

past are often worth remembering. One thing I do believe is that you shouldn't worry about times you've regretted. What's past is past and there's nothing you can do to change it. It only seems ten times as bad if you keep churning something over and over in your mind because it doesn't resolve it-

self, does it?

Q. Do you mind when people keep asking you questions? — Wendy Clarke, Salisbury.

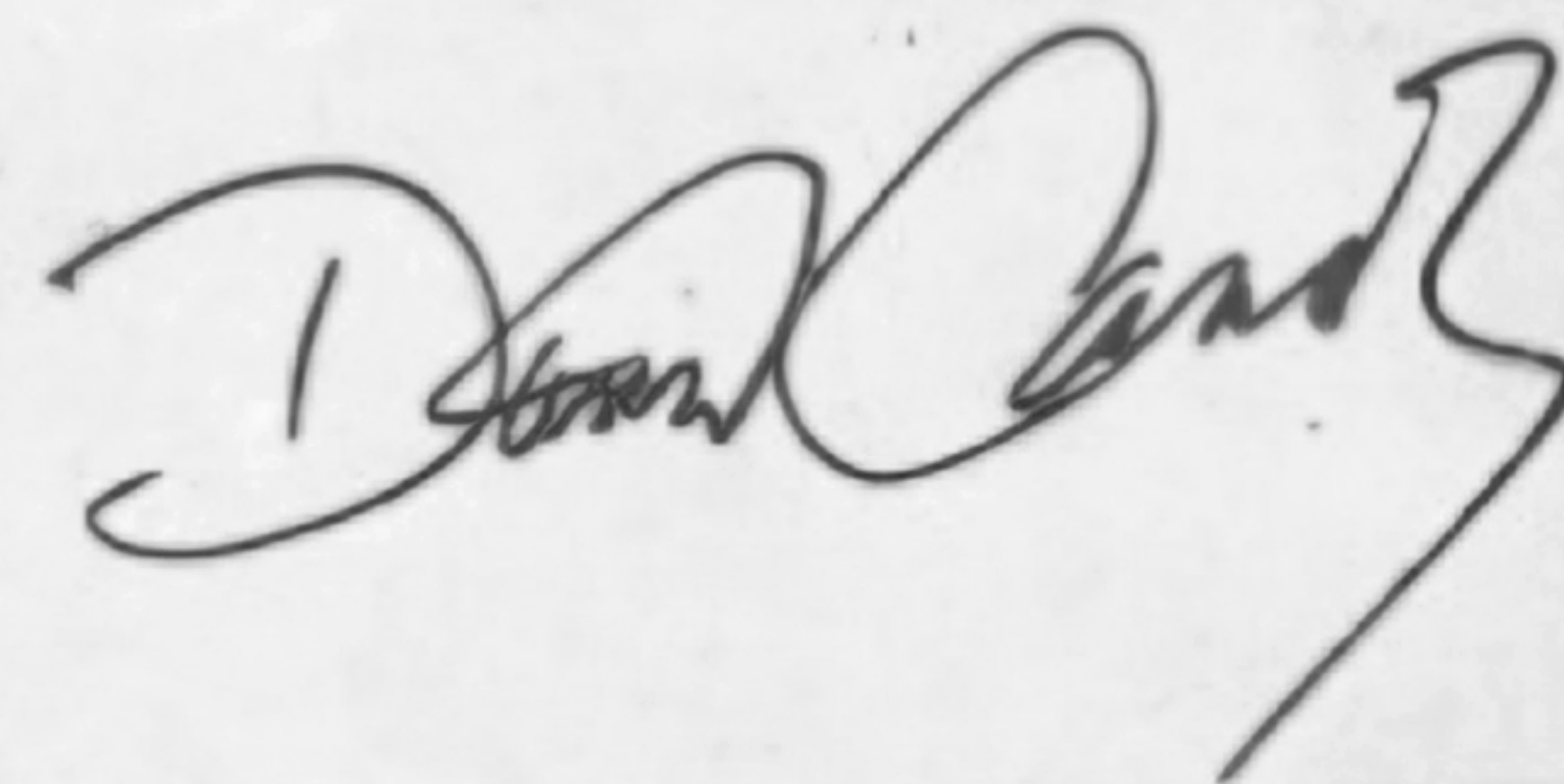
A. Not really because it's always nice to know that someone is interested in what you've got to say. My opinions change all the time, so my answers also alter. Mind you, it makes

a nice change to be able to ask other people questions now and again. I try and expand on a subject as much as I can so that it's clear what I'm really trying to say. It wouldn't help anyone very much if I just said a few words, would it?

Q. Have you ever had any really bad nightmares and do you usually dream a lot? — Francis Stevens, Grimsby.

A. Well, I've never woken up in the middle of the night screaming if that's what you mean, but I sometimes have unpleasant dreams. When I'm really worried about something, and it's on my mind before I go to bed, then I sometimes dream about it. When you live through something in a dream and it all goes wrong, then it's quite a relief to wake up in the morning. For example, when you're starting a new job and you're really worried that you'll be late, you dream that you oversleep. But then you find you wake up with plenty of time to spare. I don't always dream but I've heard that it's good for you if you do. It's meant to be the most relaxing sort of sleep.

ALL MY LOVE,



Hi,
I'm feeling really good this week because everything seems to be working out fine. It's a wonderful time for me at the moment because I feel so relaxed, but I guess now I'd better get down to reading and answering some of your letters...

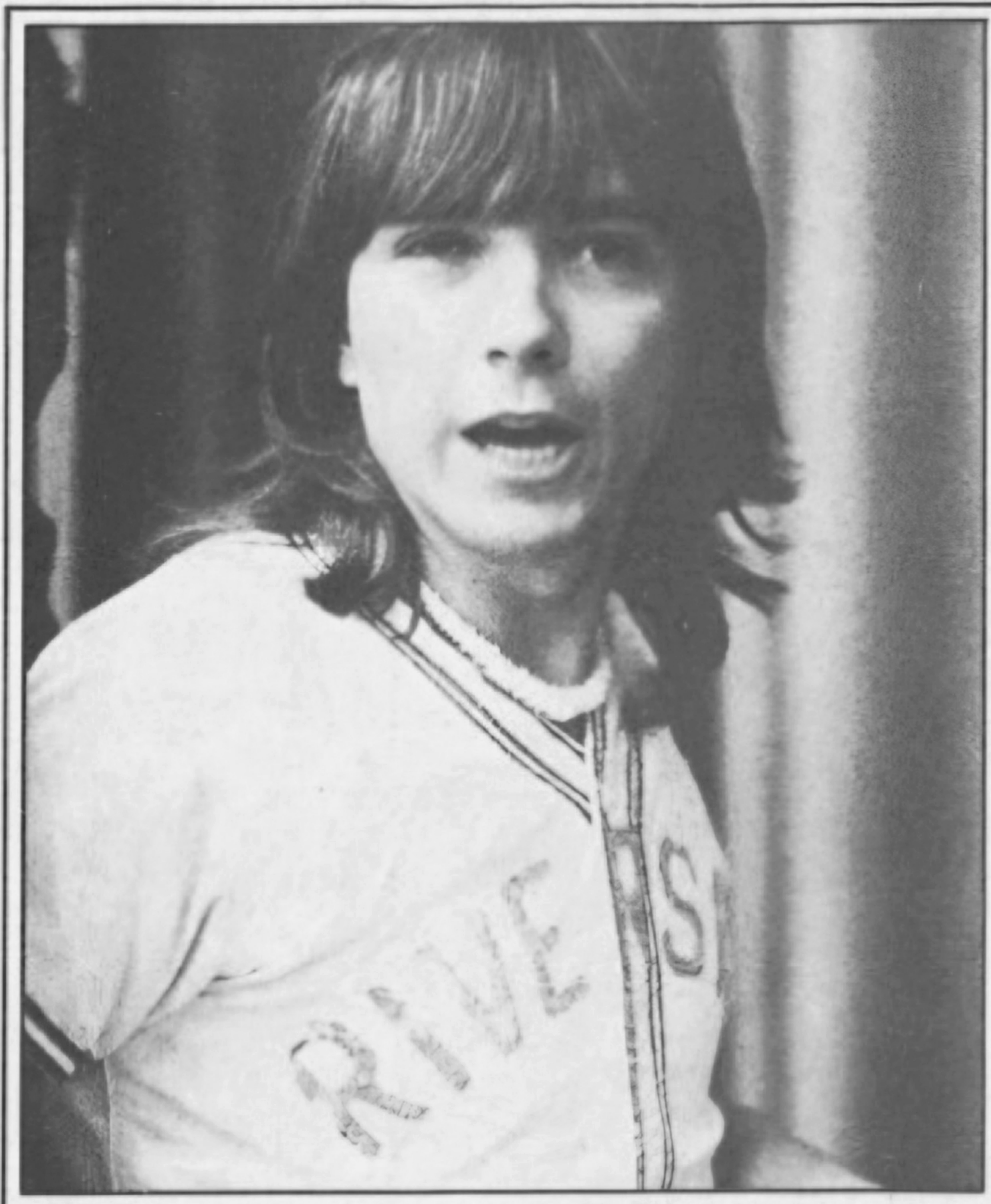
Q. Do you think you'd make a good father and do you have any strong views on the way children are brought up? — Janice Parker, Hove.

A. I haven't really given it that much thought but I don't think I'd be too strict. That's not saying that I'd let my kids run wild but I wouldn't brandish a stick or anything. I think it's really important to make children realise that you always care about them even though you have to scold them sometimes. Security is important to children and a happy home atmosphere must be created. Well, that's how I feel and those are the ideas I hope to put into practice when I become a father.

Q. When your mind wanders what do you think about? — Sandy Mills, London.

A. All sorts of things really — things that have happened and incidents that have affected me in some way. It depends on my mood, you know. Sometimes I think of the past and sometimes the future. It's more adventurous to think about times to come I guess but moments in the

ASK DAVID ANYTHING



at it!

years so for a change I went to a different one. Now I wish I hadn't! The record I bought was 'Kimono My House' by Sparks, at least that's what it said on the sleeve. When I put it on

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the record player for my friends to hear, the music was from 'The Teddy Bear's Picnic'. Melanie Lewiston, Walthamstow, London.

WHAT A STREAKER!

For the first time ever I put an auburn colour rinse on my hair. I thought I'd followed the instructions carefully and I was really delighted with the result. The next day I went swimming with some friends. But when we came out onto dry land they all turned white and pointed to my face. 'Oh, Wendy, you've cut your head,' my best friend Kay gasped. I can

tell you I was really scared until I realised it was the colour rinse I'd put on my hair!
Wendy Hurst,
N. Wales.

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