

Sawbones Episode 103: Cats

Published September 10th, 2015

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Raleigh:

Hey everybody. Um, I'm Raleigh, in case you didn't know. Um, or maybe you know me as Aunt Cool, or maybe you know me as that one time Justin wasn't on *Sawbones*. Um, today's my birthday. I'm 15, holler. Um, so since Sydnee and Justin forgot, they decided they would give me the present of coming on stage and talking to a bunch of people I didn't know, without preparing. So, it was a bad present. Anyways, enjoy *Sawbones*!

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. 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]

Justin:

Hello everyone and welcome to *Sawbones: A Marital Tour of Misguided Medicine*. I am your co-host, Justin McElroy.

Sydnee:

And I'm Sydnee McElroy.

Justin:

Do you guys have a message board where you plan this? Like, it happens every time.

Sydnee:

You know that's nice you got some applause this time. That was good. I feel like we're really far apart.

Justin:

Yeah, can we scoot together?

Sydnee:

We usually, when we podcast at home, we're like close.

Justin:

Yeah, and there's usually a baby like here, propped up

Sydnee:

Right here.

Justin:

Like this.

Sydnee:

And we're going "shhh".

Justin:

Shhh, be quiet.

Sydnee:

Just a few more seconds.

Justin:

Mommy and daddy are making magic. Um, wow, what a thrill it is to be here in the home of *Dragon's Den*, Canada. I, I know this is silly. I didn't tell you, I put, I, I, I put Kevin O'Leary, Robert Herjavec and Arlene Dickinson and Jim Treliving on the guest list. I put them on the VIP, tried to give them a Tweet like, "Hey guys, if you can make it out, that'd be great" Uh, don't think they...

Sydnee:

I can't believe they didn't... Are you guys [crosstalk 00:03:02] here? I can't believe they didn't come.

Justin:

It's our favorite show. When Sydnee was pregnant with Charlie, we literally watched every one of them on...

Sydnee:

We had to, like, stream them on the computer. We had to, like, download them on YouTube.

Justin:

You get them on YouTube.

Sydnee:

Somebody out there is a hero because they've put every episode on YouTube.

Justin:

Uh...

Sydnee:

I don't know why, but they did it.

Justin:

So yeah. And they make little changes so they don't get caught by copyright production. One was actually at a 35 degree angle so we spent the entire episode like this.

Sydnee:

We watched it anyway.

Justin:

We watched every frame. Um, but you know my favorite one is the one where the guy makes the cat TV. It's a TV channel for cats.

Sydnee:

Right.

Justin:

Yeah, it was specifically for cats to watch, like, to entertain your cats.

Sydnee:

Which I... Do you remember what, like, what was on cat TV? What do you...?

Justin:

Uh, just Garfield, pretty much.

Sydnee:

[laughs]

Justin:

No, I don't remember what was on cat TV but I do remember he did not receive an investment. Surprising everyone, no takers.

Sydnee:

But you know, Justin, it's funny you should mention cats.

Justin:

Is it?

Sydnee:

[laughs] Because the thing about cats, other than the... I mean, they're great, we love them, we have a couple cats that we miss, we miss them I guess. I don't know.

Justin:

They're fine.

Sydnee:

That's what... We like our cats.

Justin:

They're fine.

Sydnee:

We take... We're not... We take care of our cats.

Justin:

Yeah.

Sydnee:

It's just then we had a baby and the cats kind of...

Justin:

No, that's not true. We're very nice to our cats.

Sydnee:

[laughs]

Justin:

Um, but they claw stuff and they poop. I don't know if you guys have cats. Um, anyway...

Sydnee:

They poop [laughs].

Justin:

They poop all the time. Um, what about cats?

Sydnee:

But they also carry disease and maybe we should talk about that.

Justin:

Oh, that seems like a good fit for our program, A Marital Tour of Misguided Medicine. We are, uh, we are doing our theme tour for the Pacific Northwest. Uh, we're finally after all these years, putting pets on blast. Uh...

Sydnee:

And can I just say too, I was really, I was so excited. I've never been to Canada at all before.

Justin:

Yeah.

Sydnee:

And as soon as we crossed the border, I felt like I could just, like, smell the universal healthcare and the... And it was such a good smell [laughs] It felt so good. I just, I wish I could carry it home with me so...

Justin:

And, um, by the way, speaking of Canada, uh, I know there's a stereotype about you guys being nice, uh, and everybody's been nice. The first... Like, nice, just like super nice. But the first lady I interacted with at the hospital, I thought everybody was going to be like this...

Sydnee:

No, at the hotel, not the hospital.

Justin:

It was like, no. Hotel, hotel, um, she was like self-flagellatingly nice. It was, like, it was like every... After every request, she would cut me off with a,

"Yes, absolutely", before I could even fini... It was like, it was as if checking out a hotel room from Dobby. It was horrifying.

Sydnee:

[laughs]

Justin:

I was worried that would be the par but everyone's just been regular nice, so thank you. Uh, cats!

Sydnee:

Let's talk about cats. People like to keep cats as pets and that's not a new thing. We have kept cats as pets for probably like, 12,000 years. For a really long time. And the way we know that is that we found people who were buried with their cats. That's how much they loved them. They would keep them with them and bury them with them. Um, we know that the Egyptians were all about cats. I think most people, like, have that idea. They had the, the goddess Bastet, who had the head of a cat and they worship cats and they like cats. They would actually even mummify cats.

Justin:

Mm-hmm [affirmative].

Sydnee:

Which I didn't know that. They... It was not uncommon to mummify your pets. Um, but they found, like, whole cemeteries full of mummified cats. Like, lots of mummified cats.

Justin:

It's so weird the timing worked out that the pets died exactly when the pharaohs died. Don't break his heart. Just let him live in his lie.

Sydnee:

I was reading this essay about cat mummies because I read that sentence and I thought, "That can't be right, that we mummified cats" and so I was reading more and like, people write a lot about cat mummies, and there was this note, like, it's really sad we don't have a lot of the cat mummies. They've been lost to antiquity, to people like, stealing them. That's a big problem. People like, plunder cat graves.

Justin:

Uh, yeah, 100 percent if I come across a cat mummy, it's not going to a museum. It's going to the den.

Sydnee:

There was a note that at one point, they discovered it like the end of the 19th century, they discovered this huge, like, cemetery with, with 180,000 cat mummies and they shipped them all back to Britain and turned them into fertilizer and didn't save them.

Justin:

What?

Sydnee:

Which I don't know why that's your first thought, like, look at their crazy... Look at all these cat mummies, these make great fertilizer.

Justin:

Maybe-

Sydnee:

Let's take them overseas to go do that.

Justin:

Yeah. How bad is your...

Sydnee:

Your need for fertilizer.

Justin:

How much do you need fertilizer, where you're like, [cockney accent] "Hey, it's Gerald. Listen, you... listen though, really, right, listen. Do you got any cat mummies? Things are bad here alright."

Sydnee:

We probably started keeping cats as pets for a very practical reason. Um, as we started growing things and we had like, grain stores and things to protect from rodents, cats were very practical because you would have a cat and it would kill the rodents and they're... you pet them, and curl up on your lap so they're fun too. Um, and so for a long time, cats were like a good thing. Like, you would have a cat and it was your friend and everybody liked cats. Except for in the middle ages, when we, we talk about this a lot, like things always got weird with everything. Um...

Justin:

Yeah everything sucked in the middle ages.

Sydnee:

And that was true about cats. For whatever reason, they became associated with like, the devil and with witchcraft and generally if something bad happened to somebody and there was a cat in the vicinity, everybody blamed it on the cat. Um, if you were a woman and you owned a cat, that was evidence that you were a witch, that was enough, that's all it took.

Justin:

That's a low bar.

Sydnee:

Yeah. Um, in general, nobody, nobody liked cats very much because of this, whatever this weird connection to, to evil things. Um, and this actually may have contributed to the spread of the plague a little bit because they would, they would kill cats, wipe out, just not have cats, nobody took care of them, and so it let the rodent, the rat population flourish so... so they got us back.

Justin:

Yeah [laughs] That does sound like cats. Now that you say it.

Sydnee:

There's a weird cat myth. Have you ever heard that a cat will steal a baby's breath?

Justin:

I mean...

Sydnee:

Has anybody ever heard this? This was... Okay, this is something...

Justin:

Yeah, but I like, I never thought like, "Oh, I got to get to the bottom of that"

Sydnee:

[laughs] Well this is what I do. Like, why do we think that? Uh, there a couple thoughts, because that's not a thing. Uh, there's never been any evidence... [laughs]

Justin:

Imagine my relief.

Sydnee:

It's funny because it was noted several times, there's never been any evidence that cats like, maliciously intend to murder anybody. Like, they don't, they don't set out to murder someone. I guess, like, one of our cats is huge and so there was a time period where her laying like, on Charlie, would have probably been a bad, like a bad situation. So we wouldn't let that happen.

Justin:

It's bad enough when she lays on the stairs. Like, she's a real tripping hazard.

Sydnee:

You can't get around her. She's huge. Um, but there was never any evidence that they were like, going after babies. Uh, but they probably thought that for a couple reasons. One theory was that baby's breaths smell like milk, so maybe the cat wants to like sniff near their mouth and so you see that and think... I don't know why that's your first thought, "Oh, they're stealing the baby's breath".

Justin:

Because you're like an old timey idiot, you didn't know.

Sydnee:

Uh, there was a thought that maybe it was that, that you could observe that cats get a little jealous when there's a new baby, which I think that's a little true.

Justin:

Yeah.

Sydnee:

If that was like the motive, now we have a motive, now we know why.

Justin:

[laughs]

Sydnee:

They did it. And there were also these weird stories, like this news story from 1791, where the coroner had declared that an 18 month old had been

killed by a cat sucking out it's breath. And this would be in the paper periodically, which how horrifying would that be if that was today, if you like have a cat and you have a baby and then you read that and you're like, "What? Who? Why?"

Justin:

That would be a bad coroner though really, Syd.

Sydnee:

Yeah. That was not a very good coroner.

Justin:

I think that's your problem right there. The coroner has that in their report, they should probably lose their position.

Sydnee:

Now, we like cats a lot more now but if you don't like cats very much, it may be because you're one of many people who suffer from cat allergies. And there are a lot of people who don't like to be around cats because they are allergic to them. Um, and I, I thought this was interesting, you're not just allergic to like, the fur and the dander, which I think a lot of people assume. You know there's also stuff in their saliva that you can be allergic to.

Justin:

Oh, really?

Sydnee:

That's actually really common. There's a protein that we, uh, denote Fel d1, and it's in cat saliva and of course they, you know, they lick themselves so then it's all over them and that's a really common allergy trigger.

Justin:

Hmm...

Sydnee:

And what I think is interesting about that is that if you ever heard of hypoallergenic cats, that's what they, like it's a different protein. They still have that in their saliva but it's slightly different and so that's why they sold them like, "These cats won't give you allergies because this one protein is a little bit different and so you'll be fine." Um, and they sold them for anywhere from \$4,000 to \$28,000 for a cat that wouldn't make you sneeze.

Justin:

Not make me sneeze? He better make me breakfast. \$28 Gs.

Sydnee:

Unfortunately, as far as I can tell, they're not, they're not as hypoallergenic as billed. They might not be the answer to all your problems. There were a lot of people who got them and said like, "No, no, no, I swear my allergies are gone" but when they did like, head-to-head studies in a lab, they really couldn't like, blind test, they really couldn't replicate that.

Justin:

The proof's in the pudding folks. Cat allergies are made up.

Sydnee:

So...

Justin:

You heard it here first and probably last.

Sydnee:

No, no. But, but my advice would be don't pay \$4,000 for a cat in general. There are lots of cats who need homes that aren't \$4,000, get those.

Justin:

Yeah.

Sydnee:

Don't buy the \$4,000 one.

Justin:

Don't buy a \$4,000 cat.

Sydnee:

Now...

Justin:

Unless it swallowed \$3,800, then you can get it, that's a good deal, but that's a long grift. Woo, you're playing the long game.

Sydnee:

But the... wait, so it's okay to pay \$200 for a cat?

Justin:

For a cat that can swallow \$3,000. Those come along once in a blue moon.

[ad break]

Sydnee:

Now a lot of people when they think of cat diseases, which you do often, think about cat diseases, you think about cat scratch fever, right? You've heard of that or cat scratch disease, which if you're ever going to look up on the internet, things about cat scratch fever, just say cat scratch disease or you're going to spend a lot of time hearing about Ted Nugent [laughs] and not...

Justin:

There are worst ways to spend an afternoon.

Sydnee:

So cat scratch disease is actually, it's a, it's a bacteria, *Bartonella henselae*, and it's a very small bacteria, and it's very hard to grow, and so it took us a long time to fully understand what was causing cat scratch disease. We knew that there was something that happened when people are around cats and then they would get sick and they'd get, like, fevers and they'd feel really lousy and they'd get these swollen lymph nodes. It's like, it's always right here, there's a place where you get a swollen lymph node in your arm, Epitrochlear lymph node.

And, and we knew it had something to do with cats but it took us a long time to grow the bug. Um, and it can do really scary things, it usually doesn't, it's usually, it just goes away. It's actually not that big of a deal most of the time. You get sick, you get better, no big deal. We can give antibiotics, we don't have to, it's not a big deal. Now there are really serious consequences that can happen rarely, um, but that's pretty much it. So, you hear all this buzz about cat scratch fever and cat scratch disease, I hear, I hear that a lot, like, people are scared of that. But it's really probably not that big a deal. But, as I was trying to read and find anything interesting about cat scratch fever, um, I did find a really great description of the song *Cat Scratch Fever* [laughs].

Justin:

Now how, specifically, is this within the purview of *Sawbones*?

Sydnee:

It's not but it's much funnier than anything I could have told you about cat scratch disease so I wanted to share it with you.

Justin:

Okay, tell me about the song *Cat Scratch Fever*.

Sydnee:

So, this is, this is a description of the song. I don't know who wrote this but I love them. Um, the song is about a man chronicling his long history of promiscuous sex and lamenting, or perhaps celebrating, his inability to control himself or the women he has sex with and vice versa. I think that's, that's a wonderful description [laughs] of the song *Cat Scratch Fever*.

Justin:

Yeah, it's really all encompassing and thorough, like, you really get the whole thing.

Sydnee:

There's this whole thing that he goes into, like, what was he, what was Ted Nugent singing about with *Cat Scratch Fever*? What is cat scratch fever? What is he talking about? And there was this theory, I guess for a while, syphilis was called cat scratch fever, that was the slang term for syphilis. So okay, obviously he's singing about getting syphilis, which made him really mad and he was like... I can't repeat it because we don't do profanity on this show, but... [laughs]

Justin:

Gosh darn it, you guys.

Sydnee:

Where do you get off? Rascalions!

Justin:

How dare you? I'm Theodore Nugent and I say...

Sydnee:

No, a disease you probably don't always think about associated with cats, but you can get from cats, is ringworm.

Justin:

Oh, really?

Sydnee:

Did you know that? Yeah. Cats can get ringworm and they carry it around on their fur, your dogs can too, but we're talking about cats, so just don't think about that. Um, and, uh, you can get ringworm from human to human or from cat to human. Now ringworm is not a worm. I think most people know that by now, no? But ringworm is not a worm.

Justin:

One might say, 50% of the people on the stage don't know that. It's an unscientific poll but, but I believe it's accurate.

Sydnee:

People thought it kind of looked like a worm because it's round and like, it's this little red, round, flaky area on your skin and people thought, "Oh, it's a little worm under there." But it's not and we actually, it's a fungus, and we knew it was fungus like 1850s, we've known this for a really long time. So, why do we, why we still call it ringworm? I don't know.

Justin:

I don't know.

Sydnee:

But, but we do.

Justin:

I mean the name's already there and maybe it'll take a while for the rest of those folks to realize that it's not a worm.

Sydnee:

Let me know when they do.

Justin:

Okay, well we have meetings, so I'll keep you [inaudible 00:21:21]

Sydnee:

Um, we used to think, so ringworm was this area of huge study at like the end of the 1800s and the early 1900s, especially in London. Um, because it was infecting all these schools. It happened like, right after, in 1870 they made school mandatory and so everybody was going to school. And it was just spreading a lot because there were all these kids like, playing together, and in classrooms together, and they're all dirty and rubbing up against each other or whatever and so they all give each other ringworm. Um, and it, and

it was associated, it was stigmatized, if you had ringworm, that it was thought that you, you know, didn't clean yourself well enough, and your clothes weren't nice enough, and that you didn't eat enough vegetables, that was a big theory. Like, if you don't eat enough vegetables, you probably get ringworm. And you don't want to hang out with kids who don't eat vegetables.

Justin:

Those are the coolest kids. 100%. Those are the James Dean of kids.

Sydnee:

[laughs] So the board of governors actually assigned these doctors and scientists to like, look into the problem, come up with some solutions, let's figure out what we can do to stop the scourge of ringworm. And one of the solutions that they came up with was that there was actually, there were ringworm schools where you just sent all the kids who had ringworm.

Justin:

There are bad teaching assignments and then there are bad teaching assignments. That's the one you definitely, definitely, definitely do not want.

Sydnee:

And they were called that, like, there was the Downs Ringworm School, is what people called it. Like, "Where do you go to school?"

"I go to ringworm school."

Justin:

You couldn't even call it like, the fighting tigers or something? Like... a prestigious school for kids that don't touch other kids. Like, something. Mrs. Itchy's School for Educational Advancement? Something. Anything is better than ringworm school. Dag...

Sydnee:

While you were at ringworm...

Justin:

What if Professor X actually decided to call this school the Ringworm School for Gifted Kids? Nobody would go.

Sydnee:

While you were at ringworm school, you wouldn't just learn things, you would also get treated for your ringworm, which at the time, was not

necessarily pleasant. Um, it would happen on the scalp a lot, and that was what was particularly hard to treat. If it happened on your skin, they would tell you just to put like, some of your ink on it, just dump some of your pen ink and that'll probably make it go away. And because of the some of the chemicals it was made with at the time, it may have worked.

Justin:

What? I mean, do they...okay. Wait, wait, wait. What? Why would they... ? Okay. They're at ringworm school, can't they get like, uh-medicine? Why do they have to like, become ringworm MacGyvers? Just like, okay, this is what you have around you, you have ink, you have erasers. After lunch, you'll have a rectangular pizza. How do you use these things to fix your ringworm? Just give us some medicine dawg! Things are already bad enough! They're having a bad week, please!

Sydnee:

Well they did give them medicine but you probably didn't want it because if you had it on your scalp, first step is to shave your head.

Justin:

Okay.

Sydnee:

Unfortunately. Because the idea was that we've got to get rid of the hair somehow so they would either shave your head or there was a certain rat poisoning that they would put on your head to make all your hair fall out. That was a very popular treatment. And then they would just keep putting like, different chemicals on your scalp to keep it, anything from growing. So basically things that would blister your skin and make your head hurt all the time. Um, but after a while, they got an even more advanced treatment. In about like, 1904, they started doing x-rays to the head in just enough strength to make all your hair fall out. That's a lot of x-raying. Like, some of you have probably had an x-ray. Did your hair fall out? No.

Justin:

I'm just trying to think about how sports went at Ringworm School.

Sydnee:

[laughs]

Justin:

I mean, they would be the champions, right? Like every team would forfeit? They would be undefeated every single season. That's what *Friday Night Lights* was about. Clear eyes, itchy skin, can't lose.

Sydnee:

So they actually x-rayed kid's heads for ringworm for a really long time. There were like decades where this was the treatment. And an x-ray at the beginning would have been like 40 minutes long, where you just sit there and then your hair falls out and your scalp hurts for like, six to eight weeks and then finally the hair grows back. But there's no more fungus so, so the success rate was high but obviously it fell out of favor after a while because, you know, radiation and that's crazy and it's just ringworm.

Justin:

Would you have to transfer back to regular school? Do you know?

Sydnee:

Yeah, no you went back to regular school after you were cured.

Justin:

Do you know how confused you would be when all your classes weren't about ringworm? "Excuse me, I, I understand the Allegory of the Cave, what I'm having trouble with is, how does this connect to ringworm?" You'd be like that old man in *Shawshank Redemption*, you just want to go back to Ringworm School. "I can't live on the outside!"

Sydnee:

Now, I have a, we have limited time but I want to tell you about one more, one more disease.

Justin:

Hit me.

Sydnee:

So, one question I get is, is there really something that cats have that can make you go crazy if you get it? Is there really some sort of really scary parasite that cats carry? And what people are asking me about is toxoplasmosis, which you may have heard. It's the thing that when you're pregnant, it's why you can't clean a litter box. Or it's the great excuse you have to never clean a litter box.

Justin:

Yeah. Yeah, I don't know how you've managed to keep that going since our daughter's 13 months old almost but you've kept a perfect streak going of not cleaning the litter box ever.

Sydnee:

Uh, toxo...

Justin:

It's fine, it's not, it's not a big deal.

Sydnee:

Toxoplasma gondii, it's a little protozoan parasite.

Justin:

I'll show you how to do it sometime if you're curious.

Sydnee:

No, that's good. I'm really good.

Justin:

Just scoop and dump. It's not that hard.

Sydnee:

That's okay. I trust you. You can handle it.

Justin:

Thank you.

Sydnee:

And they, they found this when they were dissecting something that was called a gundi. And I had to look up, "What is a gundi?", because I didn't know what it was and don't look it up because they were dissecting them and it just made me sad. They're adorable, little rodents. They're these little African rodents, they're kind of like little hamsters. Um, but they carry toxoplasmosis and leishmaniasis, that's how they kind of found them by accident. Um, so, stay away from them but they're adorable. Um...

Justin:

But stay away from them, but seriously super cute.

Sydnee:

But they're adorable. Uh, you can also get it from other, we blame cats for this a lot, but you can get it from like, uncooked meat. That's actually more likely, if somebody gets toxoplasmosis, that's where they get it. Um, and it can form little cysts throughout your body, different places, and little parasites grow in these little cysts and you can get really sick from toxoplasmosis. Most people don't though. Um, and the reason we know this is okay, so, everybody look to your left. Now look to your right. And now ask those people if they have toxoplasmosis [laughs] because if they say no, then you do.

Justin:

What??

Sydnee:

Statistically, it is likely that one third of the world's population carries toxoplasmosis.

Justin:

Sleep tight.

Sydnee:

They have found the cysts that, that they form like, in people's hearts and, and in their skeletal muscles, just after they died of completely other things, not anything to do with toxoplasmosis. They're just there randomly.

Justin:

Terminal grossed outedness. Terminal yuckiness.

Sydnee:

Someone likely, I might, or maybe you.

Justin:

More likely me.

Sydnee:

Somebody who rode in the van with us today on the way from Seattle was carrying it.

Justin:

If, um, if cleaning the litter box is a contributing factor, it's definitely, 100% me. I am the Typhoid Mary of toxoplasmosis at our home.

Sydnee:

The good news is...

Justin:

Patient zero.

Sydnee:

The good news is most people are going to, even if they carry it, they're never going to know. You're going to be okay. Um, it's usually more of a problem if you have a compromised immune system but for the most part, even if you have it, you're never going to know about it. Um, rats that it infects though, do you know it can control rats when they get toxoplasmosis, and make them sexually attracted to cat pee? And it's the way that it gets to the cat. So like the rat is sexually attracted to cat pee so it goes to where cats are, and then the cat eats the rodent, and then the cat gets toxoplasmosis which is where the toxoplasmosis wants to be, which is terrifying because the parasite does that.

Justin:

You know I have to do another thing after this, right? Like I can't spend my whole night just like, gripping my head in sheer terror.

Sydnee:

Here's the good news, just if you- have cats, cats are great, own cats, just like, wash your hands. It's fine. Take them to the vet. Wash your hands. Everything will be cool.

Justin:

That sounds like too much work.

Sydnee:

[laughs]

Justin:

Folks, that's our time. Uh, thank you so much for coming out. Um, um, thank you to The Taxpayers for letting us use their song, *Medicines*, as the intro and outro of our program. Thank you to Rileigh Smirl for introducing us, we really appreciate that. Um, thanks to the Chan Centre for having us here, um, everyone's been super cool and nice. Thanks to Vancouver and the whole country of Canada. It's our first time in here in the land of *Dragon's Den, Canada*.

Sydnee:

Yeah, this has been great. I remember so many times as a little girl watching *Degrassi* and *Radio Free Roscoe*, and thinking someday I'm going to go to Canada. And I'm just glad to be here.

Justin:

[singing] Looks like we made it. Listen, okay, that's going to do it for us until next time we have something to talk about. My name's Justin McElroy.

Sydnee:

I'm Sydnee McElroy.

Justin:

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