroy.

Raleigh:

Well Sydnee, see here's what happened.

Sydnee:

Okay.

Raleigh:

Raleigh and I suffered a uh... a tragic *Freaky Friday* type accident

Sydnee:

[laughs] No-

Raleigh:

And now I am stuck in a 14 year old girl's body.

Sydnee:

Okay, now for-[laughs] For our listeners at home... you may want to identify who... who Raleigh is.

Raleigh:

Raleigh is... your younger sister.

Sydnee:

[laughs]

Raleigh:

So, my 14 year old sister-in-law.

Sydnee:

Exactly. Okay, so that is why the-the person that I am seeing next to me right now is definitely my sister Raleigh. But what you're saying is you're not Riley?

Raleigh:

I am definitely Justin.

Sydnee:

Okay. W-when did this happen?

Raleigh:

You know, Sydnee, I kind of just woke up this morning and... I realized I was not Justin. But I am Justin.

Sydnee:

This is gonna be really confusing for Raleigh.

Raleigh:

Because she is covering E3 right now in New York.

Sydnee:

Yes. So... how do you think she's doing?

Raleigh:

You know, I can imagine not well. I mean, she looks like she's old enough to drink, but she's only 14.

Sydnee:

[laughs]

Raleigh:

People are probably serving her a lot of alcohol.

Sydnee:

[laughs]

Raleigh:

She has to do a lot of things by herself, she is probably not having a great time right now.

Sydnee:

[laughs]

And she's also probably having to room with Griffin, so that's awkward.

[laughs]

Raleigh:

Which is also probably really weird because who knows if Griffin knows if it's Raleigh or not.

Sydnee:

No, I wonder if she's told anybody yet.

Raleigh:

Maybe she's just keeping it to herself.

Sydnee:

Yeah. Well, I mean of course she is because if she can keep ordering drinks as long. [laughs] I hope that that's what all 14 year olds think being an adult is like. [laughs] Like, you become an adult and instantly everybody is like, "Alcohol, alcohol, here drink."

Raleigh:

I mean, it is.

Sydnee:

Yes, that's exactly what it's like.

Raleigh:

Right.

Sydnee:

Don't tell your... like, schoolmates. Your schoolmates? Your buddies?

Raleigh:

See, I don't have to go to school though.

Sydnee:

[laughs]

Raleigh:

So...

Sydnee:

Don't tell your friends. That's what it's secretly like.

Raleigh:

All right.

Sydnee:

So-

Raleigh:

I'll keep it on the DL.

Sydnee:

Okay, Justin.

Raleigh:

Yes.

Sydnee:

Not Raleigh.

Raleigh:

Right, I am Justin.

Sydnee:

So you are trapped in the body of a 14 year old girl?

Raleigh:

I have a lot of questions.

Sydnee:

Okay. Well I'm-I-I may be able to help you with those questions. And you know what, this... might be a good format for that.

Raleigh:

Right.

Sydnee:

Right.

Raleigh:

What do I do as a 14 year old girl, I am very confused. There are lots of things going on.

Sydnee:

[laughs]

Raleigh:

Lots of things I'm confused about.

Sydnee:

Okay. Well...well, just shoot. Ask me some questions. Let me see if I can help.

Raleigh:

Well, this morning I woke up, and am told that you're supposed to shave under your arms. Is that correct?

Sydnee:

That-that is a thing-

Raleigh:

When you're a girl?

Sydnee:

Yes, girls do that.

Raleigh:

So, I did that and then I used Justin deodorant, Justin odorant, and it hurt real bad.

Sydnee:

Okay.

Raleigh:

I got some red armpits now, and they hurt when I put my arms down, now I just have to sit here with my arms up.

Sydnee:

[laughs]

Raleigh:

And I don't know what to do.

Sydnee:

Well... okay, that's a tricky one. Um... I'm impressed that you knew to shave under your arms.

Raleigh:

Thank you.

Sydnee:

That's-that's a g- So you've been observant.

Raleigh:

Mm-hmm [affirmative]

Sydnee:

You've noticed that I've-I do that.

Raleigh:

Right.

Sydnee:

So that's good. Okay. Um... now... did you... like use any kind of shaving cream or gels? Or did you just...

Raleigh:

I just kind of took a razor and then... shaved.

Sydnee:

Oh... did... was it even wet, like, did you use it, like, in the shower?

Raleigh:

Is that what you're supposed to do?

Sydnee:

Oh no. Okay, this is a bad situation. [laughs] Um... well, first of all, I'm imagining... well this is Raleigh's body. So, okay-

Raleigh:

Right.

Sydnee:

...so she shaves on a regular basis. So you didn't have a lot of... like deforestation to do.

Raleigh:

No.

Sydnee:

[laughs]

Raleigh:

No, it was... it was pretty clean under there.

Sydnee:

Okay. All right. Well, she's gonna be pretty mad at you about this. [laughs]

Raleigh:

I can imagine. I did a mess up and I apologize. [laughs] What do I do?

Sydnee:

All right, well, first of all, do you know why we shave under our arms?

Raleigh:

So... we're not stinky.

Sydnee:

[laughs] Okay, hair d- Why do you think hair makes you stinky?

Rileigh:

'Cause you sweat and it just kind of keeps all that stank under there.

Sydnee:

And boys are supposed to be? [laughs]

Rileigh:

Right.

Sydnee:

Um... you know, for a long time women didn't shave under their arms either.

Rileigh:

Really?

Sydnee:

It depended on the culture there were some cultures that liked that clean shaven look, so like the Egyptians. Everybody was kind of smooth all over, men and woman though. So you'd remove your underarm hair, your leg hair and pretty much... any hair. Um... this was also kind of popular in Roman times, but that's when, like everybody would bathe together, you know. There were like the Roman baths.

Rileigh:

But, I mean, I don't have to do that as a girl, right?

Sydnee:

No, we don't all bathe together. [laughs] Contrary to, like... boys' sleepover fantasies. We do not all, bathe together.

Rileigh:

Okay.

Sydnee:

Um... So for a long time... people either didn't shave or culturally everybody shaved, but it wasn't really a woman specific thing. There was a very practical purpose for shaving for a long time too.

Rileigh:

What was that?

Sydnee:

Bugs.

Raleigh:

Gross.

Sydnee:

[laughs] You can't- And so bugs like to live in hairy places, warm... damp hairy places... like maybe your armpits.

Raleigh:

Okay.

Sydnee:

And so... if you shaved all that hair off, you were less likely to carry around, like, body lice and that kind of thing.

Raleigh:

Which would be preferable.

Sydnee:

Yes. No, I think that we can all agree men, women, whatever, we don't like to carry lice.

Raleigh:

Right.

Sydnee:

Uh... But then it all kind of faded out of fashion especially as hygiene became better, it wasn't necessary to shave to keep yourself... bug-free. And so there were-there was a long time in human history where women did not shave their underarms, 'cause... why would they.

Raleigh:

Right. I mean, it's just... you know, something we don't want to do.

Sydnee:

Right.

Raleigh:

Don't make us.

Sydnee:

[laughs] Um... it actually changed it-not too long ago, 1915. We can pinpoint the year it changed.

Raleigh:

So 100 years ago.

Sydnee:

That... Well, okay. [laughs] In the scope of *Sawbones*, that's not that long ago. [laughs]

Raleigh:

Right.

Sydnee:

I-I-I can understand that in your new 14 year old mindset that seems like a really long time ago.

Raleigh:

Right, because that's like... 10 times my age.

Sydnee:

[laughs]

Raleigh:

Sydnee.

Sydnee:

For those of us in our 30s, that doesn't seem... like that long ago.

Raleigh:

[laughs]

Sydnee:

Right?

Raleigh:

What are the 1900s again?

Sydnee:

[laughs] You weren't even... god... Raleigh, not you Justin, but Raleigh-

Raleigh:

I'm Justin.

Sydnee:

Yes, wasn't even born in the 1900s.

Raleigh:

Right.

Sydnee:

No.

Raleigh:

2000.

Sydnee:

Oh my Gosh. She is just a baby. So in 1915, up 'til then um... it was a period of dress for women when they would not have ever revealed their armpits. Right?

Raleigh:

Mm-hmm [affirmative]

Sydnee:

Women were dressing very conservatively and your armpits were considered, like... improper to display in public.

Raleigh:

Because of the smell?

Sydnee:

[laughs] Not because any smell, because men could certainly show off their smelly pits as much as they wanted to. Um, it was more that they were very close to other body parts that were maybe more exiting and also you shouldn't show to people.

Raleigh:

I understand.

Sydnee:

But those were, like, buttoned up Victorian times, like even armpits were too arousing. I mean, this was time period where you couldn't show ankles.

Raleigh:

Right.

Sydnee:

Your ankles were way to exiting. I don't know what was wrong with men... at the time-

Raleigh:

[laughs]

Sydnee:

...that they were so distracted by ankles but-but what, that's always dictated the way we dress, right?

Raleigh:

Right, right.

Sydnee:

We can't show off stuff because it excites men too much.

Raleigh:

Right. Like... my new school dress code, that it's hard to follow with my new teen body.

Sydnee:

[laughs] Exactly.

Raleigh:

In my new teen clothes.

Sydnee:

See, this is the thing, now you understand Justin, that... for whatever reason, women are oppressed by... like these awful school dress codes in a way that men just aren't.

Raleigh:

I saw a guy at school the other day wearing a Speedo.

Sydnee:

Really?

Raleigh:

Mm-hmm [affirmative]

Sydnee:

[laughs] Is that true?

Raleigh:

It's very true. [laughs]

Sydnee:

See, that's so unfair, we can't wear spaghetti straps and our shorts have to come... longer than our fingertips, right?

Raleigh:

Mm-hmm [affirmative]

Sydnee:

If we hold our hands to the sides.

Raleigh:

Now they have to come down to your knee.

Sydnee:

Your shorts have to come to your knee?

Raleigh:

Mm-hmm [affirmative] And your skirts and your dresses. And... your...

Sydnee:

You all have to wear, like, Bermuda shorts when you walk around??

Raleigh:

Right, right.

Sydnee:

[laughs] This is terrible! You were bringing Jams back?

Raleigh:

Yes.

Sydnee:

[laughs] Just for-

Raleigh:

What are they?

Sydnee:

[laughs] Anyway.

Raleigh:

[laughs]

Sydnee:

So, this was one of many time periods including the current time period when women are oppressed by our dress codes. Uh... thank you men.

Raleigh:

Thank you, so much.

Sydnee:

[laughs]

Raleigh:

Myself.

Sydnee:

[laughs] Justin. Um... but to show your armpit would have been a big deal until 1915. So, women didn't shave 'em because they weren't showing 'em. But in 1915, *Harper's Bazaar* released a picture of a woman wearing a new dress... an exciting new dress style-

Raleigh:

Mm-hmm [affirmative]

Sydnee:

...that was sleeveless. And she-

Raleigh:

So scandalous.

Sydnee:

Yes, very scandalous, very racy for the time. And she had her arms up above her head... and clean shaven pits.

Raleigh:

Whoa!

Sydnee:

Whoa!

Raleigh:

A revolution!

Sydnee:

And they-and they made the point that this dress is now very popular and this is a style everybody should adopt, but also you should probably consider removing any, what they would have called "objectionable hair".

Raleigh:

Because that looks gross.

Sydnee:

[laughs] Does it though?

Raleigh:

It does.

Sydnee:

I don't know, is this Justin or is this Raleigh?

Raleigh:

Um... Justin... I am Justin.

Sydnee:

Justin is speaking, he thinks it's gross. That-and that's-I think that's why so many women since then probably shaved under their arms, is because they started doing it and then men decided like, well women are supposed to have... you know...

Raleigh:

Right.

Sydnee:

Hairless... armpits. And so now, most women do. Um... except that I think that that trend may be coming... well, I don't know if it's come to an end. There is a new trend of not shaving under your arms.

Raleigh:

But you have to dye it pink.

Sydnee:

Yes. Miley Cyrus-Miley Cyrus dyed it pink. Justin who is now tapped into the 14 year old... pop culture world.

Raleigh:

Right, I know all the hot... celebs.

Sydnee:

[laughs]

Raleigh:

All the hot TV shows.

Sydnee:

You know all about John Green novels.

Raleigh:

Right.

Sydnee:

Yes.

Raleigh:

Do you want me to talk about *Paper Towns*?

Sydnee:

[laughs] No. [laughs]

Raleigh:

Are you sure?

Sydnee:

I am-no, I'm quite sure. Um... nothing against John Green, I'm sure they're wonderful books.

Raleigh:

They are.

Sydnee:

That's another podcast. [laughs]

Raleigh:

But I've never read them, and now I know all about them.

Sydnee:

Absolutely, 'cause all 14 year old girls do. Uh... yeah, so since *Harper's Bazaar*, that dress, all of a sudden women had to shave under their arms. Which is a total pain in the butt as you have now learned, because-

Raleigh:

Right.

Sydnee:

...you probably should have used some sort of shaving gel or... even just water... just water even...

Raleigh:

So no-

Sydnee:

Is helpful.

Raleigh:

...a razor that I dried off before I used it?

Sydnee:

No. Why did you do that? No. Now you've irritated-No, now you've irritated all those hair follicles and then you took probably some kind of chemical deodorant...

Raleigh:

Right.

Sydnee:

Something. And... did you spray it, was it a spray deodorant?

Raleigh:

Yeah, it was Justin oderant.

Sydnee:

No, and now you've sprayed that on there, so now all those poor hair follicles are so irritated-

Raleigh:

And now I smell like boy.

Sydnee:

...and they hurt.

Um... now did you shave your legs too?

Raleigh:

What?

Sydnee:

Did you- [laughs] Did you shave your legs too?

Raleigh:

No. Is... is that a thing we're supposed to do?

Sydnee:

Now see, this speaks poorly of me if you don't know that [laughs] women shave their legs. Which is fair. I have a 10 month old, so shaving my legs is not as much a part of my routine these day.

Raleigh:

I mean, Raleigh's legs... are pretty clean, they have a little bit of stubble.

Sydnee:

Mm-hmm [affirmative]

Raleigh:

Like when I forget to... I mean when Justin forgets to shave his face.

Sydnee:

Right.

Rileigh:

But... it's not that bad. I didn't think woman grew as much hair.

Sydnee:

[laughs] That's, see... Okay, than that speaks in my favor if you didn't think woman grew as much hair.

Rileigh:

You're welcome.

Sydnee:

Um... women do grow a lot of hair, probably not quite as much as men, it's a testosterone thing. Uh... but you don't know how much hair we grow 'cause we are... told to shave it... by society, by the media.

Rileigh:

Thanks, society.

Sydnee:

And that's why women started shaving their legs as well. Again, this was something that... um, women didn't do for a long time because they weren't showing their legs, you know, except for... like I said certain cultures when everybody shaved. Um... but then it was... in the 1920s, the flappers started wearing like shorter dresses. But... the leg shaving fad couldn't really catch on, because by the 30s... like the hem length of dresses had dropped again. So... women wore short dresses in the 20s by the 30s they were wearing the long ankle length dresses so nobody shaved their legs.

So, it really wasn't until we move out of the 30s into, like the 40s and 50s. And that's when you start seeing, especially after World War II, you start seeing women shave their legs. And it's really just a response to the fashions. If your gonna-

Rileigh:

The hot, new fashions.

Sydnee:

The hot, new-[laughs] Yes, the hot, new 40s and 50s fashions... uh... when women are wearing shorter dresses and skirts. And then especially in, like World War II, there were all these pinup models and they would have, like these clean shaven legs because they were wearing like, bathing suits and

shorty shorts, and all that kind of stuff. And women wanted to look like that, and so... if you were gonna wear the shorts or the bathing suit or whatever, it was just expected you would also... again, remove the "objectionable hair".

Raleigh:

So, you're supposed to shave above the knee? Because I've heard you don't shave above the knee from... your Mom-

Sydnee:

[laughs]

Raleigh:

...that you only shave below the knee, and then when you turn 30 it all falls off.

Sydnee:

That is not... true. I think there were... I've heard this from other women, I think a lot of us were told by our Moms that you only need to shave from the knee down. That is not the ca- Well I-you don't... let me say this, you don't *need* to shave anything, you shave if you want to-

Raleigh:

Do what you want to.

Sydnee:

Exactly. Don't shave if you don't want to shave. Who cares, it's your body. You be as hairy as you please.

Raleigh:

I mean, this isn't my body, 'cause I'm Justin.

Sydnee:

Yeah, and I-I would say Raleigh would probably prefer- Actually, you know what, don't... just don't shave anymore, because you did a really bad job of it.

Raleigh:

[laughs]

Sydnee:

Just let her take care of it when she comes back.

Raleigh:

When is she coming back?

Sydnee:

I'd hope soon. [laughs]

Raleigh:

[laughs]

Sydnee:

I don't know. I-I-'cause she's just getting drunker... by the moment, every second she's in New York.

Raleigh:

And her legs are getting hairier.

Sydnee:

[laughs] um... but if you do desire to have hairless thighs, you should shave them, because they hair won't magically fall off in your 30s. Take it from me, someone in their 30s.

Raleigh:

It just stays there?

Sydnee:

It just stays there and grows more.

Raleigh:

So it gets longer?

Sydnee:

Yes. There is more.

Raleigh:

There's not like a spell cast when you're a baby that it just stays one length and then it falls off?

Sydnee:

[laughs] No, there is no spell that I'm aware of.

Raleigh:

Are you sure because you have a baby-we... we have a baby now, so...

Sydnee:

We-we could experiment by casting spells on her and see if... then when she turns 30 if all her leg hair falls off.

Raleigh:

But... that would take a while.

Sydnee:

Yes, this is a long term experiment, this is-we're really gonna follow this out. It's like the Framingham Heart Study.

Raleigh:

[laughs]

Sydnee:

You know, a reference everybody gets. [laughs]

Raleigh:

Right, I totally understand that.

Sydnee:

So... we can do that, we can practice casting spells on Charlie-

Raleigh:

Okay.

Sydnee:

...later and see if her leg hair falls off. No, no, that is sadly not true. If you want... totally clean shaven legs, I-

Raleigh:

Do it yourself.

Sydnee:

I'd shave 'em, yeah. Um... now, as far as deodorant goes, 'cause you also brought up the point of deodorant.

Raleigh:

I did.

Sydnee:

Deodorant is, again, more of a recent phenomenon. Um... people have wanted to smell good for a really long time.

Rileigh:

I would hope so.

Sydnee:

Yes. And the-the Egyptians were way into smelling good. They would like to perfume themselves all over, and some Egyptian woman would even um... take like a glob of wax that was scented with perfume and just put it on top of their head at the beginning of the day and since it was hot, like, let it melt over them throughout the day.

Rileigh:

So they were the original Scentsy Pot.

Sydnee:

[laughs] They were. [laughs] Walking, human Scentsies.

Rileigh:

Is that where we get the idea from?

Sydnee:

Maybe. We're gonna have to ask-we have some... we have some friends who sell Scentsy, we gotta find out.

Rileigh:

It seems like now with all of our hair on our heads, that putting a glob of wax on your head would not be ideal.

Sydnee:

Maybe it would then make your hair, like... really sh... shiny, like a sheen... like smooth, shiny.

Rileigh:

Or it would just look... wet.

Sydnee:

Or it would just be waxy, it would be inconvenient.

Rileigh:

It does look gross.

Sydnee:

I would not advise this.

Rileigh:

This-it doesn't seem like a very good idea, so don't-

Sydnee:

No, don't-don't do this. The-the Ancient Greeks and the Romans were both in to perfume so everybody was perfumed. They were perfumed, their clothes were perfumed, their horses... were perfumed.

Rileigh:

Everybody wanted to smell good.

Sydnee:

Everybody just smelled really good. Um... but that was great because then, by contrast, in the Middle Ages everybody just smelled really bad, because it was especially a time where... um... for religious reasons, you weren't supposed to be naked ever. And so not even, like, don't even get naked and bathe.

Rileigh:

Like, by yourself?

Sydnee:

Right.

Rileigh:

Why?

Sydnee:

'Cause you may think, like... naughty thoughts, so don't ever get naked.

Rileigh:

Oh no.

Sydnee:

So everybody just kind of stayed clothed and... yucky.

Raleigh:

So everyone smelled real bad all the time?

Sydnee:

Yes. If you could afford it, you would buy perfume and just soak your dirty self in it. So, like, if you can imagine the smell of, like, body funk with perfume over it-

Raleigh:

So, pretty much, like-

Sydnee:

...that's the Middle Ages. [laughs]

Raleigh:

...high-school smells like?

Sydnee:

[laughs] That's [laughs] that's it! That's high-school. [laughs]

Raleigh:

[laughs]

Sydnee:

Body funk with perfume over it. [laughs] Um... but by the-by the late 1800s and into the 1900s people wanted to smell good, and they had, like, identified that sweat doesn't smell so good.

Raleigh:

Right, because it doesn't... smells-

Sydnee:

I think that's fair. I think some people might like smelling the smell of sweat. I don't particularly... I don't like to smell sweaty.

Raleigh:

[crosstalk 00:18:41] like the smell of sweat.

Sydnee:

I'd-I-I am a fan of deodorant. I know not everyone is, but I am a fan of not just the deodorant, but the antiperspirant.

Raleigh:

Okay.

Sydnee:

You know-

Raleigh:

What's the difference?

Sydnee:

The antiperspirant keeps you from sweating the deodorant just make you smell better.

Raleigh:

You can stop sweating?

Sydnee:

Well, under your arms.

Raleigh:

What?

Sydnee:

I mean, where you put the antiperspirant.

Raleigh:

I didn't know this existed.

Sydnee:

Do-do you only wear deodorant? There's a combo.

Raleigh:

Yes?

Sydnee:

There's a combo, it makes it so under your arms your not so sweaty and then you-I mean it can't eliminate sweat forever, we haven't cured sweating.

Raleigh:

I'm a really smart 14 year old teen girl in my new teen body, I know exactly what antiperspirant is.

Sydnee:

Well... sorry. [laughs] Anyway, yeah, so there's antiperspirant, and that came around, like-like I said in like the late 1800s, early 1900s. And it would help cut down the sweating and then deodorant would help cover up the smell. And you can buy a combo.

Raleigh:

Well-

Sydnee:

And then you can have both happen.

Raleigh:

I'll have to look into that. I'm sure Raleigh would appreciate coming back to her... her clean smelling... sweaty cured body.

Sydnee:

Sweatless, sweatless-

Raleigh:

Sweatless body.

Sydnee:

Sweatless, hairless, smelling good, teen body.

Raleigh:

Right.

Sydnee:

Okay. Have we sufficiently covered... the issue of deodorant and shaving?

Raleigh:

I feel like we have.

Sydnee:

Okay. Do you have any other questions?

Raleigh:

I have more questions.

Sydnee:

Oh, I figured. Okay, go for it.

Raleigh:

What is a bra?

Sydnee:

Oh no...

Raleigh:

How di-

Okay, I found one in Raleigh's... teen girl room.... how do I put it on?

Sydnee:

Oh no, okay. Well this... this gonna get uncomfortable for both of us.

[laughs]

Raleigh:

[laughs]

Sydnee:

So... I mean... I guess you do have to wear a bra, 'cause you're a teen girl.

Well now you know-

Raleigh:

I have hot, new plans with all my hot, new friends.

Sydnee:

And they involve wearing a bra? [laughs]

Raleigh:

I'm not gonna go out in public without a bra on, Sydnee.

Sydnee:

[laughs] Well, its a good... I mean, again, we're at a time... where most of us tend to wear bras, not everybody. I only wear maternity bras right now.

Raleigh:

Well...

Sydnee:

Justin. [laughs]

Raleigh:

Thank you, for that information.

Sydnee:

Yeah. There kind of like sports bras except you can pull them off really easily.

Raleigh:

Now, what's a sports bra?

Sydnee:

It's a bra... like it's um... like a bra that ho-it's like real tight, it holds everything in place.

Raleigh:

Isn't that what regular bras are?

Sydnee:

Regular bras have multiple... uses. They provide support, you know, they hold everything up, yes in place. But they also are supposed to... like, sometimes look nice maybe fashionable, create cleavage or...

Raleigh:

Bras are fashionable?

Sydnee:

Bras are fashionable, there are fashionable bras.

Raleigh:

You're supposed to show them off?

Sydnee:

No, no. Okay, you don't show them off, but there are...

Raleigh:

And people just go walking around with bras and... and... and... knee length skirts to school?

Sydnee:

Well certainly not in Huntington, but... [laughs]

Raleigh:

[laughs]

Sydnee:

Maybe other places.

Raleigh:

I don't know.

Sydnee:

Where it's-where it's acceptable to expose your bra. No, but bras are a fashion thing, there are lots of different designs and colors and things and... I think there are women who enjoy that.

Raleigh:

Well-

Sydnee:

I like my bras to be clean. [laughs]

Raleigh:

I mean, I would hope so, because that probably has another thing to do with smelling bad.

Sydnee:

Yes, yes. Bras can smell bad if you don't wash them. [laughs] So keep 'em clean. Um, women didn't always wear bras.

Raleigh:

What?

Sydnee:

No. Um... there were... even back as Ancient Greece, there were attempts to kind of, like, wrap, like, wool or... or some kind of, like, linen around yourself, just to kind of hold your boobs up. 'Cause especially if your, you don't know this yet Justin, but if your running around, and really active, boobs kind of bouncing everywhere can kind of uncomfortable.

Raleigh:

So they don't just stay in place.

Sydnee:

No, they don't just stay in place, they move. They're mobile.

Raleigh:

I wasn't aware.

Sydnee:

Yes. And... and it can be uncomfortable if you're really active. Um... but it wasn't really because they had to wear bras or because it was expected of them from men, it was just more like... "Hey, this is practical." Um... but then there was a long time when women just didn't... you know... you didn't do anything.

Raleigh:

They didn't feel like it.

Sydnee:

Nah, you just... if you wanted to wrap... wool around your boobs, you could, but most women didn't. Until like the 1500s, and that's when we start to see... like corsets show up. Which-are you familiar with corsets?

Raleigh:

No... wait, should I be... ? Yes, I am.

Sydnee:

Yes, you are. [laughs] You know that things that women would wrap around their whole, like, upper body. And it would squeeze them really tightly and you'd lace them into it and they usually had, like, metal rods or whale bone rods in 'em to hold your... your whole shape together. Like, to hold your boobs up, and to suck your waist in and... it's terrible that women felt that they had to wear them. If you want to wear them, fine, but women felt they had to for many, many years to-as an ideal of, like, fashion and beauty and the perfect form and all that.

Raleigh:

Well-

Sydnee:

And they could damage women, they could damage your internal organs and squeeze everything.

Raleigh:

Beauty is pain, Sydnee.

Sydnee:

[laughs]

Raleigh:

I realize that with my new uh... my new teen girl body.

Sydnee:

I see you've tried to pluck your eyebrows. [laughs]

Raleigh:

It didn't go very well, we don't need to talk about it.

Sydnee:

[laughs] Um... but women wore corsets for a long time, but women also didn't like corsets for a long time. So it's not surprising that eventually a woman would get sick of uh, wearing a corset. Specifically though, not for the pain, it was because um... Caresse Crosby, who first patented what we know as-as, like, the modern bra, in 1914, was wearing, like... her corset and then like this sheer dress to go to this party.

Raleigh:

Mm-hmm [affirmative]

Sydnee:

And she... noticed that the... the rods of the corset were showing through the dress.

Raleigh:

Oh no.

Sydnee:

Which is not a good look, you know.

Raleigh:

Fashion malfunction.

Sydnee:

You want the corset to hold everything in place, but you don't want to see the corset.

Raleigh:

Right.

Sydnee:

So, she... asked on of her... handmaidens for two handkerchiefs and some pink ribbon, and sewed a bra... and wore that.

Raleigh:

Is that what bras are now?

Sydnee:

No, not exactly. I certainly don't hand sew them. They-they usually provide a little more support than a couple of handkerchiefs and some ribbon.

Raleigh:

Feels like that would tear easily.

Sydnee:

I-

Raleigh:

Feels like that wouldn't hold together great.

Sydnee:

I don't know, but I'm guessing Ms. Crosby wasn't the most well endowed, if just a couple of handkerchiefs were handling all that.

Raleigh:

I would think not.

Sydnee:

[laughs]

But I don't know, maybe it was really tight, who knows.

Raleigh:

Maybe.

Sydnee:

Uh, there's no mention of underwire.

Raleigh:

What's that?

Sydnee:

Oh no. That's a whole other thing. [laughs] Anyways, so she wore this bra that she made to the dance and all the other girls were like, "Hey, I want a bra like that. That seems great, because corsets suck." And she-

Raleigh:

And they want to be able to show off their funky moves.

Sydnee:

Exactly, they can't dance as well. She could-she was dancing much more freely, it was very Stevie Nicks. She was, like, all... like a gypsy, all over the place, hands in the air.

Raleigh:

Right, right.

Sydnee:

Like, I'm dancing right now.

Raleigh:

Right.

Sydnee:

Like, you know, like that. Um, and it was very exciting and she sold the patent for the bra... and then... women started wearing those bras, but they really caught on three years later in 1917, this was during World War I. As you know Justin, but Raleigh, you may not be as aware of... historical dates yet. You just learn these things as you get older. [laughs]

Raleigh:

They just happen?

Sydnee:

They just absorb the dates of... wars and such. When uh... it was asked by the U.S. government if women would stop wearing corsets because they needed the metal they were using for corsets for the war effort instead. And so, please stop wearing corsets and... you know, women did not need a lot of encouragement, they said, "That's awesome, they suck. Can I wear those handkerchief bras instead?"

Raleigh:

Mm-hmm [affirmative]

Sydnee:

And there you go.

Raleigh:

And that's how bras happened.

Sydnee:

That's how bras happened.

Raleigh:

Well-

Sydnee:

And now you're wearing one, Justin.

Raleigh:

And now I'm wearing one. I don't know if I did it right. Is the straps supposed to be in the front.

Sydnee:

Oh no. No the boob part goes in the front where the boobs are. [laughs]

Raleigh:

Oh, wait a minute. I'll be right back.

Sydnee:

[laughs] All right. Well, while Justin gets himself adjusted, real quick, I think it's time for a visit to the billing department.

[ad break]

Sydnee:

Raleigh.

Raleigh:

Yes?

Sydnee:

Do you have any other questions you'd like to ask me?

Raleigh:

I do have more questions.

Sydnee:

Okay.

Raleigh:

When I was in the bathroom this morning, with the whole shaving mishap, I also found... what appears to be makeup?

Sydnee:

Yes?

Raleigh:

And I don't know if I did it right.

Sydnee:

Well... I didn't want to bring it up, but from looking at you right now... I... just... you tell me what-what you've done with these products.

Raleigh:

So, I found... is it mascara?

Sydnee:

[laughs] Yes, it's mascara. But sure, go for it.

Raleigh:

So, it has a comb and I...

Sydnee:

Uh-huh [affirmative]

Raleigh:

Is that for your hair?

Sydnee:

Oh, that. Oh... that explains a lot, I see... yes. You've got some streaks... going on... there.

Raleigh:

Isn't that the new... fashion?

Sydnee:

To have stiff... streaks of mascara running through your hair?

Raleigh:

Right?

Sydnee:

No... no...

Raleigh:

And I found... what appears to be blush?

Sydnee:

Yes.

Raleigh:

The red stuff?

Sydnee:

Okay, where-where did you put that?

Raleigh:

Does that go around your mouth and your eyes?

Sydnee:

[laughs] Again, that explains a lot. Do you... now, d-d-does Raleigh usually look like a scary clown, like, typically do you think?

Raleigh:

No?

Sydnee:

Okay, did you use a mirror while you applied these substances?

Raleigh:

Are you supposed to? I thought it was just a thing that girls knew, and it's just an instinct.

Sydnee:

No.

Raleigh:

It just happens.

Sydnee:

No. You need to check yourself out in the mirror and see if you think this is a... a good look.

Raleigh:

I think it looks pretty fly.

Sydnee:

No... no, that's not...

Raleigh:

Cool? Stylish? When I went in to go fix my-my bra situation, I mean, I looked in the mirror, I thought I looked pretty cool.

Sydnee:

We're gonna have to work on whatever the 14 year old lingo is. I don't think it's hip or fly.

Raleigh:

I don't think that-that's happened yet. I've absorbed all of my other 14 year old knowledge except for the-the cool slang.

Sydnee:

Okay. You know what, that may just mean, do you think Raleigh knew the cool slang?

Raleigh:

Duh!

Sydnee:

[laughs] Is "duh" part of the cool new slang?

Raleigh:

Totes.

Sydnee:

Oh, okay. Oh, no I can tell you one.

Raleigh:

What is it?

Sydnee:

Turnt.

Raleigh:

Turnt?

Sydnee:

Turnt.

Raleigh:

Is that what Miley is talking about when she talks about getting "turnt up"?

Sydnee:

Yes, it has to do with... drugs and alcohol I believe.

Raleigh:

Sydnee!

Sydnee:

I know.

Raleigh:

That is illegal substances for a 14 year old.

Sydnee:

[laughs] and drugs for everybody, well, mostly.

Raleigh:

Right.

Sydnee:

Yes.

Raleigh:

But especially alcohol, which Raleigh is enjoying a lot of right now.

Sydnee:

Ah, poor Rileigh. We're gonna have to get through this show so we can co save her. [laughs] Or at least call somebody and say, "There is-I know this looks... like um, like a man in his 30s, who is legally drinking alcohol, but this is actually a 14 year old girl. And she is very confused."

Rileigh:

"Have you ever seen the movie *Freaky Friday*?"

Sydnee:

[laughs] Let me-let me give you a reference point. I have a copy of the DVD for *Freaky Friday*, if you could please find a DVD player.

Rileigh:

If you could just FaceTime me real quick-

Sydnee:

Pop it in.

Rileigh:

...we'll watch it.

Sydnee:

We'll watch it together, we'll watch the entire movie of *Freaky Friday*. And then... we'll talk about it.

Rileigh:

And we'll understand what has happened to this... 14 year old girl that appears to be a 30 year old man.

Sydnee:

[laughs] So... Justin.

Rileigh:

Yes.

Sydnee:

Makeup, as you may imagine is not a new invention.

Rileigh:

Right.

Sydnee:

No, women for... for many, many thousands of years have been putting stuff on their faces and all over their bodies in an effort to look more desirable to men... or to themselves, or to whoever I guess. I guess it depends on who you're trying to please.

Raleigh:

Right.

Sydnee:

Um... but uh... it is also true that... just like with the corset, that we felt compelled to wear something that was not very comfortable. Women have done things to their faces and to their skin, that were not entirely healthy.

Raleigh:

Yeah, this mascera... mascara, sorry, in my hair is not the most comfortable.

Sydnee:

At least though its not going to kill you. The Ancient Egyptians used something called kohl around their eyes and this was a mixture of metal, lead, copper, ash and burn almonds. And they would kind of put it all around their eyes. Now-

Raleigh:

Is lead... not good?

Sydnee:

No, lead-lead is not something that you should paint on your skin... generally.

Raleigh:

Right.

Sydnee:

Generally speaking, don't. Actually, not-not even generally, just don't.

Raleigh:

Not ever?

Sydnee:

No, don't do that.

Raleigh:

Okay.

Sydnee:

Don't do that, because um... that was probably a bad idea um, and may have lead to... lead to lead poisoning. Hahaa.

Raleigh:

Lead to lead poisoning.

Sydnee:

It's a great joke. A great joke about lead poisoning, isn't it?

Raleigh:

That's so funny, Sydnee.

Sydnee:

You gotta give me credit for that one. Every once in a while I'm the funny one, right? No. Okay. You know, there was also a period in history, where women... uh, didn't want to have a lot of color on their faces um... especially, there was, like, during the-the Middle Ages, when if you had a lot of color on your faces... on your face, it would have indicated that you were... perhaps a woman of ill repute. So...

Raleigh:

Are you calling me a prostitute, Sydnee?

Sydnee:

I'm not calling you a prostitute, Justin. [laughs]

Raleigh:

Because I have color on my face... from the blush I used. Are you calling me a prostitute?

Sydnee:

I'm saying that if you were in the Middle Ages right now and you had all of that blush all over your face... well I don't even know that they would think you were a prostitute. I don't know what they would make of that, honestly.

Raleigh:

Would they maybe take me to a hospital?

Sydnee:

They might take you to a hospital, they may expect you to perform... for young children to entertain them. [laughs]

Raleigh:

Wow.

Sydnee:

But, one possibility is that they would think you were a prostitute. Women actually... women of upper classes wanted to look pale. And there were times when women would put really, like, dangerous caustic substances on their face, like arsenic and stuff to try to make themselves look very pale, because it was very fashionable to look... gaunt

Raleigh:

So it's the opposite of the trend now. The hot new, trend to look orange.

Sydnee:

Is that-is that the hot new trend?

Raleigh:

I'm-I'm-from what I can tell from all of my cool new hip friends, yes.

Sydnee:

They want to look orange. Is that from tanning?

Raleigh:

Yes?

Sydnee:

Oh, okay. Oh, I hope so. I don't know.

Raleigh:

Maybe?

Sydnee:

Or pumpkin juice.

Raleigh:

Maybe, maybe-

Sydnee:

Could it be pumpkin juice?

Raleigh:

Sydnee, you figured it out, you cracked the case.

Sydnee:

[laughs]

Raleigh:

They take pumpkin baths.

Sydnee:

[laughs]

Raleigh:

And it turns their skin orange.

Sydnee:

That's the hot new trend among... you heard it here first, hot new trend, 14 year old girls, pumpkin baths. It was like *Harry Potter* thing that we-went weird.

Raleigh:

Right.

Sydnee:

Pumpkin juice, everybody. Baths all around.

Raleigh:

And then they just kind of pour it on themselves like, "Oh no, I spilled my drink. Oh, wait look at my cool new skin color."

Sydnee:

And that, Justin, just so you know, that gives us a great segue into our next episode next time, which is gonna be about tanning and why I'm worried about all your 14 year old friends. But-

Raleigh:

You should be worried about my cool new 14 year old friends.

Sydnee:

I am worried about them. I-I'm hoping that they've learned a lot though.

Raleigh:

I'm hoping they have.

Sydnee:

Now, before we finish up this episode, d-d-i-are there any more burning questions that are going to help you get through this *Freaky Friday* experience, Justin?

Raleigh:

I have one question I'm kind of embarrassed about.

Sydnee:

Okay.

Raleigh:

So, I heard real Raleigh ask this question.

Sydnee:

Yes.

Raleigh:

And we made fun of her for it.

Sydnee:

Uh-huh [affirmative]

Raleigh:

But I also don't know the answer. Do I have a uterus?

Sydnee:

Okay... [laughs] So, Justin.

Raleigh:

Yes.

Sydnee:

Currently-

Raleigh:

Right.

Sydnee:

You do have a uterus. [laughs] I never-

Raleigh:

I do??

Sydnee:

I never thought I would say that sentence. [laughs] Yes you do have a uterus. All women have uteri? Uteruses? Uteri?

Raleigh:

Uteri?

Sydnee:

Yes. All women um... that are born genotypically-

Raleigh:

Mm-hmm [affirmative]

Sydnee:

Well... that's not even true either, there are some conditions where you're born without a uterus. Generally speaking, let's begin generalities, 'cause then this is gonna-

Raleigh:

The average, the average.

Sydnee:

The average woman, if we averaged what... most woman who are born, genotypically woman, yeah, yes, do have a uterus. Whether or not it is in use at the moment, so even if you're not pregnant... which is the primary function of a uterus.

Raleigh:

Right.

Sydnee:

Uh... You...you do have a uterus.

Raleigh:

So you don't just grow you uterus when you grow a baby?

Sydnee:

No, you have a uterus all the time because that's... you know, your periods involve...

Raleigh:

What are those?

Sydnee:

Oh no, we did a... okay, we did a whole episode on periods, we're gonna have to go back and... and play that for you, so you can learn about this too, okay?

Raleigh:

All right.

Sydnee:

Oh no this is-I didn't want to have this conversation with Justin. [laughs]

Raleigh:

Because I am Justin.

Sydnee:

Because you are Justin. All right, well have I cleared up some things for you?

Raleigh:

I think so. I think I'm for-more familiar with my... my new teen girl body.

Sydnee:

[laughs] We're gonna have to... um... go now, so we can track down... Raleigh, who is lost in New York-

Raleigh:

Covering E3.

Sydnee:

It's *Home Alone 2* style lost in New York.

Raleigh:

[laughs]

Sydnee:

She's... if you can picture Justin sitting in a hotel eating cheese pizzas and banana splits, and [laughs] drinking alcohol-

Raleigh:

[laughs]

Sydnee:

...and Tim Curry is the-is the... is the concierge. That's a great movie.

Raleigh:

I don't think-

Sydnee:

It's a great sequel to *Home Alone 2*.

Raleigh:

...Raleigh's 14 year old mind has never see... *Home Alone 2*.

Sydnee:

Oh my gosh we have stuff to fix. All right, well um... thank you, Justin/Raleigh... for joining me for this very special... very special afterschool episode of *Sawbones*.

Raleigh:

Schools Out: Sawbones.

Sydnee:

School-School's Out: Sawbones. Um... I hope this has answered some of your... more complicated questions about being a young woman.

Raleigh:

Yes.

Sydnee:

And-and-and the... the issues that come with that.

Raleigh:

Mm-hmm [affirmative]

Sydnee:

Uh... I think that'll do it for us. Thank you again um... Justin/Raleigh. You have really made this fun, and-

Raleigh:

You can call me Rustin.

Sydnee:

Yes, Rustin. And I hope, Jileigh?

Raleigh:

Yes.

Sydnee:

Is okay? Jileigh in New York is uh... doing well and I-I-I think he/she, he or... Justin/Raleigh-

Raleigh:

Jileigh.

Sydnee:

Jileigh, okay, will be back next week. [laughs]

Raleigh:

I hope so.

Sydnee:

To join us for our next topic. Um... until then, I am Sydnee McElroy.

Raleigh:

I am... Rustin McElroy.

Sydnee:

[laughs] Don't drill a hole in your head.

[theme music plays out]

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