

**'Paint the Zimmer frame black and put a skull and crossbones on the front if it makes you feel better. Bear in mind that Johnny Cash used to ride around in a wheelchair when he got old — and he was still the coolest man on the planet'**

## Ask Dr Ozzy

**+ Dear Dr Ozzy I've reached the age when I need a Zimmer frame. I can't begin to tell you how depressing this is. As an elder statesman of rock who still manages to be cool, can you tell me how to pull off this anti-fashion accessory? Go-faster stripes, perhaps?**

**Liv, Exeter**

What do you mean, "reached the age"? They don't go: "Happy 83rd birthday, here's a Zimmer frame." My gran lived to 99 without needing any help to walk. You've obviously got a specific problem, so do what you've gotta do, girl. Paint the frame black and put a skull and crossbones on the front if it makes you feel better. Bear in mind that Johnny Cash used to ride around in a wheelchair when he got old — and he was still the coolest man on the planet.

**+ I've been sleeping, on and off, with an average-looking girl at work for a few months — usually after a Friday-night session in the pub. Yesterday I found out she's calling me her boyfriend on Facebook! I never wanted this to become serious. How can I tell her without it turning all bitter?**

**Jeff, Preston**

Firstly, you've got a nerve calling this girl "average-looking". What are you, a Ralph Lauren model? Secondly, if you go to bed with a chick more than once, you either have to explain to her that it ain't serious — and run the risk of her not going to bed with you any more — or stop doing it, 'cos she's gonna get hurt. You also need to ask yourself: "How would I feel if this were the other way around?" Men are very good at saying, "Oh, it's nothing, just the occasional bonk," but then if another bloke comes on the scene, they're like wild animals marking their territory. Make up your mind how you feel, then stop messing her around.



**+ For well over a year I've been literally tearing out my hair. It started when I was under immense stress, but I haven't stopped. I'm aware that 'trichotillomania' can be thought of as a mental condition, but I think of it more as an addiction. As someone who's defeated his own vices, your help would be greatly appreciated.**

**Eric, York**

Nobody's ever happy, are they? Half the time I'm answering questions from blokes who'd swap their right arm for a few more follicles, and here you are, ripping them all out, of your own free will. Seriously, you should talk to someone about this — a shrink or your GP — asap. Call it a habit, or an addiction, or whatever, but the bottom line is that you're harming yourself. In fact, I wouldn't

be surprised if the rug-tugging was a symptom of some other issues. If you treat it now, you'll save yourself a lot of trouble down the line.

**+ Is a marriage dead if the two parties start using separate bedrooms? I ask because my wife has developed a snore loud enough to wake the mummies in Egypt, and I can't sleep next to her without large and unwise doses of medication.**

**Viv, Hull**

No, relax, your marriage ain't over. I know quite a few people with very healthy relationships who sleep in different rooms 'cos they don't want to listen to the nostril chorus. Having said that, you might look into some anti-snoring gizmos before taking the nuclear separate-bedroom option. On the internet you'll find all

kinds of things, from mouthpieces to clothes pegs and special pillows. Why not give one of 'em a try?

**+ I've been told the best way to keep your private areas sweet-smelling is to use only water and avoid soap. Could this possibly be true?**

**Tyler (no address given)**

It would help to know if you were a bloke or a chick. Assuming you own a pair of testicles, whoever gave you this advice obviously wasn't planning on sitting next to you in a hot car any time soon. In general, avoiding soap is never gonna prevent unpleasant odours: the only thing it'll prevent is you making any friends. If you're a member of the more complicated sex, on the other hand, my wife tells me you do need to be extremely careful with soap in sensitive areas, especially the heavily scented grandma-type stuff.

**+ Is it worth staying in touch with old friends — say, from school — when you have nothing in common? Or is it better to make a clean break?**

**Julian, Newport**

Move on: you're a different person now. But it's always interesting to see what became of the dickheads at school. I remember this one guy: he always wore the uniform, though you didn't have to, and always came top of every class. Meanwhile, I was the prankster, the thief and the school goldfish murderer. He ended up being a bus inspector. I became a rock star. Sometimes I have a good old chuckle about that ■  
*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**