

'A tweet ain't a very considerate way to break somebody's heart. In these kind of situations, the old-fashioned way is usually the best — send him a fax'

Ask Dr Ozzy

+ Dear Dr Ozzy Why is it you and your contemporaries

— **Robert Plant, Mick Jagger, etc**
— **have such incredible heads of hair? Could this be a lifestyle issue: ie, having fun with lots of girls over the decades might affect testosterone levels?**

Ray, Edinburgh

I think you've got this back-to-front, Ray: Mick Jagger doesn't have great hair 'cos he's a hero in the sack; he's a hero in the sack 'cos he's got great hair. Or so I'm told, anyway. I've been blessed with very good hair genes, but I can't say it ever did me a lot of good in the Romeo department: most girls take one look at me, scream, then run away.

+ What's the easiest way to break up with someone?

I'm sick of my boyfriend (I'm 15) and don't want to see him again; I've been considering tweeting him with the bad news.

Linda, East Anglia

A tweet ain't a very considerate way to break someone's heart. In these kind of situations, the old-fashioned way is usually the best: send him a fax.

+ My wife keeps trying to get me to eat quinoa, whatever the hell that is, because she's decided that potatoes are bad for us. The thing is, I was brought up on potatoes, and so far I've been doing pretty well, health-wise. Can they really be so terrible?

Tom, Harrogate

I've never heard of this stuff, but Sharon tells me it's pronounced "Kin-wa"—kin-bollocks, more like. Eat a potato, for God's sake. All the Osbournes were raised on potatoes and it ain't done us any harm: I'm 62 years old and indestructible. At the same time, if your missus decides to get experimental down the supermarket, you should make



the effort to try new things, because the only thing worse than someone putting "potato-free potatoes" on your plate is someone who eats nothing but the same three things over and over because he's stuck in his ways. Keep that up and your wife will end up leaving you for a two-stone vegan yoga instructor.

+ How much salt is too much?

Michelle, Durham

If you don't have enough salt in your body, you can end up in shock or — worse — a coma. And if you have too much, your blood pressure shoots through the roof. Just be sensible. My rule is, if you have to unscrew the lid of the shaker to get enough salt on your chip, you should buy a bigger shaker.

+ Is it rude to light up a cigarette in an outdoor restaurant if a pregnant woman is sitting nearby, or is it her responsibility to move if she's worried about the smoke?

Barry, Hull

When I was growing up, it was the pregnant woman who'd be puffing her way through a packet of John Player Specials, and you'd be the one who had to move if you didn't like it. She'd probably be downing a few stiff ones, too. Looking back, it's a miracle that anyone was born alive in the 1960s. Having said that, I'm glad times have changed 'cos smoking near other people is one of the most selfish things you can do, and I say that as someone who used to light up cigars next to Sharon in bed. As far as I'm concerned, it's the

smoker's responsibility to move, whether the people nearby have a bun in the oven or not.

+ My four-year-old son won't stop screaming 'Noooo!' whenever he's asked a question. I even asked if he wanted to win the National Lottery the other day, and he gave me a violent 'Noooo!' out of pure instinct. Have I raised the world's worst brat, or do all kids his age act like this? How can I get him to be more co-operative?

Anne, Kent

Next time, ask him if he wants a new toy, an ice cream, and a trip to the zoo. Let me know what he says.

+ My wife and I are planning a boating trip to Florida, but I've heard scary stories about 'armour-plated' sturgeon jumping out of the water and knocking people overboard. Should we take precautions?

Clive, Dorset

I can't say I've spent much time worrying about flying fish, 'cos I'd rather get eaten by a mutant three-headed haddock than spend five minutes on a boat. But you ain't being paranoid, I've seen some horrendous injuries from "jumping fish" on American telly, including a woman who spent two weeks in a coma then had to have one side of her face rebuilt. But sturgeon aren't the scariest fish in Florida; barracudas are worse. Getting hit by one of those is like being impaled on a sword. I'd forget about the boat altogether — rent a submarine ■
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