

Tired of mosquito bites? Try thrashing around

Researchers have found a solution for those plagued by mosquitoes: thrash about, and the insects will learn to give you a wide berth. They say they have not only found why mosquitoes find some people more tasty, but that the scent-based system means they can learn to dodge individuals if a swat is likely. "If you are at a party or a barbecue and you are swatting the mosquitoes, make sure that your friend next to you is active in talking and they will probably avoid you and go [for] your friend," said Dr Jeffrey Riffell, co-author of the study, from the University of Washington.

Sandwiches and carbon

Researchers at the University of Manchester carried out the first-ever study of the carbon footprint of sandwiches. They considered the entire life cycle of sandwiches, including the production of ingredients, packaging, refrigeration and food waste. The team scrutinised 40 different sandwich types, recipes and combinations and found the highest carbon footprints for the sandwiches containing pork meat and also those filled with cheese or prawns. The researchers estimate that a ready-made all-day breakfast sandwich generates 1441g of carbon dioxide equivalent - equal to the emissions created by driving a car for 19km.

One cigarette can harm

Smoking just one cigarette a day is more dangerous than often thought, say researchers who have found it still raises the risk of coronary heart disease or stroke to about half the risk from smoking 20 a day. "There seems to be a belief that cutting down a lot greatly reduces your chance of getting all smoking-related disorders," said Allan Hackshaw, co-author of the research from University College London.

Children and alcohol