

* ONE-MINUTE MYSTIC

BE AT LEAST AS INTERESTED IN WHAT GOES ON INSIDE YOU AS WHAT HAPPENS OUTSIDE. IF YOU GET THE INSIDE RIGHT, THE OUTSIDE WILL FALL INTO PLACE.

Eckhart Tolle, motivational speaker and writer



MOTORING MYTHS

MYTHS	FACTS
My child should get his/her licence as soon as possible	What's the hurry? Brains don't fully develop until the mid-20s and the last skill to mature is risk assessment.
If my learner driver has done 120 hours they'll be a safe driver	120 hours gives safety benefits, but only in ordinary skills and not "one-percenter" emergency skills.
Extra training will make new drivers over-confident and they will take more risks	Some does. But training that works on psychology, attitude and one-percenters helps and should be further researched.
The only way to deal with hoon drivers is to punish them and crush their cars if they re-offend	Hoon drivers (driveaholics) do need to be stopped, but strong laws are not enough. Like gambling addicts, many can't control themselves.
If I buy my child the safest car possible, they will be safe	Being in a safer car causes some drivers to take more risks.
Never brake if the car is in a serious skid	This emerged when older cars rolled easily when braked hard. Modern cars are less likely to roll and it's more important to slow the car down before impact rather than worry about a possible rollover.
You should accelerate out of a skid	This is valid for sliding around racetracks. If you do this in an accidental skid and get it wrong, you will crash at a faster speed.
Drivers should steer into the skid to correct it	Yes, in theory. But drivers don't know how much to steer into the skid, so will over-react and over-correct, losing control. This is where training is essential.
What goes on behind a driver is none of their affair	The nose-to-tail crash is Australia's most common, and the driver in front is more likely to be injured or killed.
On a long trip, reduce tyre pressures to allow for heat expansion	Lower pressures cause tyres to flex, which causes heat build-up, which leads to blowouts. This myth started when 1950s cross-ply tyres didn't need pressure. Modern radials need pressure to work well.

Source: Blood Sweat & Gears (Summerhill Books), www.motorvate.net.au

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IT REALLY IS A YOUNG PERSON'S WORLD

Q WHY is society so keen to slap a use-by date on people? I think it's a tremendous waste of wisdom and talent to throw perfectly good people on to the scrapheap just because they are not in the full bloom of youth.

How dare they pass judgment on more mature members of society, particularly people who have been involved in as many as seven — yes seven — premierships teams.

Speaking of footy, this obsession with youngsters seems likely to create a void in the coaching ranks. I find it amazing that at the age of 61 people can consider you too old to be good enough to coach a footy team, yet the people of Australia entrusted John Howard to lead this country until he was 68 ... though admittedly, he was a crusty old fogey towards the end. The point is it's not too late to halt this alarming trend. Well, it might be too late for Dennis Pagan and Ron Barassi, but it's not too late for other legends of the game, surely?

Kevin, of Richmond

A It is a sad reflection on society, but it really is a young person's world. You only have to look at TV ratings. Any demographic above the 35-year mark barely gets noticed by the networks. And if it's good enough for TV networks, it's good enough for footy clubs. Surely Kev, if you want to stay involved there is a boot-studding job going around, or maybe you could be a property steward. They are much-loved old characters in every club, believe me.



Like a fine wine Kevin Sheedy gets better with age.

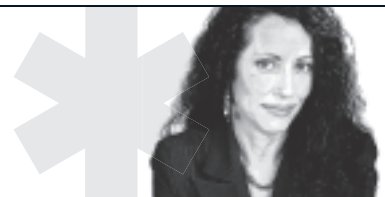
Q My son recently returned from an overseas holiday earlier than expected and was angry when he discovered we had knocked down a wall in his bedroom and were halfway through converting it into a billiards room. I can understand his ire, especially as he looks like having to sleep on the billiard table for the time being, but at the age of 29 we just assumed he would be heading off after his big overseas trip; we didn't factor in that he would come home 10 months early and still be looking to sponge, sorry, live at home for an extended period. Are we bad parents?

Nora, of Narre Warren

A First of all, we have only ourselves to blame for this alarming trend of offspring who won't go. In the old days, you had to leave home if you wanted to get involved in grown-up activities such as sex and booze and general misbehaviour. But now, of course, this is all available under the family roof, along with free food and board. You can't blame them, can you? Which is why I admire your effort to remove your son's bedroom at the very first chance you had. Bravo. I think the mistake you made was in not moving, or at least changing the locks. We can all learn from that.

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OUR CULTURE VALUES YOUTH AND BEAUTY. IT'S NATURAL TO LOOK

Q My lover seems to check out every hot young thing that passes us by. Should I be worried?

A OF THE five senses, sight for many is the most powerful. It provides an instant surge of arousal. Men are especially visual creatures, which is why nudity and porn can be particularly appealing.

Walk down Chapel St or St Kilda on a warm day. Skin city! Billboards and magazines show six-packs and perfect bodies. Movies, television, the music business and the adult industry all capitalise on our fascination with flesh. Culture also influences things.

Simplified, a Pakistani woman once told me the veil is worn to protect men from the most titillating area, the back of the neck. Having recently spent time in Egypt, which I knew was a conservative country, I was unprepared for the scrutiny, especially as I was in a resort area.

Compare that to a young lady in Sweden yesterday, whose mini was so

short her buttocks were on show. In the context of Muslim society, it shows how much Westerners have become desensitised to the power of exposed skin. We are a multicultural society. Imagine what it's like coming into our feast of exposure.

My point is, temptations are unavoidable. Our culture particularly values youth and beauty, so flaunting what you have is the easiest way to be noticed, be it personally or commercially. Accept the things that you cannot change. It's natural to look.

Issues usually arise for two reasons: either you feel your partner is putting you down by making unfair comparisons, or he is looking to trade you in. Evaluate, and if it's harmless, don't take it on.

Compare it with enjoying a beautiful work of art. Solution? Join him in a game that can provide all-day foreplay for you both. Start window shopping for yourself, or notice what attracts your partner's gaze and point out suitable eye candy. Have confidence in yourself, your partner, and your relationship and join in the fun.