

'They say it's not guns that kill people, it's people who kill people... but it seems to me it would be a lot harder for a lunatic to become a mass murderer if he had to use a frying pan as his weapon instead of a semiautomatic pistol'

Ask Dr Ozzy

+ Dear Dr Ozzy As a parent, what's the best way to deal with sibling rivalry?

Our two grown-up sons are constantly falling out with each other, which is making things difficult — but it would be heartbreaking if we never had a family get-together again.

Julia, Coventry

I absolutely, one hundred million per cent sympathise. Before Christmas, Sharon said: "Let's go to England, get the kids together, have a good old family celebration in the house where they grew up." I said: "You sure you know what you're doing?" She went: "Oh yes, it'll be lovely." It would have been more peaceful if we'd gone to Afghanistan. On Christmas Day I said to everyone: "All I want is for you to get on — even if you have to fake it — for just a day." It lasted three hours. If it wasn't one of 'em, it was the other. It breaks my heart, and it breaks Sharon's, too. But you can only do so much, then you've got to let 'em get on with it. Just know you're not alone, because the perfect family doesn't exist.

+ I'm 19 and have rheumatoid arthritis and ankylosing spondylitis (the same back disease as Mick Mars from Mötley Crüe). I love headbanging but can barely move the next day when the adrenaline wears off.

Karl 'Porkchop' Austin

I hate to say this, but why don't you hold back on the headbanging? I know Mick, and I know how painful that condition can be. You've got to accommodate what you can do. People can enjoy music in all ways. I get severely deaf people coming to my gigs; they can't hear the lyrics, but they can get into the rhythm. My advice is to keep going to the shows, but get into the vibe in a way that doesn't involve the mosh



pit. It ain't worth the agony. I wouldn't recommend popping heavy-duty pain pills unless your doctor says you should: they can be terribly addictive.

+ After the recent shooting in Arizona, I'm curious if you think it's possible to tell in advance that a mentally unstable person is gonna snap.

Jake, Los Angeles

To me, it's not a question of being able to tell when someone's going to snap; it's the fact that it's ridiculously easy for a crazy person to get hold of a gun in America. I should know: I'm a complete nutter, and I own several guns. In England, a copper had to interview me at my house before they'd let me keep a firearm. If the government makes people take a test before they can

drive a car, why not have the same rules for when you buy a Glock? They say it's not guns that kill people, it's people who kill people, but it seems to me like it would be a lot harder for a lunatic to become a mass murderer if he had to use a frying pan as his weapon instead of a semiautomatic pistol.

+ Whenever I eat, my nose runs continually. I'm not joking: it's driving me bananas. What can I do (other than buy shares in Kleenex)? I'm not allergic to anything I know of.

Jacky

All kinds of crazy things can make your nose run. I get bunged up all the time, everything from dust mites to dodgy smells can set me off, so you might want to investigate allergies. Washing out your sinuses

with saline spray might help. You could also be reacting to the temperature of the food, or how spicy it is. If I ate a lamb vindaloo every day, my nose would run too. Nasal sprays might help. So might antihistamine pills, if your doc approves. Why not ask your GP if he can send you to an ear, nose and throat expert for a consultation?

+ I can't resist the temptation to squeeze my spots and blackheads. Is this bad? Does anyone seriously wait until they pop by themselves?

Chris, Kent

My spots never go unsqueezed: if my wife sees one, she pounces like a lioness going after its prey. You're right, though: you're not supposed to start hacking away at your forehead, 'cos you could leave a scar, give yourself an infection, or force that white stuff in the wrong direction, making yourself look like the Elephant Man. If you really can't resist, at least make sure you've washed your hands ■

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 NOTICEBOARD

Emails about Olivia's weird sweaty nights (Dec 5, 2010) keep coming in. This week Lisa writes: "I suffered 'night sweats' for 15 years until a gynaecologist found I had next to no oestrogen. I now take a daily supplement and my life has changed utterly. Maybe it could change Olivia's life, too." (Remember, if something's bothering you, always talk to your GP first.)