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Ask Dr Ozzy

+ Dear Dr Ozzy I'm a 24-year-old man with a big date coming up and want to make sure I look good in the buff, just in case. Should I trim my armpit hair?

Simon, Bethnal Green, London

How long can your armpit hair possibly be, man? I could understand if you were worried about the hair on your head, the smell of your cologne, or what kind of clothes you're gonna wear, but unless you're planning to get this chick in a nude headlock over dinner, how do your armpits come into the equation? Let me give you some man-to-man advice:

I shaved my armpits once for a joke and it hurt like you wouldn't believe for a month. And I broke out in a pimply rash. I'd leave your armpits alone and concentrate on something else, like your conversation skills.

+ My wife's brother-in-law is a handyman/contractor, so we feel obliged to use him for odd jobs around the house. The problem is, he's useless and complains all the time. How can we get ourselves out of this awkward situation? My wife sees her sister every day, so she doesn't want any tension or weirdness.

Billy, Scarborough

Your missus can surely have a quiet word with her sister. Not "Your husband's crap at his job", but something like "Look, our other halves have been butting heads on this DIY project, and I'm worried that if they keep at it they might fall out. Why don't we tell them to take a break for a while?" The alternative is to put up with it, but in my experience of having renovated half the western hemisphere with Sharon, people get very stressed during construction, and at some point voices will be raised, or worse.



+ I've suddenly developed a habit of putting my foot in my mouth in the most cringeworthy ways — like blurting out jokes about fat people in front of overweight relatives. What could be causing this outbreak of tactlessness? It's not booze, 'cos it's happened as many times sober as it has when I'm drunk.

Fred, Basingstoke

It won't make you feel any better, but we all drop a clanger every now and then. You can't beat yourself up about it too much, 'cos life would be boring if we all talked like politicians. Your fat joke's nothing compared with the stuff I used to say when I was drinking. I once had to call up Brian Wilson from the Beach Boys the morning after a heavy session and tell him I was sorry for saying

I was glad his brother had just died. That was about 20 years ago and I'm still cringeing.

+ I'm a 28-year-old woman who has never — not once! — reached orgasm. I enjoy sex but it's more like an aerobic workout than something mind-blowing. Am I choosing the wrong guys or do I have a deep psychological handicap?

Sanna, Helsinki

Dr Ozzy is out of his depth on this one. You don't mention medication, but if you are taking any pills, the first thing to do is check their side effects. Antidepressants wreak havoc in my own screaming-ecstasy department, but I don't know what the deal is for chicks. Maybe buy one of those electronic "back massager" wands then practise getting

yourself over the top on your own. The better you know your body, the better chance you have of learning what sets you off. Failing that, give me a call.

+ A close friend has become angry with God, blaming Him for his romantic, career and health disappointments. I've read on the internet that this is a kind of mental disorder. Should I be worried?

Fredo, London

Most of us are taught from birth to believe in a God with a beard who lives on a fluffy white cloud, so if someone's having a terrible run of luck, it ain't surprising they might blame Him. Instead of worrying about your friend going mad — it doesn't sound like a mental disorder — why not talk to him; give him a shoulder to cry on. He needs your support, not your internet research.

+ Is there any truth to the claim that food colouring makes kids hyperactive? Or is this just another trendy myth?

Erica, Los Angeles

When I was growing up, nobody cared about what was in the food. We ate what was on the table — the alternative was a smack round the ear and going to bed hungry. Looking back, we were nuts. It's hard to imagine a more hyperactive kid than I was. Was it the E numbers? Who knows. In a perfect world, we'd grow our own food. But you can't grow a fish finger or a tin of beans. My advice is, be careful and make sure your kids eat their greens ■
Ozzy was talking to Chris Ayres

Do you have a question for Dr Ozzy? Email him at askdrozzy@sunday-times.co.uk

Warning: Ozzy Osbourne is not a qualified medical professional. Caution is advised