



KILLER Second-hand smoke

Expert in home cigs ban plea

► **SARAH VESTY**
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SMOKING should be banned around children at home, an environmental health expert has said.

Heriot-Watt University academic Ivy Shuie wants Scotland's ban on smoking in public places extended.

Her study of thousands of families found that passive smoking indoors has links with increased risks of heart attacks, strokes, angina and abnormal heart rhythms.

It also found prolonged exposure can affect self-confidence, decision-making and even sleep.

The ban on smoking at work, in pubs and public places has been credited with reducing heart disease and respiratory diseases.

In the International Journal of Environmental Research and Public Health, Shuie wrote: "Although the chance of exposure at work has been lessened, the risk effects from own home and other people's households seem to have persisted."

"Elimination of passive smoking from different indoor places should be a top priority in future public health and housing policy."

About 100,000 children are exposed to second-hand smoke at home in Scotland.

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Fish scuppered

Council chiefs have banned punters eating fish suppers out of the paper wrapping at cafe tables in Liverpool. They must use plates after a row over litter.

Hubby caught out after he promises Laura a new designer handbag for every stone she loses – and she's shed EIGHT

I'VE LOST BAGS OF WEIGHT

► **JAY WILLIAMS**
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A HUSBAND is having to buy his missus eight designer handbags after promising her one for every stone she lost on a diet.

Laura Ferguson has shrunk from a 19st size 24 to an 11st size 10 in the past year.

The 38-year-old decided it was time to cut out the chips and fizzy drinks after overhearing a call-centre colleague describe her as "that big heavy girl".

And husband Paul, 35, is counting the cost of his incentive. He's already shelled out £800 for a Stella McCartney bag and £600 for one by Louis Vuitton – with six more to go.

But he said: "I'm delighted and I'm very proud of what she has achieved – even if it is going to cost me a fortune."

Ironically, the remark that spurred Laura into action came during a conversation about hiring gym equipment from the firm Paul runs.

Laura, of Airdrie, said: "I was so embarrassed that I decided it was time to do something about my weight."

"Other people at work started asking about hiring equipment and I kind of made a joke about it, saying, 'Yes, I could do with using it myself'."

"That was me - always making a joke about my weight when inside I was feeling awful about it."

"I could never look in a mirror and I used to delete



IN SHAPE Exercise has helped Laura get rid of eight stone and tone up

any pictures of me taken on nights out. Now I'm wearing clothes I'd saved from when I was 18 - and this summer I'm going to be wearing a bikini for the first time in 20 years."

Laura started putting on weight in her 20s thanks to a daily diet of chocolate, chips, takeaways and two litres of fizzy drink.

Last March, she began working with David Wilson of Rapid Hypno Fitness. Using a combination of "non-sleep" hypnosis, diet and daily exercise, the weight dropped off.



COMMENT
Laura was 19st when she heard colleague call her 'big heavy girl'



A HAND UP
Laura shows off designer bags that helped inspire her to lose weight

« **I couldn't look in a mirror – now I'm wearing clothes from when I was 18**

LAURA FERGUSON

TELLY LORRAINE'S HOBNOB HABIT TAKES THE BISCUIT

LORRAINE Kelly can't open a box of Roses or a packet of HobNobs without finishing them, she has admitted.

The Daybreak host, 54, said: "The temptation ... I wish I could resist - if I open a packet of HobNobs, or a box of Roses, I keep going until I've eaten the

► **STIAN ALEXANDER**

lot." The presenter, who was awarded an OBE in 2012 for services to charity and the armed forces, also said she would love to find out the secret ingredients to Irn-Bru, Scotland's top fizzy drink.

She said that if she was

invisible for the day she would raid the factory in Cumbernauld.

She said: "I'd go into the Irn-Bru drinks factory and find out its secret recipe. It's great for hangovers."

The TV star also admitted she wasn't the party animal most people think she is. She said:

"The misapprehension I wish I could erase is that I will be the life and soul at a party."

"Because of my job, people think I'll be the one entertaining everyone. I'm quite shy and more of a listener."

"My husband Steve's the one who'll be up dancing."



TASTY
Lorraine loves her HobNobs