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HEALTH

Pollution levels compared

PM2.5 particulates produced by a roast compared with other sources of air pollution (micrograms per cubic metre)



SOURCE: WORLD HEALTH ORGANISATION, UNIVERSITY OF COLORADO, BOULDER

Roasts 'more toxic than world's most polluted streets'

By Tom Bowden
IN WASHINGTON

Cooking a roast dinner produces more toxic fumes than you find on the world's most polluted streets, according to a major new study.

Researchers found that preparing a turkey meal pushed indoor air pollution levels up to as many as 13 times the level seen in inner city London and stayed high for an hour after the oven was turned off.

Even making a piece of toast pushed indoor air pollution to twice the level of a busy London street for a period of 15 to 20 minutes - during which time it was three times as high as the World Health Organisation's safety limit.

Although cooking-induced air pollution is only temporary, a day such as Christmas Day, kicking off with a hearty breakfast and moving on

to a Turkey feast later on, could see air pollution levels breaching WHO limits for more than eight and a half hours, according to the most comprehensive study of air pollution ever undertaken.

This involved 20 scientists from 13 universities across the US and Canada.

"We were all surprised at the overall levels of particulates inside the house. These are detrimental to human health," said Marina Vance, of the University of Colorado in Boulder.

"They can travel deep into your respiratory tract and into the bloodstream, where they can deposit in organs such as the heart and liver," she added.

Frying or roasting food releases huge amounts of tiny particulates into the air as burning fat - whether contained in the food or added in the cooking process - produces tiny black - and also organic - carbon particles that are less than one-thirtieth of the width of a human hair.

Dr Vance's tips for cutting down on indoor air pollution include opening doors and windows and employing an effective exhaust hood, that pipes the fumes outside rather than simply recirculating them - as many do.

i Prof Joost de Gouw, of the University of Colorado, said: "I was blown away by the level of pollutants that are produced as a result of some cooking."

DEFENCE

MoD office worker blinded in toy gun 'office prank'

By Oliver Barnes

A Ministry of Defence employee was blinded after being shot by a colleague with a Nerf toy gun, a report has revealed.

The office worker, who was left permanently blind in one eye, was "ambushed" at a desk for a prank, which the report described as "office horseplay".

Another member of staff burst an eardrum after being told to set off their personal alarm during an interview, *The Sun* reported.

The report also highlighted injuries sustained by military personnel.

One recruit broke her finger while hurriedly ironing her uniform just before a parade. Another was left with a broken ankle after stepping on a hot water bottle during a training exercise.

An RAF cadet also fell ill with hypothermia during a Remembrance Day parade in London.

An MoD spokesman told **i**: "The safety of our people is of paramount importance and we continually strive to develop and improve our



An MoD employee was blinded when they were shot in the eye with a toy gun

health and safety processes." The report was obtained by a Freedom of Information request by *The Sun*.

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COURTS

Pair convicted for 'stealing' free newspapers in landmark ruling

By Zaina Alibhai

Two men who took free newspapers to sell on have been convicted, in the first case of its kind.

Jhon Mejia, 32 and Marcel Javier Larez-Serrano, 37, snatched batches of free leftover papers to sell on to a paper recycling plant. The pair told British Transport Police that they were being paid £30 each by their anonymous boss.

The prosecution was the first of its kind, with British Transport Police hailing it as a "landmark ruling".

Detective Constable Mike Ganly said: "This has been a very intriguing case from a law perspective.

"With the help of the courts we have sought to answer if something given away freely can be stolen."

Mr Mejia, from London, pleaded guilty to fraud and theft and received a 16-week sentence, suspended for a year. He was ordered to pay £200 in costs and carry out 100 hours of unpaid work.

Mr Larez-Serrano was convicted of theft and fraud and sentenced to eight weeks in prison.

ENTERTAINMENT

'Inside No 9' returns for fifth series to pack in the stars

By Craig Simpson

Maxine Peake and Jenna Coleman have joined the star cast for a new series of *Inside No 9*.

The series is returning with six standalone episodes from the experimental writers behind *The League of Gentlemen*. Reece Shearsmith and Steve Pemberton are welcoming a new cast to tell their subversive tales on the BBC Two series.

Three Girls star Peake (inset) and *Doctor Who* actress Coleman join a host of talents including Dipo Ola, Phil Davis, Ralf Little, Jill Halfpenny, Steve Speirs and Tom Goodman-Hill.

Shearsmith and Pemberton said: "We're delighted to announce a guest cast brimming with both emerging and established talent, all judiciously chosen to make us look a bit classier by association."

The series combines horror and comedy, and introduces new twists and characters with each of the standalone episodes, which are linked by the number nine.

The show has won numerous awards since its inception.

Shane Allen, of BBC comedy commissioning, said: "Reece and Steve consistently dazzle and delight with what is undoubtedly the most inventively prolific storytelling series on television. Their ability to subvert and surprise makes each show a unique experience for the viewers. It's the antidote to a world of familiar cosy TV formats."

Filming for the fifth series of *Inside No 9* is under way.



Jenna Coleman joins the show written by Shearsmith and Pemberton GETTY

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