

**'I'm not Jewish either, but I still got the old rusty-scissor treatment. I asked my mum what she was thinking, expecting some kind of logical explanation. Instead she said: "Oh, it was the fashion"'**

## Ask Dr Ozzy

**+ I keep waking in the night after hearing loud noises, but my wife (asleep beside me) hears nothing. Could this be the so-called 'exploding head syndrome' that I heard about on TV, or do you think it's just a common-or-garden nightmare?**

**Ted, Bath**

Unless you've got a pet hamster who's throwing bricks out of his cage in the middle of the night, it seems unlikely there would be enough loud noises to make you wake up on such a regular basis. On the other hand, it's plausible that your wife could be sleeping through whatever it is that's disturbing you. My own wife sleeps like she's been dead for 25 years. A Boeing 747 full of TNT could crash into our garden, and she'd be none the wiser the next morning. It sounds more like this is all in your own mind, but "exploding head syndrome"? I've had a few hangovers that might fit that description, but it's probably just a bad case of anxiety dreams. Try some relaxation techniques before bed, and let me know how it goes.

**+ Did you think twice before vaccinating your kids, given the controversy over vaccines and autism, or do you think that the fear has been overblown by a few hysterical actor types?**

**Steve, Bognor**

Hand on heart, I can't say that I had anything to do with the decision to vaccinate our kids, but I was as freaked out as the next parent when I heard all the talk a few years ago — which proved to be bollocks — about the shots being linked to autism. My sister got the flu vaccine this winter, then came down with the worst flu of her life. In a way, it seems to make sense. But the thing is, they don't stick needles in kids for fun —



they do it because the diseases they prevent are horrendous. The only reason we don't realise how bad things like whooping cough are is because they've been wiped out by the drugs. But in California, where I live, babies are dying from it again, because nobody's getting their shots. The question to ask yourself is: should I expose my kids to something that's *known* to be dangerous to avoid something that hasn't been proved dangerous? Only you can make that call.

**+ If I open my mouth in a certain way, I can fire saliva like it's a water pistol. What should I do?**

**Christopher, Bristol**

Try not opening your mouth. That should fix it.

**+ I'm about to become the father of a baby boy, and while I'm not Jewish, I'm wondering if I should get him circumcised. It seems so much cleaner. What's your opinion?**

**Alan, Leicester**

I'm not Jewish either, but I still got the old rusty-scissor treatment, though my two younger brothers didn't. I remember asking my mum what she was thinking, expecting some kind of logical explanation. Instead, she went: "Oh, it was the fashion." Luckily, I didn't get any stick for the way I looked in the showers at school — in those days, the only showers we got were when it rained. But is it more hygienic? Well, given some of the dodgy places I explored in the 1970s, I'd say yes. For most people, though, a hot bath is probably just as effective.

**+ Regarding stuttering: in China, they apparently say if you slap a child on the face on a cloudy day it will cure them of any speech defect. Might that have worked on you?**

**Suzanne, Gibraltar**

If anyone had tried that on me, they would have got a p-p-punch on the nose — cloud, rain or shine.

**+ Since Egypt is so much in the news, I wondered if you'd heard of the ancient Egyptian cure for rheumatism, joint pain, and impotence, which involves being buried in sand during the hottest part of the day. As a sufferer of at least one of these ailments, I'm curious to know if, in your expert opinion, it might work.**

**Lucy, London**

Going to Egypt and burying yourself in the desert sounds more like a cure for being alive, if you ask me.

**+ Out of the blue, my husband has suggested bringing another woman into our bedroom to liven things up after 20 years of marriage. I'm not keen. What do you think?**

**Susan, Dundee**

Sounds fair enough to me, as long as what's good for the goose is good for the gander. If your husband gets to bring Debbie from accounts to bed, then you should be able to bring along Dave from marketing. But that raises the question: if you both want to sleep with other people in your own home, what on earth are you still doing together? ■  
*Ozzy was talking to Chris Ayres*

**Do you have a question for Dr Ozzy? Email him at [askdrozzy@sunday-times.co.uk](mailto:askdrozzy@sunday-times.co.uk)**

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