

'If Sharon ever suspected I was having an affair, she'd be round the other woman's house in a heartbeat, breathing fire all over the place and scaring the living hell out of her'

Ask Dr Ozzy

+ Dear Dr Ozzy I'm convinced that my husband has fallen in love with one of his colleagues, but I don't think he's having an affair... yet. Should I do nothing or confront him? I'd prefer it if he had a one-night stand than a close emotional relationship with another woman.

Joan, Bristol

Unless you have convincing evidence that something dodgy's going on, I'd leave it alone. Otherwise your husband could end up saying to himself: "She thinks I'm messing around anyway, so why not go for it?" Or you could make him defensive, then he might start to lie and you'd have this big wedge between you. The last thing you want is to make it you versus them, because that'll just make 'em closer. One sneaky tactic you could use is to befriend this chick and start hanging out with her: the old "keep your enemies closer" game. Not that Sharon would ever do that. If she ever suspected anything, she'd be round the other woman's house in a heartbeat, breathing fire all over the place and scaring the living hell out of her.

+ My wife wants to go on an expensive cruise ship holiday, but I'm afraid of getting food poisoning, falling overboard, or being seasick. Am I being paranoid?

Tyler, Atlanta, USA

No, you ain't. I took the QE2 to America once with Sharon, 'cos she was pregnant and couldn't fly. I was so out of my mind with boredom it would have been a relief to fall overboard. In the end I begged the ship's doc to give me something to knock me out. When I finally woke up in New York, Sharon was so angry she tried to throw me through one of the portholes. I've never been on a cruise ship again.



+ I just swallowed a piece of chewing gum. Is it true this will take seven years to pass through my system?

Frank, Portsmouth

That can't be true, otherwise I'd be half-human, half-Wrigley's by now.

+ My 16-year-old son says he's gay, but I think it's just the crowd he's hanging out with. Is there anything I can do — like hiring an escort, maybe — that might change his mind?

Neil, Brighton

To be honest with you, Neil, I take my hat off to your son for coming out to his dad at such a young age. That takes serious balls, and I very much doubt he'd go to all the bother if he wasn't a thousand million per cent sure. I have a gay relative and he told me he always knew he was

gay, from as young as he could remember. Hiring an escort would be an insult, not to mention illegal and more than a bit creepy. Don't do it, man. What's important is to tell your kid you love him and support him whether he's gay, straight, bi, trans, whatever. It'll feel like the end of the world for him if he thinks that he's being rejected.

+ When I'm tired, my eyelids quiver. It's embarrassing. Is there a way of stopping it?

Lucy, New York

You've gotta listen to your body. If you stayed up all night and ended up with a headache and upset stomach, you wouldn't think twice about what to do: you'd go to bed. But a lot of people who only get five or six hours' kip a night can't believe it when they need half a gallon of

espresso to get out of bed the next day. In your case, your body is screaming at you that it wants more rest. I'm the same way: I might be the Prince of Darkness, but if I don't get my afternoon nap, I'm useless for the rest of the day. That's why Europeans invented the siesta.

+ Is it true that humans use only 10% of their brains, or is this just a stupid myth?

Andrew, Kent

I hope that ain't the case, 'cos I've only got about 10% of grey matter left between my ears. By your definition, that means I'm running on about 1% brain power. Come to think of it... that explains a lot.

+ My wife has started going to a local 'happy clappy' church. I'm not religious at all and find it very disturbing. Is it possible to have a marriage where one person is an atheist and the other a devout Christian?

Oliver, Darlington

Some people turn to God like others turn to cocaine, often 'cos there's something missing in their lives. I had a very good friend who was an addict for years, and the second he gave it up, he became a Jesus freak. It was like he swapped one for the other. Talk to your wife about it. See if you can find out what's making her so intense. But if she continues this way, there'll be a blow-up at some point, mark my words. Evangelists are supposed to evangelise, so eventually she's gonna be on your case about the "good news". And that'll be very bad news for you ■
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