

## **Sawbones 68: Appalachian Folk Medicine**

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### **Clint:**

And so I would like you to please welcome to the stage Dr. Sydnee McElroy and her husband, the hosts of the podcast Sawbones!

[theme music plays]

[audience cheers]

### **Justin:**

Hello, everybody.

### **Sydnee:**

Hi.

### **Justin:**

Is my mic on? Is it hot?

[theme music cuts out]

### **Justin:**

A hot mic?

### **Sydnee:**

Am I too? Are we—

### **Justin:**

Yeah.

### **Sydnee:**

Okay, good.

### **Justin:**

We're both hot. Hello, everybody. I'm Justin McElroy.

**Sydnee:**

I'm Sydnee McElroy.

**Justin:**

And welcome to Sawbones, Marital Tour of Misguided Medicine. Sydnee, welcome to Huntington.

[audience laughs]

**Sydnee:**

Thank you [laughs]. I think we should say, "Welcome to Huntington."

**Justin:**

Welcome to Huntington, everybody. This to say, uh, this a very... This is my classy Pepsi Max. Uh, this is a really special venue for us, for Sydnee and I. Not only have we directed shows here, we directed, uh, Scrooge, an old-west take on Scrooge. It was brilliant.

**Sydnee:**

We had a covered...

**Justin:**

Which is—

**Sydnee:**

... wagon. You should've seen it.

**Justin:**

A covered wagon it was great. You should've seen it.

**Sydnee:**

It was amazing.

**Justin:**

Um, and, uh, this is actually where we met and we fell in love here in this very building.

**Sydnee:**

That's right, we... Thank you. We were in The Wizard of Oz.

**Justin:**

Yeah.

**Sydnee:**

Do you remember that?

**Justin:**

Yeah, I remember. I remember.

**Sydnee:**

I was...

**Justin:**

We—

**Sydnee:**

... the critical role, "Girl of Oz #3."

**Justin:**

I was everybody's favorite, Lord Growlie, of course, two pivotal... You remember, from the film.

**Sydnee:**

Of course.

**Justin:**

He was in the movie, sort of. Um, and then we dated for, well, gosh, what's it been now? Uh, three weeks.

**Sydnee:**

[laughs]

**Justin:**

And I went to church camp and didn't call. And she dumped me.

[audience laughs]

**Sydnee:**

He didn't call!

**Justin:**

I didn't call.

**Sydnee:**

I didn't know he was at a...

**Justin:**

I didn't call.

**Sydnee:**

... church camp.

**Justin:**

That's fair, I didn't call. I was young. I had a lot to learn.

[audience laughs]

**Justin:**

I had a lot of growing up to do.

**Sydnee:**

I was heartbroken.

**Justin:**

She was heartbroken, so she dumped me. But later, we met at a place called Banana Joe's Island Party.

[audience laughs]

**Justin:**

Uh... We'll skip this part in the story when Charlie's older. And then we—

**Sydnee:**

Yeah.

**Justin:**

We meet at a bar again.

**Sydnee:**

And I'll be honest, Justin, I'm just getting really stressed out.

**Justin:**

Okay.

**Sydnee:**

I'm, it... This is hard for me to focus, right now.

**Justin:**

Okay. What's, what is it?

**Sydnee:**

Well, Charlie, she just, she has colic, and she doesn't sleep. And we're exhausted, and she's...

**Justin:**

I know. It's been—

**Sydnee:**

... upset all the time.

**Justin:**

It's been hard for me too.

**Sydnee:**

And—

**Justin:**

I wish there was something we could do.

**Sydnee:**

Well, and I mean, I'm a doctor. You'd think I'd know. So I've tried everything that, like, conventional medicine tells me. And I'm running out of options,

but I've come across some stuff. I've been looking into, like, Appalachian-folk cures.

**Justin:**

Okay, great.

**Sydnee:**

Things that were handed down. And there's something I want to try, but we just haven't had time with the show.

**Justin:**

Well, let's do it now. What are we doing? I've got nothing to do right now.

**Sydnee:**

Well, are we— I mean, we got to do the show. Are you—

**Justin:**

I'm not busy.

**Sydnee:**

You want to do it right now?

[audience laughs]

**Justin:**

Yeah, I mean, they only paid \$15.

**Sydnee:**

Okay. Well, we could do it real—

**Justin:**

It's fine.

**Sydnee:**

We could do it real quick. My sister, Rileigh, is taking care of her.

**Justin:**

You mean Aunt Cool.

**Sydnee:**

We could have her bring her out. Aunt Cool? Okay.

**Justin:**

Her sister, Raleigh...

**Sydnee:**

Hey, Aunt Cool!

**Justin:**

... demanded she be called Aunt Cool.

**Sydnee:**

Aunt Cool.

[audience laughs]

**Justin:**

So that's her name. Aunt Cool, you—

**Sydnee:**

Where are you?

**Justin:**

Oh, hey.

**Sydnee:**

Oh, there.

**Justin:**

Hey!

[audience cheers]

**Sydnee:**

Yay!

**Justin:**

Okay. This is our, uh, this is our daughter, Chuck, and this is her Aunt Cool.

[audience laughs]

**Justin:**

Um, so what's the, what's the thing, what's the treatment?

**Sydnee:**

Okay. So let me borrow her real quick. So here's what we do.

**Justin:**

Okay. Let me...

**Sydnee:**

So—

**Justin:**

Let me get this spit-up rag.

**Sydnee:**

Okay.

**Justin:**

Perfect.

**Sydnee:**

You two hang out here.

**Justin:**

Okay.

**Sydnee:**

**Justin:**

Stay here. So what are we gonna do?

**Sydnee:**

So we pass her back and forth.



**Justin:**

Okay.

[audience laughs]

**Justin:**

So we pass her back, just, like, back—

**Sydnee:**

Well, okay. Technically, we're supposed to pass her around a table leg, so—

**Justin:**

She's not gonna do that.

[Charlie starts fussing]

**Sydnee:**

No?

**Justin:**

No, she's not gonna—

**Sydnee:**

Yeah, she doesn't like that.

**Justin:**

No, we're not gonna pass her back and forth.

**Sydnee:**

Okay, um—

**Justin:**

Well, something else. Is there anything else? Is there another thing you could pass her—

**Sydnee:**

Well, under a mule or a horse?

**Justin:**

Okay, we can't pass her back between a mule and a horse.

[Charlie fusses loudly]

**Sydnee:**

Hey.

**Justin:**

Okay, all right, perfect. Yeah, we'll, uh—

**Sydnee:**

Okay. Stand right here.

**Justin:**

Uh, 14-year-old, stand right here.

**Sydnee:**

Stand right here, okay.

**Justin:**

Everybody, uh, we're gonna pass our baby back and forth. Oh, let's get rid of the standup mic. That would be perfect.

**Sydnee:**

Okay. Okay.

[audience laughs]

**Sydnee:**

Okay, okay.

**Justin:**

[distantly] A little bit further.

**Sydnee:**

[distantly] Okay.

**Justin:**

[distantly] Okay. So Rileigh, you stand here, and we'll just... Sorry. Okay, so we'll, we're... [normal volume] Is this on? Hey, is this thing on? Perfect.

[audience laughs]

**Justin:**

Okay. So we're gonna pass our baby back and forth.

**Sydnee:**

All right.

**Justin:**

Let's do it!

**Sydnee:**

You stand right there, okay.

**Justin:**

Stand right here, don't move.

**Sydnee:**

Three times. And one.

**Justin:**

Two.

[audience laughs]

**Sydnee:**

And three.

[audience laughs]

**Sydnee:**

Did it work?

**Justin:**

Do you have colic?

**Raleigh:**

[as Charlie] Yes!

**Justin:**

No!

[audience laughs and applauds]

**Justin:**

Thanks for—

[Charlie crying loudly]

[audience laughs]

**Justin:**

Oh, crap.

**Sydnee:**

Okay, okay.

**Justin:**

Sorry, we're—

**Sydnee:**

It didn't work.

**Justin:**

Aunt Cool, everybody! Aunt Cool—

[Charlie cries]

**Justin:**

Oh, man. Okay.

[audience laughs]

**Justin:**

Okay. Good bit, good bit. Hold on, wait, the spit rag!

**Sydnee:**

Wait. Good luck with that!

[audience laughs]

[Charlie crying loudly off-stage]

**Justin:**

[singing] And the cat's in the cradle in the silver spoon...

[audience laughs]

**Justin:**

Dad said I got to go do a podcast.

[audience laughs]

**Justin:**

Sydnee, I am so into Appalachian folk cures now. That was amazing.

**Sydnee:**

It didn't work [laughs].

[audience laughs]

**Justin:**

For a... It was amaze— For a few seconds, though, we all got swept up in the magic.

**Sydnee:**

I'd call it a massive failure.

**Justin:**

No, but it was so— For a while...

**Sydnee:**

Okay.

**Justin:**

... it was really exciting. You've gotta have more.

**Sydnee:**

I have a lot more, but now I have no faith in them [laughs].

**Justin:**

Well, I think faith is essential to work. So Sydnee, tell me about folk medicine, specifically Appalachian.

**Sydnee:**

All right. I thought, since we're here, we're in Huntington, West Virginia, let's talk about some medicine that was handed down in our region. Okay?

**Justin:**

Okay, sounds good.

**Sydnee:**

Are you ready? Somebody's ready.

**Justin:**

Somebody's ready.

[audience laughs]

**Sydnee:**

Okay. So does everybody know where Appalachia is?

**Justin:**

Look around you.

**Sydnee:**

Does everybody understand that? It's here [laughs].

**Justin:**

You're here.

**Sydnee:**

So it's not just West Virginia. It's a part of the southeastern US, and you've got, you know, Virginia, Kentucky, Ohio, Tennessee, North, South Carolina. There's a whole chunk, you know, Appalachia.

**Justin:**

Appalachia.

**Sydnee:**

You get it.

**Justin:**

You're hip.

[audience laughs]

**Sydnee:**

And, uh, it's also distinguished by the fact that it's, you know, hard to get to. It's very rural, and so, especially in the 1800s, you had, like, this very distinct culture, and what came with it was a very distinct medical tradition.

**Justin:**

Mm-hmm.

**Sydnee:**

And a lot of it was actually handed down from Scottish or Irish folk medicine because most of us here are descendants...

**Justin:**

Right, that's our through-line there.

**Sydnee:**

... from the Irish or the Scots. Yeah, exactly. Um, and people tended to stay here, so it just concentrated on those traditions. People weren't going in and out a lot.

**Justin:**

And if they forgot them on the trip over, it's not like they could call.

[audience laughs]

**Justin:**

They couldn't call back home and say, "Did you say, like, a goat or a mule or a table leg?" Yeah, the phone's don't exist.

**Sydnee:**

"I don't know, let's just try them all," [laughs].

[audience laughs]

**Justin:**

There's nobody here. I'm talking into my hand.

**Sydnee:**

How about a teen Aunt, will that work?

**Justin:**

Right.

**Sydnee:**

[laughs]

**Justin:**

Will a teen Aunt work?

**Sydnee:**

Um, so, you know—

**Justin:**

Yeah, because it's a— Because they didn't have phones.

**Sydnee:**

Right, no, I get it. Okay.



**Justin:**

So I'm talking into my hand.

**Sydnee:**

Right, so you're talking into—

**Justin:**

Okay. I just...

**Sydnee:**

Yeah.

**Justin:**

... wanted to make sure.

**Sydnee:**

That was good.

**Justin:**

I didn't know if it was reading or not.

**Sydnee:**

And there were not a lot of doctors either, so it wasn't like you could just go to the doctor and do what everybody else was doing. You kind of had to do what the family tradition...

**Justin:**

Right.

**Sydnee:**

... said you should do. Um, and their idea of disease was largely based on, like, the four humors, you know, the idea that you've got all these liquids in your body that you have to balance. So you get some weird ideas coming from that. They actually collected them... Have you heard of Commonplace Books?

**Justin:**

Yes. Yes, they're the, that's the Night Vale people, right?

**Sydnee:**

Yeah [laughs].

**Justin:**

Yeah, okay. Our bitter rivals over at Welcome to Night Vale.

[audience laughs]

**Justin:**

All podcasts hate all other podcasts. It's well known.

**Sydnee:**

'Cause we're this close to Welcome to Night Vale status [laughs].

**Justin:**

They're... We get within striking distance of Welcome to Night Vale sometimes!

**Sydnee:**

[overlapping] We're just right there [laughs].

[audience laughs]

**Justin:**

Oh, well.

**Sydnee:**

[laughs] But they would collect commonplace books with cures and family traditions and all kinds of things and hand them down and—

**Justin:**

So not the brand name, like, they weren't called—

**Sydnee:**

No, like, actual books...

**Justin:**

Oh, okay.

**Sydnee:**

... with stuff in them. And—

**Justin:**

I'm with you now.

**Sydnee:**

... hand them down. Yeah.

**Justin:**

Sorry.

**Sydnee:**

That's okay. And there was also a lot of religious and magical thinking that kind of went into the treatments.

**Justin:**

Mm-hmm.

**Sydnee:**

So a couple of things that they thought caused illness, and then we'll get into the treatments, which I think are the best. Um, one, if you cut your nails on Monday, you're going to be sick by Friday. So did you cut your nails Monday?

**Justin:**

I bit my nails.

[audience laughs]

**Justin:**

So wait, if I cut my nails Monday, so just don't cut your nails Monday?

**Sydnee:**

No, any other day.

**Justin:**

Any other day is fine?

**Sydnee:**

Yeah.

**Justin:**

Just not Monday?

**Sydnee:**

Just not Monday.

**Justin:**

Okay. That's doable.

[audience laughs]

**Sydnee:**

Yeah.

**Justin:**

I can swing that.

**Sydnee:**

And—

**Justin:**

That's no problem.

**Sydnee:**

And don't break birds' nests.

**Justin:**

I never break birds' nests.

[audience laughs]

**Justin:**

I can't remember the last time I saw one.

**Sydnee:**

'Cause it's mean.

**Justin:**

It's mean. That would be mean.

**Sydnee:**

Also you'll get a headache, so.

**Justin:**

Right. You get a... Wait, what?

**Sydnee:**

A headache?

**Justin:**

A headache if you break a birds' nest?

**Sydnee:**

Yes.

**Justin:**

'Cause you get the bird...

**Sydnee:**

Mm-hmm.

**Justin:**

... tapping on your window, "Hey, what'd you do to my house?"

[audience laughs]

**Sydnee:**

[laughs]

**Justin:**

"Hey, I saw you."

**Sydnee:**

Is that on your forehead?

**Justin:**

Yeah. What? No, it's on your forehead.

**Sydnee:**

It's... Okay, okay.

**Justin:**

"I saw you crush my house."

[audience laughs]

**Justin:**

"I raise my kids there, my bird kids..."

[audience laughs]

**Justin:**

"... from when they were in eggs. How could you? Come help me rebuild my nest."

**Sydnee:**

[laughs] I think the best though— Are you... Oh, okay.

**Justin:**

No, it's the end of the bit. No, no, no. That was it.

**Sydnee:**

Okay.

**Justin:**

No, no, no.

**Sydnee:**

Are you sure?

**Justin:**

I'm not Saturday Night Live. I know when the skit is over.

**Sydnee:**

[laughs]

[audience laughs]

**Sydnee:**

Um, so there was also some Native American traditions kind of in with all the Irish stuff. And one was that if you had a, like, throat congestion, that your throat was crammed with the ghosts of dead insects.

**Justin:**

Now, that is true.

[audience laughs]

**Sydnee:**

[laughs]

**Justin:**

That makes sense to me, 'cause where else are they going?

**Sydnee:**

[laughs]

[audience laughs]

**Justin:**

I'm killing a lot of bugs.

**Sydnee:**

So can you guess how to cure it?

**Justin:**

You drink Raid.

**Sydnee:**

[laughs]

[audience laughs]

**Justin:**

You drink ghost Raid.

**Sydnee:**

No.

**Justin:**

You drink Gatorade.

**Sydnee:**

No [laughs].

[audience laughs]

**Sydnee:**

You summon the spirit of a frog [laughs].

[audience laughs]

**Justin:**

Is that a bit? Are you doing a bit?

**Sydnee:**

No, that's... It's a thing.

**Justin:**

You can't have a fake cure to a fake thing.

[audience laughs]



**Sydnee:**

But it's [laughs]—

**Justin:**

Only one thing can be fake!

Audience:

[laughs]

**Sydnee:**

It's in the book! I don't know.

**Justin:**

Okay. Summon a spirit of a frog...

**Sydnee:**

Yeah.

**Justin:**

... to eat the...

**Sydnee:**

The insect ghosts.

**Justin:**

You eat the frog ghost. How do you know where it is?

[audience laughs]

**Sydnee:**

I mean, you go get... yeah.

**Justin:**

Do they come in a capsule?

**Sydnee:**

Maybe you get a frog, kill it—

[audience laughs]

**Sydnee:**

[laughs]

[thud noise]

**Justin:**

Just like that? You just smash it and then just start inhaling?

**Sydnee:**

It's so you can absorb its soul as...

**Justin:**

[laughs]

**Sydnee:**

... as it's dying.

**Justin:**

Shao Kahn wins!

**Sydnee:**

[laughs]

[audience laughs]

**Justin:**

So thank you.

**Sydnee:**

[laughs]

**Justin:**

Um, I appreciate that, I do. Okay, that's weird. Move on [laughs].

**Sydnee:**

Okay [laughs]. Let's talk about some more treatments. Okay, something really basic, let's say you have a nosebleed. You get nosebleeds.

**Justin:**

I do, I get them... especially this time of year. Dries out.

**Sydnee:**

Mm-hmm, a lot of people. Next time we just need you to bleed on a knife. Like just on the knife, just—

**Justin:**

To... Not a knife we're ever using again, I'm gonna assume.

**Sydnee:**

I—

**Justin:**

We'll have a special knife for this.

**Sydnee:**

I don't know. Well, it's gonna cure your nosebleed, so you want to keep it.

**Justin:**

I mean, eventually.

[audience laughs]

**Sydnee:**

[laughs]

**Justin:**

Eventually, everything cures your nosebleed. Did you know that?

**Sydnee:**

It's, like, uh... I think I've said it before, all bleeding stops eventually.

**Justin:**

All bleeding stops eventually.

**Sydnee:**

[laughs]

**Justin:**

And I think this is, that's certainly true. I don't buy that one.

**Sydnee:**

Let's talk about asthma.

**Justin:**

Okay.

**Sydnee:**

I think these are better. So one—

**Justin:**

I had asthma once.

**Sydnee:**

[laughs]

[audience laughs]

**Justin:**

Do you remember?

**Sydnee:**

What happened?

**Justin:**

What? It was Thanksgiving...

[audience laughs]

**Justin:**

... last year, and I had asthma for, like, a week.

**Sydnee:**

I think we already talked about this actually [laughs].

**Justin:**

What? I know. It's a callback.

**Sydnee:**

Oh, uh-huh.

**Justin:**

Wink.

[audience laughs]

**Justin:**

Um, I had asthma for a week, and I got some special drops. And, in retrospect, it might've been Ricola, and my doctor might've been placating me. But I'm pretty sure I had asthma.

**Sydnee:**

[laughs], but you got cured, so—

**Justin:**

Well, how could I have fixed it?

**Sydnee:**

Okay. So let's say your kid has asthma, like, Charlie has asthma. She doesn't.

**Justin:**

What?

**Sydnee:**

Let's say she does. No, she doesn't. She doesn't.

[audience laughs]

**Sydnee:**

I mean, I don't... Maybe. I don't... Not yet.

**Justin:**

Okay.

**Sydnee:**

I hope not.

**Justin:**

Let's hope not.

**Sydnee:**

Anyway, so you hold them up against a tree and then drill a hole in the tree right above their head. Not in their head, above their head. Okay?

**Justin:**

Okay.

**Sydnee:**

And then you take some of their hair—

**Justin:**

Got it.

**Sydnee:**

... and you stick it in the hole.

**Justin:**

Okay.

**Sydnee:**

And then you plug up the hole, and then by the time your kid is taller than that hole, no more asthma.

**Justin:**

Okay. What—

[audience laughs]

**Justin:**

Okay. First off, how did they stumble upon this?

[audience laughs]

**Justin:**

In what reality did someone say, "Man, I can breathe pretty good today. Dad, do you remember when you drilled a hole in a tree?"

[audience laughs]

**Sydnee:**

[laughs]

**Justin:**

"And I grew past it? I bet that was it." How did they not exile that guy?

[audience laughs]

**Sydnee:**

There's a downside.

**Justin:**

A downside?

**Sydnee:**

[laughs]

**Justin:**

Go on.

**Sydnee:**

If the tree dies...

**Justin:**

You die. The Ring 2.

**Sydnee:**

[laughs]

[audience laughs]

**Sydnee:**

Um—

**Justin:**

So if you're gonna drill a hole in a tree, you better be precise. And it better be really bad asthma.

**Sydnee:**

[laughs]

**Justin:**

It really, you better have tried everything. You better have tried to invent an inhaler out of wood back in the old-timey days before you start drilling holes in trees.

**Sydnee:**

Well, there is something else you could try.

**Justin:**

What?

**Sydnee:**

Buy a small dog and have it. And just have it.

[audience laughs]

**Sydnee:**

Because the asthma will go from your kid to the dog.

**Justin:**

Just have it? Just have a small...

**Sydnee:**

It'll pass.

**Justin:**



... dog?

**Sydnee:**

It'll pass from your kid to the dog.

**Justin:**

Are you telling me that back then in the old-timey days, there was no one in the area with asthma and a small dog?

[audience laughs]

**Sydnee:**

Specifically a chihuahua.

**Justin:**

Oh, but those are pretty...

**Sydnee:**

[laughs]

**Justin:**

... easy to find in rural Appalachia, mid-1800s.

**Sydnee:**

In southern Appalachia, 1850s.

[audience laughs]

**Justin:**

"Oh, no, no. Did I say small dog? I meant a chihuahua. I saw one on a commercial."

**Sydnee:**

No.

**Justin:**

"So that's what you need."

[audience laughs]

**Sydnee:**

And they thought as the... Well, as the dog got older and died, the asthma would go away.

**Justin:**

So wait, your—

**Sydnee:**

A lot of this is because...

**Justin:**

... dog's— Wait, no, no, no—

**Sydnee:**

... some kids outgrow asthma, so—

**Justin:**

Smirl. No, no, no. No, no, no, Smirl.

**Sydnee:**

[laughs]

**Justin:**

The dog has to die to... The dog takes your asthma as it ages.

**Sydnee:**

Yes.

**Justin:**

Pro— The process of...

**Sydnee:**

And it cures your kid!

**Justin:**

... aging for dogs is really a slow treatment for human asthma is what you're telling me. That's God's grand design for us?

**Sydnee:**

Well, I guess—

[audience laughs]

**Sydnee:**

I guess Chihuahuas have airways that collapse over time? I don't, this is a sad thing, so it would look like the dog got asthma from your kid, 'cause your kid was getting better probably. So—

**Justin:**

Happy Candenights, everybody, sheesh.

**Sydnee:**

[laughs]

[audience laughs]

**Sydnee:**

This is what we do. This is our show [laughs].

**Justin:**

Hit me. Give me something else.

**Sydnee:**

Okay.

**Justin:**

Pick my spirits up.

**Sydnee:**

So colds, and this is cool because my mom told me that she actually did this stuff. Her grandpa told her to do this. Eat a lot of onions, or fry onions, add some cornstarch, and then put it on your chest. And, like... Especially if it's really hot and blisters you.

[audience laughs]

**Justin:**

So you put cornstarch on your chest. And then a little—

**Sydnee:**

With, no with the fried onions. Like...

**Justin:**

With the fried onions.

**Sydnee:**

... you fry them, you pour...

**Justin:**

A little paprika. A little garlic salt.

**Sydnee:**

... in the cornstarch, and then you just... It's a poultice.

**Justin:**

It's a poul— No, it's an appetizer.

**Sydnee:**

[laughs]

[audience laughs]

**Sydnee:**

And a poultice, but—

**Justin:**

And a poultice, fine.

**Sydnee:**

I mean, it's a yummy poultice.

**Justin:**

It's not, but that's fine.

[audience laughs]

**Justin:**

Did it work? Did she try it?

**Sydnee:**

You know, I didn't ask her. I need to ask her if...

**Justin:**

That would have been my follow-up.

**Sydnee:**

... it worked. I mean, she's okay now.

**Justin:**

Excellent.

**Sydnee:**

So—

**Justin:**

That's all I need to know.

**Sydnee:**

Also—

**Justin:**

So eventually, right?

[audience laughs]

**Sydnee:**

She also tried, uh, whiskey-rock candy. So you make rock candy and add whiskey.

**Justin:**

That, I, oh— [imitates coughing]

[audience laughs]

**Justin:**

"Oh, this cough, my cold's flaring up."

**Sydnee:**

[laughs]

**Justin:**

"Got any of those—"

**Sydnee:**

These are for kids.

**Justin:**

Whoa!

**Sydnee:**

Yeah.

[audience laughs]

**Sydnee:**

It's candy. Yeah.

**Justin:**

That's a cool kid.

[audience laughs]

**Sydnee:**

And that's true just about any of these, you could replace it with, "Or just drink whiskey."

**Justin:**

"Or just drink whiskey..."

**Sydnee:**

Just drink some whiskey [laughs].

**Justin:**

"... and it'll fix it." Or at least you'll say, "I don't feel worried about my cold anymore. In the grand scheme of things, it doesn't seem that bad."

**Sydnee:**

No. It could be worse. If you have flu, what you do is you get a piece of yarn, and you soak it in maid's water. Do you know what—

**Justin:**

Maid's water? No.

**Sydnee:**

Maid's water?

**Justin:**

Maid's water?

**Sydnee:**

Maid, apostrophe S, water.

**Justin:**

Maid's water.

**Sydnee:**

Maid's water.

**Justin:**

Got it, no.

**Sydnee:**

Okay, it's—

**Justin:**

I still don't, sorry.

**Sydnee:**

Uh, the pee of a virgin.

[audience laughs]

**Justin:**

Nice try, old-timey dudes.

**Sydnee:**

And you'd tie it around your waist.

[audience laughs]

**Sydnee:**

[laughs]

**Justin:**

Nice try. But the J-man's on to you, old-timey dudes. You couldn't get past this 2014 sleuth.

[audience laughs]

**Justin:**

I'm on your game.

**Sydnee:**

[laughs]

**Justin:**

Weirdos.

**Sydnee:**

Or [laughs] you could hang your hat on the bedpost, and then drink whiskey until you see two hats, that'll work.

[audience laughs]

**Justin:**



[laughs]

**Sydnee:**

You won't care about your cold or...

**Justin:**

Wouldn't you love that?

**Sydnee:**

... the flu, the flu.

**Justin:**

"Daniel come to dinner."

"I'm busy."

[audience laughs]

**Justin:**

"What are you doing?" "I'm curing my cold."

**Sydnee:**

[laughs]

**Justin:**

"And there's still one hat."

[audience laughs]

**Justin:**

"Get out of the room."

**Sydnee:**

[laughs]

**Justin:**

"And find me a virgin."

[audience laughs]

**Sydnee:**

[laughs]

**Justin:**

Weird old dudes.

**Sydnee:**

Family friendly.

**Justin:**

That was family fr—... What?

**Sydnee:**

[laughs]

**Justin:**

Mm, okay.

**Sydnee:**

Just saying.

[audience laughs]

**Justin:**

I'm with you.

**Sydnee:**

Before we go there—

[theme music plays]

**Sydnee:**

Okay. Constipation, you want to fix that? No?

**Justin:**

No, I'm fine.

[audience laughs]

**Justin:**

I have a sneaking suspicion the price will not be worth—

**Sydnee:**

It's not that bad. You just rub yourself in castor oil.

[audience laughs]

**Sydnee:**

I mean, you could take it, but why stop there? Just rub yourself in castor oil.

**Justin:**

Just slather myself up, and—

**Sydnee:**

Mm-hmm, yeah.

**Justin:**

Sorry, say again? Uh, I'll try that.

**Sydnee:**

Okay.

**Justin:**

I'll try anything one time.

**Sydnee:**

It's even better if you have diarrhea.

[audience laughs]

**Justin:**

Okay, wait. So it's the same treatment?

**Sydnee:**

No, opium.

**Justin:**

Oh!

**Sydnee:**

That's better.

**Justin:**

Opium!

**Sydnee:**

Yeah.

**Justin:**

Excellent. "All right, Justin, are you still pooping all the time?" "I have no way of knowing."

**Sydnee:**

[laughs]

[audience laughs]

**Sydnee:**

"I don't care."

**Justin:**

"I don't care. I don't know. You tell me."

[audience laughs]

**Justin:**

"Yes, you are."

**Sydnee:**

[laughs]

**Justin:**

"You are, definitely. You are obviously still pooping all the time."

[audience laughs]

**Sydnee:**

On second thought, don't try that.

**Justin:**

Don't try that one.

**Sydnee:**

No, don't try that. Okay, how about hemorrhoids?

**Justin:**

Hemorrhoids, got them, hate them, would love to cure them.

**Sydnee:**

Did you just [laughs] share that?

[audience laughs]

**Sydnee:**

Did you just tell everybody?

**Justin:**

They guessed.

**Sydnee:**

[laughs]

[audience laughs]

**Justin:**

I have a look. You know that look of somebody with hemorrhoids, that got-hemorrhoid-guy look?

**Sydnee:**

[laughs]

**Justin:**

Kind of like—

[audience laughs]

**Sydnee:**

[laughs]

**Justin:**

"Is it over yet? Is the play over? Is this podcast done? Why'd you bring me here? My hemorrhoids are killing me."

**Sydnee:**

[laughs]

[audience laughs]

**Justin:**

That's my character, Hemorrhoid guy.

[audience laughs]

**Sydnee:**

Do you want to know how to fix them?

**Justin:**

I'm on a roll, but go ahead.

**Sydnee:**

Okay [laughs].

[audience laughs]

**Sydnee:**

So you take a bar of soap.

**Justin:**

Okay.

**Sydnee:**

You whittle it into a pencil shape.

**Justin:**

[laughs]

[audience laughs]

**Sydnee:**

[laughs], you already know what's coming.

**Justin:**

[laughing] While standing, presumably.

**Sydnee:**

Then you coat it with grease and some hog fat...

**Justin:**

[laughs]

**Sydnee:**

... and some petroleum jelly and, you know, just insert.

**Justin:**

Put it behind your ear?

**Sydnee:**

You insert.

[audience laughs]

**Justin:**

In your... You're trying to swallow it?

**Sydnee:**

No, no. The other end.

**Justin:**

Oh.

[audience laughs]

**Sydnee:**

Where the hemorrhoids are.

**Justin:**

This is gonna make my hemorrhoids feel better?

**Sydnee:**

[laughs]

[audience laughs]

**Justin:**

I highly, highly doubt that's going to improve the general hemorrhoid sensations in the area, the sharpened, uh, pencil shape I think is probably the least thing we want interloping.

**Sydnee:**

[laughs]

**Justin:**

Move on.

**Sydnee:**

Instead, you could just carry a...

**Justin:**

Yes, whatever you're gonna say, yes.

**Sydnee:**

... buckeye in your pocket and then you won't get any.

**Justin:**

Sorry, say again?



**Sydnee:**

Carry a buckeye, like from the, you know, a buck—

**Justin:**

Okay.

**Sydnee:**

Like, the—

**Justin:**

From a buckeye tree?

**Sydnee:**

Yeah, the buckeye tree.

**Justin:**

Did you say instead?

**Sydnee:**

Yeah, just carry it in your pocket.

**Justin:**

Okay, I'll go with that.

[audience laughs]

**Sydnee:**

[laughs]

**Justin:**

Maybe next time give me that option before I start sharpening.

**Sydnee:**

Did you—

[audience laughs]

**Sydnee:**

Are you doing that? [laughs]

[audience laughs]

**Justin:**

I read ahead before the show.

[audience laughs]

**Justin:**

Speaking of which, can we hurry it up?

**Sydnee:**

[laughs]. Okay. How about liver troubles?

**Justin:**

I got those, I bet.

**Sydnee:**

Yeah. They actually thought a lot of people had liver troubles.

**Justin:**

About to get worse.

**Sydnee:**

They blamed any, like, "I'm tired. I'm," you know, "I'm sleepy. I just don't feel good," they were like, "Ugh, it's your liver."

**Justin:**

Okay.

**Sydnee:**

So there were a lot of liver pills, which—

**Justin:**

Sure, I know those. Those are fake.

**Sydnee:**

Yes, they are fake. Uh, but people would... They didn't have the access to them, so they had to make up their own fake-liver cure.

**Justin:**

Mm-hmm.

**Sydnee:**

Um, so you could take nine [laughs] eggs—

**Justin:**

Okay.

**Sydnee:**

Stick with me, hard boil them, take the yolks, string them up, and wear them around your neck.

[audience laughs]

**Sydnee:**

And then go to bed.

**Justin:**

What's this for?

**Sydnee:**

Liver trouble.

**Justin:**

Okay. Well, perfect. 'Cause you... It's made up anyway, right?

**Sydnee:**

So why not?

**Justin:**

So why not? Why not sting some eggs around your neck?

**Sydnee:**

Mm-hmm. And it'll, like, suck the... Well, I mean, you could also use it for jaundice, which is a liver trouble.

**Justin:**

Okay.

**Sydnee:**

I mean, it won't work, but—

[audience laughs]

**Justin:**

It won't work. I mean, it won't do anything.

**Sydnee:**

You can do it.

**Justin:**

Nothing will happen.

**Sydnee:**

Go ahead.

**Justin:**

But you'll, but you'll be a step ahead when you have to make deviled eggs the next morning.

**Sydnee:**

[laughs]

**Justin:**

So you'll be one, one leg up already.

**Sydnee:**

I don't know what you do with the whites.

**Justin:**

What?

**Sydnee:**

You can eat the whites.

**Justin:**

You eat the whites. Eat them up.

[audience laughs]

**Justin:**

They're good for your liver.

**Sydnee:**

Uh— [laughs] Worms were a big problem, uh, in rural areas, still are sometimes. Uh, one thing you could do if you had worms is take a dish of, like, warm milk and then just have your kid smell it. And the worm would, like, come up out the nose, 'cause it wanted the milk. And it would, you know, jump in the milk.

**Justin:**

'Cause, you know, worms, they love milk.

[audience laughs]

**Justin:**

They'll come right out of a nose for some milk. They love that.

**Sydnee:**

You'd think this would be debunked, like, the first time.

**Justin:**

The first time.

**Sydnee:**

'Cause that doesn't work.

**Justin:**

That doesn't work. No one ever made that work. The first time, someone was, like, "Debra, I tried it. The worm stayed in there."

**Sydnee:**

But what would be worse? What if it did?

**Justin:**

Ugh, that's worse.

[audience laughs]

**Sydnee:**

Can you imagine that?

**Justin:**

That's worse. That's way worse.

**Sydnee:**

Like, you're... And it just pokes its little head out.

**Justin:**

"Somebody—"

**Sydnee:**

And it's, like, looking around.

**Justin:**

"... have some milk?"

[audience laughs]

**Sydnee:**

[laughs]

**Justin:**

"Is that milk I smell? Excellent." This is my worm voice.

[audience laughs]

**Sydnee:**

Uh, do you have a sty?e?

**Justin:**

Uh, no.

**Sydnee:**

In your eye, you know, a stye?

**Justin:**

I don't. I've had those in the past.

**Sydnee:**

Do you want to know how to get rid of it?

**Justin:**

Absolutely, I'll do anything.

**Sydnee:**

Okay. Pretend I have one.

**Justin:**

Okay.

**Sydnee:**

Okay. Tell me I have one.

**Justin:**

Sydney, you have a stye.

**Sydnee:**

It's a lie. And then it goes away.

[audience laughs]

**Justin:**

No, it doesn't! That... You made that one up, right?

**Sydnee:**

No. It's in the book.

**Justin:**

It's in the book?

**Sydnee:**

I'm gonna tell everybody the book name.

**Justin:**

Okay. That's crazy—

**Sydnee:**

But it's in the book.

**Justin:**

That doesn't make sense. Again, the first time. The first time...

[audience laughs]

**Justin:**

... maybe people were like, "He didn't believe it. You have to believe you don't have a stye. You have to sell it."

**Sydnee:**

It's like Tinkerbell.

**Justin:**

"No, I don't."

**Sydnee:**

Clapping your hands, you've gotta, "It's a lie."

**Justin:**

Right, "I don't have one!"

**Sydnee:**

"It's a lie."

[audience laughs]



**Sydnee:**

Now, if you have an open wound, put salt in it.

[audience laughs]

**Justin:**

That's the wrongest you could be. You can't get more wrong than that.

**Sydnee:**

Again, you'd think one time...

**Justin:**

The first time went...

**Sydnee:**

... done.

**Justin:**

"... that's not helping. I feel worse."

[audience laughs]

**Sydnee:**

One that I've seen is if you have, like, a spider bite, just put some tobacco on it. Like, chew it up, spit it out, and pack it on there. I saw that, somebody do that.

**Justin:**

What, how, when? What, how? What could—

**Sydnee:**

In the hospital.

[audience laughs]

**Justin:**

They brought tobacco in with them?

**Sydnee:**

They'd done that. I mean, it didn't work. That's why they were in the hospital. But—

**Justin:**

No, 'cause none of these work.

**Sydnee:**

Yeah.

**Justin:**

I mean, in case—

**Sydnee:**

I mean [laughs]—

**Justin:**

Yeah.

**Sydnee:**

We were in the hospital, so...

**Justin:**

Yeah.

**Sydnee:**

... it failed. But they tried that. Um, if you have acne, you just need some cow manure. Uh, especially, like, young ladies would take some, roll it up in a ban— bandana, and then wear it around their necks. Fixes their complexion.

[audience laughs]

**Justin:**

Your complexion needs to be really bad or really, really fixed. Like, so fixed. I cannot imagine hanging with this cure for.. I guess you would excuse yourself from society for a couple days, right?

**Sydnee:**

I don't know.

**Justin:**

Can't go to a party—

**Sydnee:**

You just walk around that way.

**Justin:**

No, you don't.

**Sydnee:**

Yeah, you just walk around.

[audience laughs]

**Justin:**

Who is this person that is so concerned about their acne, but not so concerned about having a manure necklace?

[audience laughs]

**Justin:**

And what, how do those, how does one pay off? I don't understand. Who is this vain person who's like, "Well, but look at the results."

**Sydnee:**

[laughs]

[audience laughs]

**Justin:**

"Just don't smell me."

**Sydnee:**

If you were trying to attract a farmer? I don't—

**Justin:**

I guess, or flies.

**Sydnee:**

[laughs] And they don't care. They're like, "Oh, cow manure."

**Justin:**

"Oh, that's—"

[audience laughs]

**Sydnee:**

"Smells like home."

**Justin:**

"Takes me home."

**Sydnee:**

[laughs]

[audience laughs]

**Sydnee:**

Uh, so let's say you have a dog bite or a snake bite.

**Justin:**

Okay.

**Sydnee:**

Okay. So take a frog or a chicken, whatever you got, cut it in half and then just strap it on there.

[audience laughs]

[pause]

**Sydnee:**

That's it [laughs].

**Justin:**

That's the whole thing?

**Sydnee:**

Yeah.

**Justin:**

They couldn't even make up...

**Sydnee:**

It'll cure it.

**Justin:**

... more lies about it? That's what bothers me. Can we get a little showmanship?

**Sydnee:**

[laughs]

[audience laughs]

**Justin:**

Really— Like, can you, like, "And then sing to it."

[audience laughs]

**Justin:**

"And then squeeze a lemon in your hair." Like, can you make it, like, at least make it like a spell?

**Sydnee:**

Well, these would, like, kill the frog in a really elaborate way. Like...

**Justin:**

I mean, if I'm gonna capture a frog...

**Sydnee:**

... throw it up in the air and, I don't know, something.

**Justin:**

... it is gonna be quite the production for me to capture a frog.

**Sydnee:**

Mm-hmm.

**Justin:**

That's fair. That's gonna be a little bit of work.

**Sydnee:**

If you didn't want to do that, which I don't...

**Justin:**

I don't.

**Sydnee:**

... you could use a mad stone. Do you know what a mad stone is?

**Justin:**

No.

**Sydnee:**

Okay. It was usually a bezoar. So, like, something from the stomach of a deer or a bear that had, like, hair and bones and leftover animal bits.

**Justin:**

Okay, lot of fruitless searches, I would imagine. A lot of unpleasant, uh, deer unfairly robbed from this mortal coil, hoping to find a lump of hair and bone and teeth in the tummy.

**Sydnee:**

Well, that's... No, that's true. They were hard to find. So you would pay to use somebody's. Like...

**Justin:**

Oh, okay. Like, I'm—

**Sydnee:**

"... Can I borrow that?"

**Justin:**

You go to Blockbuster.

**Sydnee:**

Two bucks, or...

**Justin:**

You check out.

**Sydnee:**

... rent a mad stone.

**Justin:**

You rent a—

[audience laughs]

**Justin:**

Got it.

**Sydnee:**

There are late fees.

**Justin:**

There are late fees. Yeah, I hope it works the first time, 'cause they are exponential.

**Sydnee:**

Uh, one cure I didn't like, bedwetting.

**Justin:**

You were into the others.

**Sydnee:**

No, the other ones were fine [laughs]. I loved the other ones.

**Justin:**

Yeah, they other ones were fine, but bed—

**Sydnee:**

For bedwetting, you take the sheets and rub them in your kids face.

**Justin:**

[laughs]

[audience laughs]

**Sydnee:**

I guess like a dog, like, you rub their nose in it, no. And don't do that either, but—

**Justin:**

[laughs], that's not a treatment. That's like how Glenn Beck parents.

**Sydnee:**

[laughs]

[audience laughs]

**Justin:**

That's not medical. That's, like, what I do to our Scottish terrier, Nussy, when I was 12.

[audience laughs]

**Justin:**

"Bad. Bad, no."

**Sydnee:**

[laughs] It was a rough time for kids. If you had an earache, they would just pour some warm pee in your ear.



[audience groans]

**Sydnee:**

Just in your ear. Yeah.

**Justin:**

Just wring it out of the blankie you just threw in your brother's face.

**Sydnee:**

[laughs]

[audience laughs]

**Justin:**

"Now, give me that back. I've got to squeeze it out."

[audience laughs]

**Justin:**

"Put this in your ear."

**Sydnee:**

"Lay on your side."

**Justin:**

"Lay on your side. This is happening."

[audience laughs]

**Sydnee:**

And there were specialized doctors for different things. Like, there were thrush doctors that would cure thrush, like, a yeast infection of the mouth. And they were usually the seventh son in a family.

**Justin:**

Oh, okay.

**Sydnee:**

And so what they would do is blow in your kid's mouth.

[audience laughs]

**Sydnee:**

That was it.

**Justin:**

That's the whole bit?

**Sydnee:**

Well, I mean, if that didn't work, they would take their shoe, fill it with water, and then your kid would drink it.

[audience groans]

**Justin:**

I'm on to you, old-timey dudes.

**Sydnee:**

From this guy's shoe [laughs].

**Justin:**

You're just getting worse.

[audience laughs]

**Sydnee:**

What—

**Justin:**

That's the pits.

**Sydnee:**

I like that there were burn doctors and they would talk the burn out. They would just keep talking at, like, your arm or whatever until it...

**Justin:**

"Come on, little fella."

**Sydnee:**

... went away.

[audience laughs]

**Justin:**

"You've been scorching this skin long enough. Time to hop on down that trail."

**Sydnee:**

[laughs]

[audience laughs]

**Justin:**

"I want you to hop on off the—" The first time. The first time you invite a gentleman into your home, and he's like, "Well, enough milk and cookies for me. Let me talk to your burns."

[audience laughs]

**Sydnee:**

Is it Santa? [laughs]

**Justin:**

It's not. That just—`

[audience laughs]

**Sydnee:**

[laughs]

**Justin:**

He was in my field of vision twice and I just went with it. I'm sorry. I did my best.

**Sydnee:**

You know what's weird? There are, like, eye-witness accounts in this book...

**Justin:**

Of them working?

**Sydnee:**

...of it working. Not that I'm... I'm not saying, like, "So go do that." But, you know—

**Justin:**

"So give it a shot. Who knows, it's in a book!"

[audience laughs]

**Sydnee:**

Well, it's the same, there were blood stoppers.

**Justin:**

Blood stompers?

**Sydnee:**

Yeah.

**Justin:**

Okay.

**Sydnee:**

So, like, you're bleeding.

**Justin:**

Okay.

**Sydnee:**

And I'm a blood stopper.

**Justin:**

Okay.

**Sydnee:**

[audience laughs]

**Justin:**

I was hoping for something—

**Sydnee:**

And then you stop.

**Justin:**

It sounds like an Arnold Schwarzenegger movie, so you can imagine my disappointment.

**Sydnee:**

[laughs]

**Justin:**

I thought there'd be a little more high-impact—

**Sydnee:**

"Blood stoppers."

**Justin:**

"... Get out of there. You cut that out, blood."

**Sydnee:**

I think the worst though were the, um, goiter rubbers. Like, you rub—

[audience laughs]

**Sydnee:**

... goiters. That's your whole thing.

**Justin:**

Let me guess. Let me guess.

**Sydnee:**

That's your whole job.

**Justin:**

Let me guess, the goiter rubbers came by your house, had a very polite conversation with you, provided you with some medicine for your problem, and left. Is that what the goiter rubbers did?

**Sydnee:**

No, they rub your goiter.

**Justin:**

Okay.

**Sydnee:**

They just, they just rub it.

**Justin:**

Uh, I guess.

**Sydnee:**

So it goes away.

**Justin:**

I don't know what I expected.

**Sydnee:**

It doesn't go away. I mean...

**Justin:**

It doesn't, because all you did...

**Sydnee:**

... it doesn't work, but—

**Justin:**

... was have some weirdo rub your goiter!

[audience laughs]

**Justin:**

It doesn't help. Take some iodine, right?

**Sydnee:**

Yeah, hey.

**Justin:**

[imitates mind being blown]

[audience laughs]

**Sydnee:**

And there were a couple illnesses that today we don't really recognize. So I don't want to say they were made up—

**Justin:**

But they were made up.

**Sydnee:**

But they were made up.

**Justin:**

They made up, they made up—

**Sydnee:**

They kind of made it up.

**Justin:**

They're not real.

**Sydnee:**

So, like, marking, so if you're pregnant, the stuff that you do will leave an impression on your unborn child. An example.

**Justin:**

Hit me.

**Sydnee:**

[laughs] So there was a woman who was really craving cornbread...

**Justin:**

[laughs]

**Sydnee:**

... but she didn't ask for it.

**Justin:**

I've been there. We've all been there.

[audience laughs]

**Sydnee:**

[laughs], she didn't need it. She didn't ask for it. She was just craving it. And she kept scratching her neck [laughs], and so her kid had a growth on his neck that looked like cornbread.

[audience laughs]

**Sydnee:**

So obviously—

**Justin:**

It's, like, the worst miracle ever.

**Sydnee:**

[laughs]

[audience laughs]

**Sydnee:**

So the treatment was if you crave something, eat it [laughs].

**Justin:**

So she had this moment where she was looking at it, she was like, "Did I crave cornbread?"



**Sydnee:**

[laughs]

**Justin:**

"I don't remember cr—... I guess I did."

**Sydnee:**

"I guess I must've."

[audience laughs]

**Justin:**

"I must've been craving some cornbread."

[audience laughs]

**Sydnee:**

There's also one more. Okay, it's called...

**Justin:**

Okay.

**Sydnee:**

... liver grown.

**Justin:**

What's liver grown?

**Sydnee:**

Liver grown is when your liver grows into your ribs and, like, becomes attached.

**Justin:**

I, that's horrifying! I didn't know that could happen.

**Sydnee:**

It doesn't. It's not real. But they thought it was.

**Justin:**

Whew. That's a load off my mind.

[audience laughs]

**Sydnee:**

And they thought it happened to kids when you left them on their backs too much, like babies.

**Justin:**

Their liver would grow into their ribs?

**Sydnee:**

So the treatment is you'd take your kid, you hang them upside down...

**Justin:**

Okay.

**Sydnee:**

... by their foot.

**Justin:**

Good so far.

**Sydnee:**

And then you grab their arm and flip them the other way and grab their foot and flip them. Should we—

**Justin:**

Like an hourglass.

**Sydnee:**

Should we get Chuck and—

[audience laughs]

**Justin:**

Let's get Chuck again.

**Sydnee:**

[laughs]

**Justin:**

"Chuck, come on back," no.

**Sydnee:**

No, no, no.

**Justin:**

Don't come out here, Chuck.

**Sydnee:**

Yeah, we won't do that. That's bad. Don't do that.

[audience laughs]

**Justin:**

So, like, just treat your baby like an hourglass?

**Sydnee:**

Exactly.

**Justin:**

Basically.

**Justin:**

[makes flipping noises] Just measuring the time till he hates you. "No? Okay. Not yet."

[audience laughs]

**Justin:**

"You scarred? You scarred, baby?"

**Sydnee:**

Just turning.

**Justin:**

Absolutely.

**Sydnee:**

Turning the baby, just turn the baby.

**Justin:**

Well, those are, those are fantastic, Sydney. Thank you for taking me on this tour.

**Sydnee:**

Thank you. You're welcome.

**Justin:**

Uh, any others? Any, uh, last ones? Last favorites to hit us with before we go?

**Sydnee:**

[laughs] Uh, the last one, I guess, I still see this, um, nerves.

**Justin:**

Nerds?

**Sydnee:**

Nerves.

[audience laughs]

**Justin:**

Nerd?

**Sydnee:**

No, nerves.

**Justin:**

Nerves.

**Sydnee:**

Like nerves, like, you know, in your body, like nerves.

**Justin:**

Appalachian people invented nerves?

**Sydnee:**

No, no. They say—

[audience laughs]

**Justin:**

I thought you told me those were real.

**Sydnee:**

They have, that— They say they have nerves.

**Justin:**

Oh, they have the nerves.

**Sydnee:**

It's, like, a condition. That's not a condition. It's not a... It's used to describe, like, 80 different things.

**Justin:**

Got it.

**Sydnee:**

But it's nerves. And the treatment is, you know, if your doctor will give you some Xanax [laughs].

**Justin:**

No. Oh, that's the treatment?

[audience laughs]

**Sydnee:**

That's pretty much it [laughs].

**Justin:**

That's it. Okay, perfect.

**Sydnee:**

It's an accepted treatment.

**Justin:**

So nerves is fake. Nerves isn't real?

**Sydnee:**

Yeah. I mean, there, there are illnesses there. But they're not nerves. Like, that's the catch-all term, I guess.

**Justin:**

Excellent.

**Sydnee:**

Yeah.

**Justin:**

Well, uh, Sydnee, thank you so much for my education.

**Sydnee:**

You're welcome. I want to talk about this great—

**Justin:**

Sure.

**Sydnee:**

... book.

**Justin:**

Yeah, yeah, yeah.

**Sydnee:**

So I got a lot of this information, I usually don't source things, but this book was great, um, Folk Medicine in Southern Appalachia...

**Justin:**

That's a—

**Sydnee:**

... by Anthony Cavender. It's fantastic.

**Justin:**

Cool. So go, go pick that one up.

**Sydnee:**

So if you want to read about all this crazy stuff, check it out.

**Justin:**

Uh, thank you to you all so much for coming out to see us. This is amazing.  
I—

[audience applauds]

**Sydnee:**

[laughs], thank you.

**Justin:**

Um, I hope you've all had a lot of fun in Huntington. Did everybody have a good time?

[audience cheers]

**Sydnee:**

Yay.

**Justin:**

Did anybody go to Hillbilly Hotdogs?

[audience cheers]

**Justin:**

What's up? Black Sheep, anybody go to Black Sheep?

[audience cheers]

**Justin:**

Anybody go to Bob Evans?

[audience groans]

**Justin:**

Ah, you messed up.

**Sydnee:**

All right.

**Justin:**

We get a—

[audience laughs]

**Sydnee:**

That's great. We get a cut from all of that [laughs].

**Justin:**

Yeah, we get a slice from all of that.

**Sydnee:**

No, I'm—

**Justin:**

We were actually count— We had people counting, to see—

**Sydnee:**

[laughs]

**Justin:**

So we'll get our cut from them later. Um, this was fantastic. Thank you so much for coming. Thank you for being here. Uh, thank you to The Taxpayers



for letting us use their, uh, their song, Medicines, for our intro and outro. Thanks to Maximum Fun Network for having us on, uh, their family of programming. They've got a lot of great shows, uh, Jordan, Jesse, Go! Uh, Stop Podcasting Yourself, Judge John Hodgman.

**Sydnee:**

There's one you might not have heard of, um, My Brother, My Brother, and Me.

**Justin:**

It's yeah—

**Sydnee:**

There's that one.

[audience cheers]

**Justin:**

All right. Those guys. Um, so, uh, go listen to those. They are all at maximumfun.org. We got some Sawbones T-shirts out... I've always wanted to say that... Got some T-shirts out in the lobby.

[audience laughs]

**Sydnee:**

[laughs]

**Justin:**

Hit the merch table. Uh... So make sure you buy those. And, uh, I think that's gonna do it for us. Uh, thank you all so much...

**Sydnee:**

Yeah.

**Justin:**

... for coming. I'm, uh, Justin McElroy. This—

**Sydnee:**

I'm Sydnee McElroy.

**Justin:**

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

[audience cheers]

**MC:** Alright, we're gonna take a very short break...

[theme music plays]

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