Ok

But I forgot to turn mobile off until today, maybe 5 or 6 days later, I realized I was still using my mobile data, which means I’ve been using my data for this whole time and I just have a very small data package. So I think I’m gonna have a high cell phone bill.

Oh man! That’s terrible and that’s super annoying.

Very annoying.

And they don’t send you alerts because here in Canada they’ll say “hey, you’ve used 95% of your WIFI allotted for the month”.

Yea I think because I’m at the start of a new billing cycle. I thankfully haven’t gone over. I’m just going to have to be careful for the rest of the month to not use my data.

And now, in the US I think they have unlimited data.

Unlimited plans. I have 1GB of data. So I’m probably close.

I only have 2 GB which I thought was like OK, that’s something. And then I’m like wow that goes really fast.

No more listening to Culips on the bus for me. I’m gonna have to download it first.

You have to download it first, yes. That’s it. Download those podcasts.

No more streaming, there we go. We’re gonna take a quick break and then we’ll be right back to get stated with today’s episode.

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I think we have a really interesting and funny episode lined up.

Yea.

And so we’re gonna do a chatterbox episode. This is where we have a totally natural conversation and yea. Suzanne, what is the topic of today’s chatterbox episode?

Today’s topic is all about old wives’ tales. Old wives’ tales.

Old wives’ tales.

Do you know what an old wives’ tale is, Andrew?

Yes, I do. And I will try my best to explain it to everyone. So an old wives’ tale is an old idea or an old belief that most people think is true but it’s actually not been proven scientifically. So it’s not been tested. There’s been no experiment to prove that it’s true. We just believe it to be true. It’s almost like a superstition. And another word we could use to describe it is folklore. So it’s kind of this very old tradition that people living a long time ago believed to be true. But, you know, really when we take a look at the claim, when we look at what an old wives’ tale is, we say “Ah that’s not true, come on, get out of here.”

Yea. And they’re called old wives’ tales so wives being women who are married and sometimes have children and they’ve been traditionally associated with concerns of women, so health, nutrition, raising children or child birth. They have originated from things that women in the past have traditionally done and those beliefs get passed down through stories from generation to generation. And sometimes they end up becoming these crazy tales and that’s why most of them aren’t true. They’ve just been passed down and passed down and maybe changed and morphed into a totally different meaning than what they originally were meant to be.

Absolutely. And we should clarify that “tales” is spelled t-a-l-e-s, tales, so like a fairy tale, kind of a story, right? Something that’s not true is a tale. And like you said, old wives’ tales are traditionally things that concern women like raising children and there’re a lot of old wives’ tales about pregnancy and what gender your baby will be. I’m not an expert on this subject but I know there are a lot.

Yes a lot of times they think if the belly of the woman is higher, like as a higher bump, then it’s a boy. But I really don’t know if that’s true honestly. There are hundreds, literally hundreds of pregnancy old wives’ tales and if you’re interested, maybe you’re a pregnant woman listening to this episode, you can google pregnancy old wives’ tales and maybe you’ll find out if you’re carrying a boy or a girl. Who knows?

Oh my gosh. I’ll be interested in hearing those funny tales. And isn’t it true that most of the time when your friends or someone tells you an old wives’ tale like “ I heard that if the belly is higher blah blah blah” and they always finish with, like “Yea but who knows, some old wives’ tale”, right?

Yea, you write it off.

A lot of times people will excuse it or write it off with like “Yea but who knows, I don’t know, it’s something I heard a long time ago”.

Well this is the example of the oral story telling tradition, right? One generation telling the old wives’ tales to the next generation, to the next generation and that’s why people often introduce these old wives’ tales by saying “Oh I heard that”. You know, they have no source. It’s not like “I read it in the newspaper. I saw it on TV.”

I heard it. You know how a lot of people will say, you know “They say”. “They”.

“They”. Who is “they”?

Who’s “They”? Like maybe those are the old wives that made up these crazy stories that passed out from generations. I’ve always wondered and I think the “they” in those situations are used in accordance with these kind of little lines and little beliefs, right?

This is another strategy people use when they don’t know the source of the information, right? They just say “they” like some people, somewhere have said this, I don’t know who but they said it.

And “they” seem to know a lot.

Yea, “they” are very smart. Now that we’ve defined what an old wives’ tale is. In part 2 of this episode, we’re going to share some old wives’ tales with you and then evaluate them, judge if we think that there is some ancient wisdom here and this is a good thing or if it’s total garbage and we can just laugh at the silliness of the old wives’ tales. This is a very common old wives’ tale, one that my mother used to tell me.

What did she say?

And that is swimming with a full stomach will give you a cramp, so you should wait at least an hour after eating before you go swimming.

I listened to a podcast called “The gist”, I think I’ve told you this. And this was one of the questions that they covered and they said that “No, it’s wrong. It doesn’t cause you cramps. You don’t have to wait.”

It doesn’t cause you cramps.

No.

You don’t have to wait so this is another old wives’ tale with no truth to it. You can go swimming anytime.

Survey says “Errr not true”.

I have never believed in this old wives’ tale. But I have always followed it. What about you, Suzanne? If you’re at the beach and you have a little picnic and then you wanna go swimming, do you wait or do you go right away? What’s your protocol?

I don’t know at the beach but we used to belong to like a community pool by my house growing up and so we would bring our lunch and sit at the picnic tables and then jump into the pool and my mom would always say “Wait, wait”. And she actually made us wait an hour.

An hour, yea.

An hour. And we would be in the hot sun in Texas and we would be so hot for an hour like “Mom, come on”. And it was so annoying and I believed her but I was so mad because all I wanted to do was jump in the pool.

That’s really funny. Are there any old wives’ tales that you find particularly interesting?

There is. I actually didn’t know it was an old wives’ tale. I thought it was really still true. Shaving hair makes the hair grow back thicker. I really thought it was true. It’s not true?

It’s not true and I know this from experience because when I was 20, 21 years old, I always wanted to have a beard but my beard was pretty weak when I was 20 years old, maybe even younger, maybe 18, 19 years old. So I would shave every day, hoped that my beard would grow thicker and nope. I mean it did overtime. I can grow a beard now, but I don’t think it was due to shaving. It was just due to me growing up.

Ok. And maybe growing more hair because you’re getting older and that’s how it works.

Exactly I think so yea.

Yea because my mom, when I was in, again, it was, it’s always a mom talking to their kids. When I was in 5th grade, 6th grade, excuse me, 6th grade, I moved to Texas and we started to have gym class in shorts because it’s hotter in Texas than in New York City where we would wear sweatpants. And the shorts reveal your leg hair and I was 12 so I hadn’t started shaving my legs yet. I was pretty young.

Totally.

So I shaved only one leg because I knew that if I did one leg she couldn’t get mad, I’d have to do the other one. And she was like “Why did you do that?”. She got really upset. I was like “All the other girls are doing it” and she said “Don’t you know that it’s gonna grow back thicker?”. I’m like “No”.

I mean if this one was true, Suzanne, I would be shaving my head right now to grow back a thicker and fuller head of hair. But yea unfortunately just doesn’t work.

So an old wives’ tale that just up until recently I believed was true is the one that says that you need 8 hours of sleep in order to be rested, that you have to get 8 hours of sleep a night.

Ok. I’m skeptical about this, Suzanne. Why is this not true? Convince me.

Because it actually depends on two things. Depends on the person, so their age, right? Like a person, some people don’t need as much sleep as 8 hours. They just don’t. And it actually matters more about consistency so if you get 5 hours every day, you’re healthier than someone who gets 8 and then 6 and then 10 and then 7.

You know what, I do believe this actually. I was playing devil’s advocate but I’m with you because most days I only get 6 hours of sleep and it’s ok. I’m not very tired.

It’s good to be consistent more than it is to get a certain amount that you think you should get. It’s all about following the sleep cycles.

Circadian rhythm.

# It’s funny that all of these old wives’ tales that we’ve looked at today are all false. Sciences said wrong, wrong, wrong, wrong. So don’t blindly believe an old wives’ tale. You have to critically look at it. Whenever somebody tells you something, “well you know they say”, your warning flags should be raised. Something weird is happening.