

IF TRUTH BE TOLD

Men might be better equipped for survival with their own truth-teller to burst bubbles aplenty, without the usual consequences



MAGANDEEP SINGH

Women, allow me to confide something in utter honesty: in a relationship, the type that involves two people, both currently living, there can exist no such thing as utter honesty. Not if you want the relationship to last. Utter honesty is that sharp slick blade you introduce to a relationship like a cold flame to a rope that dangles the sword: once it snaps, it severs.

I am also aware that the dichotomy that is women requires that we tell them everything blatantly and outright, notwithstanding the consequences. And all men know that the said consequences will only be detrimental. One-way-ticket-to-sleep-on-the-couch detrimental, really. Time has taught us that women are just not strong enough to — and allow me to quote Hollywood here — “handle the truth.” They may think they are but they couldn’t be any weaker, as vulnerable as a flower in a truck’s path.

And don’t worry, I am going to tell you what those truths are. In fact, I am going a step further and suggesting that one man for every 100 should take up the job of being truth-purveyor and do all the truth telling for the keeps of those 100 men. That way, the women will see the black and the white and their

male companions will be spared the agony of knowing what they want to say but never having the courage to say it.

This truth-purveyor would be entrusted with the job of telling women everything they need to know but don’t wish to be told, least of all by their partners. Another way to look at this gentleman’s job is that he will basically handle all rhetoric and set the record straight once and for all. Blunt and efficient.

There are many things that his job profile would dictate

that he address.

HERE ARE THE SALIENT ONES:

- ▶ Top on the list, exactly which dresses make you look fat.
- ▶ Are you really fat and do you need to join a gym. (Like, maybe yesterday!)
- ▶ Where to draw the fine line between make-up and clown face.

I suggest that one man for every 100 should take up the job of being truth-purveyor

- ▶ How much time is it okay to take to get ready for a party.
- ▶ Did your man really forget or did you forget to tell him in the first place and are now just playing on his gullibility to make him feel guilty.
- ▶ Could your cooking really kill someone.
- ▶ Did you truly act psychotic during last night’s argument.
- ▶ Do you sometimes act psychotic.
- ▶ Do you act even more psychotic when you are told that you are acting psychotic.

When is it okay to bring up the ex and other past instances of just about anything that has ever occurred. Actually, scratch that, the answer is already a given and even I can spell that one out for you: NEVER.

Also, this doesn’t mean that said truth-purveyor would have to die a lonely death for he too, in turn, would have a similar arbitrator. He would himself be part of another 100 men being served by this man. And so, each one does his turn. Gives a whole new twist to taking one for the team, doesn’t it?

This could create a brave new world, one where utter honesty could co-exist with tacit diplomacy. And everyone could then live happily ever after: man, woman and their truth-budsman.

The writer is a lover of wine, song and everything fine



Still from *Beginners*

BONDS OF LIFE

‘I am protective about my parents’

VEGA TAMOTIA

The one relationship that matters most to me is the relationship that I share with my parents. They are my biggest supporters and my harshest critics. I think everything I do and every decision I make is in some way

made keeping them in mind if not actually made after consulting them.

I am extremely protective about them and always feel connected with them in some way or another, even when I’m not physically close to them. I can’t really explain our bond or articulate in words what they

mean to me. They are the two most important people in my life. I will do anything, and I mean absolutely anything, to ensure that they are always happy and smiling.

Vega is an actress



yin & yang

INTERCOURSE AND BACK PAIN



DR NARAYANA REDDY

Let’s face it. The pain in the back is here to stay, thanks to errant and sedentary lifestyles. A prevalent fear is that back pain may impede good sex, but cheer up! Back pain need not lead to abstinence. According to the *British Medical Journal*, about 58% of the population will have back trouble one time or the other, 70-90% of which is caused by muscle or ligament problems rather than damage to the spine itself. The general drift from back specialists these days is that, most of the time, the key to avoiding pain is to regularly stretch and strengthen your back muscles.

Here are some general guidelines and a few sexual positions that have been found to minimise back pain — although they aren’t substitute for a doctor’s advice.

Communicate: Communicate clearly what hurts and what doesn’t.

Be passive: The person without the pain could play the more active role.

Get support: The person with the back pain should be so positioned that the lower back is supported, like lying on the back, on a firm surface with pillows under the knees.

Stay flat: Arching puts a lot of stress on the spine.

Get firm: Your mattress should be firm enough to give your back plenty of support during sex.

New tryouts for you:

Woman on top: She controls the thrusting, you relax.

Doggie/rear entry in reverse gear: For a change, let the beast in you take over. You can remain relatively motionless while she does the rocking.

Lap top: A new way to work. You sit in a straight backed chair and she becomes your lap top. It may be more comfortable if you tuck a small pillow behind your lower back.

The writer is a sexologist. Mail him at dr.narayana@deccanmail.com

wed lock



Hollywood star Jean-Claude Van Damme insists that he and wife Gladys Portugues Van Varenberg are no longer getting divorced and their relationship is as “strong” as before. The *Expendables 2* star and wife Gladys, who have grown-up children Kristopher and Bianca together, filed a petition to end their 15-year marriage in March.