

'This reminds me of the time one of my friends tried to cure a rash on his groin with a bottle of Domestos, 'cos he didn't want to tell his doctor he'd been unfaithful to his missus. Needless to say, his wife found out'

Ask Dr Ozzy

+ Dear Dr Ozzy Since our daughter was born, our three-year-old son has started to regress, making goo-goo, gah-gah noises, etc. Should we tell him to grow up and act like a 'big boy', or go along with it while making sure we give him more special attention?

Martha, Brixton

I feel sad for the poor little guy — he probably thinks his mum and dad don't love him as much now there's a brand-new sibling in the house. As one of six Osbourne kids, I can fully sympathise. Because your son's feeling insecure, I wouldn't bollock him for making the baby noises. That could make it worse. Make an extra-special effort to give him one-on-one attention: buy him an ice cream, take him to his favourite park... You just need to reassure him that he ain't forgotten. If he keeps making the baby noises after that, don't tell him to stop it, just ask him politely to use his "big boy voice". My guess is he'll quickly grow out of it.

+ I have a gnawing sense of dread about the state of the world, particularly the environment. According to the news, this has been the wettest/driest/hottest/coldest winter on record for just about any country you care to mention. Is this anxiety normal? Is there anything we can do about it?

Carel, Dubai

No 1: stop watching the TV or browsing the internet. No 2: spend that time doing something healthier and more constructive. Me, I like to draw. Just doodles. But it's a great release. We shouldn't all bury our heads in the sand, but the point of the news is to keep you watching the news, so they only focus on the most horrendous things. If you're sensitive to it, you can literally make yourself sick. I once heard about a guy who had inoperable cancer, and



he went to a Chinese doctor who told him: "Get rid of your TV, get rid of your radio, switch off your computer. Focus on the positive." After three months, he was in remission. Now, I ain't saying he was cured by giving up News at Ten, but I bet it made him happier.

+ I've begun to dribble while asleep, and wake every day to a damp pillow. Is this normal at my age (early sixties, like you) and is there a cure?

John, Essex

Believe me, there are worse ways to wake up than with a damp pillow. If you've reached your early sixties and that's all you've got to complain about, you're doing pretty well. As for a cure, try blow-drying the inside of your mouth before going to bed. Or buy a waterproof pillow.

+ If I rinse my mouth out with kettle descaler, will it get rid of my plaque? I ask because my dental hygienist charges 50 quid a time to do the same thing and it's getting expensive.

Peter, Lowestoft, Suffolk

If you think 50 quid is expensive for a scrape and polish, just wait and see how much they charge the idiot who comes in with no teeth left because he gargled with sodium tripolyphosphate. They'll still be sending you the bills when you're 6ft under. It reminds me of the time in the 1970s when one of my good friends tried to cure a rash on his groin with a bottle of Domestos, 'cos he didn't want to have to tell his doctor he'd been unfaithful to his missus. Needless to say, his wife found out after that.

+ I have an annoying habit of popping the champagne cork before the party gets under way. I've tried slowing down and/or mentally re-tiling the kitchen to take my mind off things in the process, but no luck.

Jezz, Hertfordshire

Is this code for something? This is Dr Ozzy you're writing to, not Marjorie bloody Proops, so you don't need to get all Bletchley Park on me. If you mean what I think you mean, why not just get on with it quicker? It'll give you and the missus more time to do the garden.

+ My 15-year-old daughter has begun to dress in a way that would befit an employee of one of Peter Stringfellow's establishments. How do I explain to her that this will bring her the wrong sort of male attention?

Bob, Sunderland

All fathers who have girls have to go through this, and it ain't pleasant. Obviously, you've gotta talk to her (or better yet, get her mother to talk to her). But there's only so far you can take it, 'cos at the end of the day she might just go, "Okay, mum and dad, you're right," then get changed into her miniskirt and stockings in the garden shed or in the back of her best mate's car. She probably *wants* male attention — maybe there's one boy in particular she's interested in — but she has to work out for herself how to tell between the "right" and "wrong" kind. As I always say to other parents, hold on to your drawers, and hope this phase passes ■
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