



TIME TO SEE THE LIGHT



They may seem a bit expensive, but energy-saving bulbs will save you a fortune... and could help save the planet

WHICHEVER bright spark invented the energy-efficient lightbulb has done the world a big favour.

They do cost a bit more than ordinary bulbs but will save you cash in the long run and help protect the Earth's resources.

By NICK WEBSTER

will see their electric bill fall by £10. And over its lifetime, that little bulb - known as compact fluorescent lamps or CFLs - will more than pay for itself by saving you £50. The soft white light it gives off may even help insomnia and SAD/Sea-

much better. They are almost the same size as normal bulbs. You still can't flick the switch and get maximum light immediately, but they do warm up fast enough for that not to be an inconvenience. "And the prices have come down significantly."

"They still cost more than filament bulbs. So it is vital that when a bulb

battery to two carbon rods. They glowed as the current sparked across the gap between them.

Nowadays five per cent of all our electricity goes on lighting. And it accounts for 15 per cent of household electricity bills.

So it is vital that when a bulb

Cops' tips on undies

A NEW police magazine warns women "intent on getting ratted" to wax and "wear nice pants" in case they collapse and their skirts ride up.

Safe! - aimed at keeping women safe when drinking - captions a picture of a mini-skirted girl "if you've got it, don't flaunt it".

Suffolk police said: "We've written this in a gossip, tongue-in-cheek style in the hope young women will take notice."

The Suzy Lampugh Trust, which campaigns for women's safety, said: "You have to applaud the police for trying."

Girl's lung donor joy

AN AEROBICS teacher with just days to live has been found a double lung transplant match.

Justine Laymond, 33, had a nine-hour operation on Sunday. She had been found a possible match three times before but something had always gone wrong.

Fiance Jon said: "It was hard to believe it was finally happening."

Dad Barry said: "She is making the most amazing recovery." Justine, of Potters Bar, Herts, got rare, incurable sporadic lymphangioloelomyomatosis 15 months ago.

Farewell

Ken Lay