

**'Don't start nicking things to give to your wife. Swiping a bunch of flowers from a graveyard was a really bad idea of mine — mainly 'cos I didn't realise there was a card attached. It said: "In loving memory of our dearest Harry"'**

## Ask Dr Ozzy

**+ Dear Dr Ozzy This will make me sound like a chauvinistic pig, but I hate the fact my wife earns far more than me. It's not like she brags — but it's driving me insane that she pays for everything, from the nanny to our family car. How can I consider myself a real man?**  
**Jasper, Surrey**

I know exactly how you feel. When I first started dating Sharon, I was the guy who'd drunk away all his money and been fired by his band, and she was the one with diamonds and fur, whose dad was a multimillionaire. It might be old-fashioned, but I always wanted to be the one who provided, y'know? You need to make sure the missus knows you're grateful — cook dinner, wash the dishes, give her foot massages. Just don't do what I did and start nicking things to give to her. Swiping a bunch of flowers from a graveyard was a particularly bad idea of mine — mainly 'cos I didn't realise there was a card attached. I'll never forget Sharon's face when she opened it, thinking it was a romantic poem or something. Instead, it said: "In loving memory of our dearest Harry."

**+ My boss has an unpleasant habit of calling me on his mobile phone from the loo. Am I being overly sensitive, or is this disgusting?**

**Fiona, Sussex**  
 It depends if he's telling you where he is — or if you can tell just based on the soundtrack. Either way, you ain't being too sensitive. It also ain't very considerate to the bloke in the next stall, who probably wants some peace and quiet while he does his crossword.

**+ I'm terrified of butterflies. Is this a common phobia? And what should I do now that summer is**



**approaching, and my room will soon become infested with the horrible things?**

**Lola, Irish Republic**  
 I had no idea anyone could get so upset about butterflies. I mean, what else are you scared of — rainbows, puppies and sunny days? If this ain't a joke and it's causing you serious grief, I suggest you talk to your GP about signing up for a course of desensitisation therapy.

**+ I need to lose weight fast for a wedding. Are diet pills a good idea?**

**Ben, Stevenage**  
 Up to you — as long as you bear in mind that some of those pills come with pretty weird-sounding side effects, like "gas with oily spotting". You don't want to feel like the Deepwater Horizon just sprang

a leak in your underwear in the middle of the best man's speech.

**+ My husband has been trying for years to get me to eat sushi. I'm finally about to give in, but it would be good to know if there is anything I should definitely avoid?**

**Zara, Durham**  
 Japanese seafood ain't like the smelly old haddock you used to get from the fishmonger when you were little. From what I understand, sushi-grade fish is bled, gutted and packed in ice very quickly — and is sometimes frozen for a while to kill any parasites. Having said that, I'd avoid the *fugu* ("river pig", or puffer fish), if I were you. If the chef has had too much sake and doesn't cook it right, you'll end up getting a fatal dose of poison, which paralyses

your muscles and stops you breathing within about 24 hours. Aside from that, you should be okay.

**+ I'm approaching my 85th birthday and have now been to more friends' funerals than I care to remember. Is it better to have an early send-off, or to be the last man standing?**  
**Dennis, Shrewsbury**

Unless you put a gun to your head on your 65th birthday, it ain't exactly a choice you get to make, is it? However, the thought of sticking around for too long seems like the worse option to me. I know a woman who lost all her friends, then her husband, and ended up on her own with dementia. That ain't a life by anyone's definition. My own mum was robbed blind by two guys who knocked on her door and told her they were from the electricity board. I've already told my wife: if it gets to the bitter end and there's an off switch you can press or a power cord you can yank, don't hesitate.

**+ What's the best way to cure my wife's frequent pre-coital headaches?**  
**Brian, Coldstream**

I was reading something the other day that said nearly two-thirds of women who get migraines feel better after an orgasm — so that could solve both your problems. Be careful, though. Bring this up at the wrong moment, and you'll be the one with the headache after the missus cracks a house plant over your head ■  
*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.**