

'The good thing about being Dr Ozzy is that I sometimes get the chance to save lives. So count yourself lucky — under no circumstances suggest to your girlfriend that she should get a boob job'

Ask Dr Ozzy

+ Dear Dr Ozzy My husband has bought a hot tub and put it in our garden, but I refuse to get in it as I've heard horror stories about the water becoming a breeding ground for germs. He says I'm worrying too much, and spends half the weekend in there. What's your opinion?

Betty, Portsmouth

You're both right. There's nothing better than being outdoors in a hot tub on a crisp October evening, drinking a nice glass of something cold. But if you don't maintain it properly, it can turn into a swamp, with algae, frogs and God-knows-what-else floating in there. Even though it's shiny and blue, with pressure jets and mood lighting, a hot tub is still basically a big boiling cauldron of chemicals. The worst is when you have a party and a bunch of hairy blokes climbs in. Another thing with hot tubs: you gotta watch the heat. I used to get blasted on cocaine, feel my heart pounding, then try to calm down by jumping into 900-degree water. Once, my head almost exploded. But if your husband cleans his new toy regularly — he can even sign up for a maintenance service — there's no reason you shouldn't take a dip. It might even improve your love life.

+ I wish my girlfriend was better endowed. Would it be rude to suggest a boob job? I'd pay for it.
Stan, Cheshire

The good thing about being Dr Ozzy is I sometimes get the chance to save lives. Stan, count yourself lucky, 'cos that's what I'm about to do: under *no* circumstances bring this up with your girlfriend. If I made this suggestion to Sharon, the Osbourne crown jewels would end up halfway up my esophagus. To be honest, I wouldn't blame her. I mean, imagine if the situation was reversed, and your girlfriend asked you to get an enlargement of your



own? How would that feel? If it's that important to you, dump the girl and find yourself a Page 3 model.

+ I'm a 28-year-old virgin (ouch). I recently met a girl and we tried to make love, but I couldn't 'finish'. She accused me of indulging in solitary pleasures and wearing the big chap out. Is this possible? We tried again in the morning but I couldn't even achieve match fitness.

Chris, Reading

This could just be nerves, Chris. Also, if you were drinking before your first attempt, that might have stopped you from reaching the fireworks ceremony. Then again, maybe you are "wearing the big chap out" — you don't exactly seem to be denying it, do you? So my

advice to you is calm down, don't drink beforehand, and cut out the five-knuckle shuffles.

+ I keep getting a build-up of debris in my belly button. It freaks me out, especially in the shower, when the fluff looks like a black spider crawling down my front.

Gary, Iver Heath, Bucks

Where's this fluff coming from? What are you wearing under your shirt — a shag-pile carpet? The first thing I'd suggest is washing more (ie, more than once a year) and using a cotton-wool bud. Maybe you've got a really big belly button? So why not put it to good use? After you've cleaned out the fluff, try keeping a pack of mints in there or something. That should stop debris building up. And mints always come in handy.

+ I keep hearing humans need to drink eight glasses of water a day. This can't be right, can it?

Billy, Leicester

I tried drinking eight glasses of water a day for a while, and my bladder felt like a red-hot cannon ball. The way I look at it is: if you eat lots of fruit and veg, you'll get water from your food. On top of that, drink till you're not thirsty any more — which means if you lose water from exercise, you'll be thirstier and need to drink a bit more. That's what animals do when they go to a watering hole. We ain't different.

+ My wife keeps nagging me to get a pedicure. Is this really something men get done these days? What's wrong with a few jagged toenails? I'm a bloke.

Pete, Merseyside

You have two choices: get nagged, or give in. If it's any consolation, I'm the Prince of Darkness and I've had more pedicures than hot dinners. Think of your pedicurist as more or less the same thing as a "chiroprapist". I'm at the point now where I quite like getting a good old foot pruning. *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

SURGERY NOTICE BOARD

Thanks to Jane, a Dr Ozzy reader who emailed to say how her brother handled a malodorous co-worker (Marie, Stoke-on-Trent, October 3). She says: "My brother turned to his colleague, lifted his arm, sniffed his own armpit, smiled and said, 'Well, it isn't me.' This did the trick."