GOVERNOR CARNEY HAILS END OF SQUEEZE ON HOUSEHOLD BUDGETS

PAY RISES TO SURGE AHEAD OF INFLATION SAYS BANK

Nicholas Cobb, Jonathan Pryme and Ben Chu:

Bank of England Governor Mark Carney today hailed the “start of real pay growth” which will end the worst financial squeeze in Britain for more than 80 years. He predicted average wage rises will “accelerate” ahead of inflation in the coming years, lifting living standards for millions of households after years of belt-tightening. He also appeared to hint that the first interest rate rise from the historic low of 0.5 per cent would not come until well after May’s general election, possibly not until October.

His comments, along with another big fall in unemployment, will give a boost to Chancellor George Osborne. They came on the day official figures showed average wages without bonuses nudging ahead of inflation – being kept down by lower bonuses.

Continued on Page 2

Sad: actress Rebekah Gibbs has died after a six-year battle with breast cancer. The former Casualty and Holby City star was diagnosed 10 weeks after the birth of her daughter Gigi, pictured, in 2008. FULL STORY: Page 5

TV MEDIC REBEKAH DIES AFTER CANCER BATTLE
Skin and the city

BEAUTY

Pollution is putting years on your face. But don’t freak out and move to the sticks. Lucy Tobin knows how to get a country complexion in the capital.

ADH news, commuters: you’re smothering yourself in a daily, ageing face mask. It’s attacking the moisturising proteins in your skin, will ultimately make you look a decade older than your age – and it’s something you can evade by avoiding the Tube or walking rather than driving. It’s an unhealthy city air that you breathe.

That’s according to new scientific research suggesting that urban pollution oxidises women’s skin 10 percent faster than those who live in the countryside. The findings, based on a study of 200 women aged 30 to 45 in Beijing and rural China, also show that poor air quality triggers more dermatological skin conditions and found a correlation between spikes in air pollution and a surge in the number of patients suffering from acne, or limes.

Londoners point out that Beijing is one of the most polluted places. The world’s mostgchooeful of a city, so is its capital. London is one of the UK cities that breach the World Health Organization’s safe health levels of air quality. And while the Chinese research was funded by Procter & Gamble, which makes millions from its Clara brand’s anti-aging skin care products, scientists say it’s not just cosmetics: people taking up business. Separate German research in 2010, which compared the skin of women in urban and rural areas, found the former, who lived among higher pollution, had more evidence of hyperpigmentation, or age spots, than the countryside dwellers.

The industry’s big concern with pollution focuses on particles. The pollutants in city air were previously thought to be too large to break through the skin barrier but now scientists think tiny particles known as PM 2.5 – which are so small that a several thousand could fit on the full stop at the end of this sentence – can penetrate the skin. These tiny particles cause the frequent rashes in city air, and now it’s thought they also destroy keratin proteins that protect the skin from losing moisture and cause premature ageing.

“The high levels of London air pollution cause defects in the functioning of the skin barrier, and that’s what leads to the skin’s aging process,” says Dr Merina Paterson, cosmetic dermatologist at Woodford Medical. “The first step in dealing with this problem is repairing the skin barrier. It’s like fixing the roof of the skin – a healthy roof keeps unwanted things such as pollutants, UV and irritants out. Second, we need to dampen the inflammation, which...”

Continued on Page 34

London Life

London’s best Hi-vis fit gear

The cold doesn’t stop committed sportspeople but it’s not the elements that are dangerous: it’s the dark. Ensure drivers spot you by kitting up in hi-vis gear. Here are five of the best bright buys.

Nike

The women’s LunarTide 6 is well-cushioned, providing comfort and stability in unpredictable conditions. Reflective panels illuminate your feet. £110. store.nike.com

Adidas

Adidas’s Supernova three-quarter lengths are made from breathable climacool and have reflective panels to cast your stride. £10. adidas.co.uk

Rapha

Cyclists must pay even more attention in winter; Rapha’s luminous long-sleeve jersey, which has reflective bars on the rear pockets and front panel, will ensure drivers do too. £130. rapha.cc

Nonhill

Don’t lose your head: Nonhill’s reflective beanie also has thermal properties and is water and wind resistant. £20. nonhill.com

Phoebe Luckhurst

A SPLENDID ISOLATION
PART 2
NEW WORKS BY CHRIS MOON

M O O N
Continued from Page 33
antioxidants and anti-inflammatory.

The even the rain is attacking our skin, according to Dr Adam Friedman of the Harley Street Dermatology Clinic: "The sudden change in weather can also cause irritated to the skin. London rain is drier than the rain outside the capital, so for Londoners experiencing the frequent downpours may contribute to unhealthy-looking skin. "

"It's all broken-down cells also cause worsening of dermatitis and other skin conditions such as acne, while if you're breathing in a lot of carbon monoxide this can reduce the oxygen supply which in turns ages the skin, similar to the effects smoking has on the skin," Friedman says. Pollution also damages the collagen that helps skin to stay elastic and prevents wrinkles and ageing. But apart from selling up and moving to the Lake District, is there anything we can do to prevent falling victim to city skin? The multi-billion pound skincare industry is already looking into pollution, with soho-cleaning brushes and "free-radical-hunting" potions the fervent items from Asia, where air quality is famously poor and lengthy skincare routines are the norm. Two of the beauty industry's most recent launches, barrier BB and CC free creams, were first launched for the Far East market. "To fight pollution you need to put up your own skin barriers," says Linda Meredith, ailcentre, Baxton, and Kiss collection to Kato Moss, Gwyneth Paltrow and Colin Firth. She says make-up foundation with a liquid or cream, which is similar to the same base of the surface layers. If your skin absorbs the creams, and apply more. Although people think otherwise, water-based creams do not cause break outs, they help build the moisture reserves in the skin to prevent the absorption of pollutants.

And there's a salt for those with oily skin or as a preventative routine: "Wipes will not do the job," Meredith says. Thinking about where you walk in town can help too, according to Chelsea skincare expert Malvina Fersi, whose clients include Yasmin Le Bon and Kylie Minogue. "Avoid walking through smoking areas by office blocks," she says. It will hit your skin as you pass, breaking down your anti-oxidant barrier. Use a light hydrating spray throughout the day it keeps skin less prone to flakiness and bacte- rial infection. And try to hold a scarf to your nose or even buy a mask. That's already a craze for women in China and South Korea, where stropping the streets sporting surgical masks is the norm. It started as SARS prevention but now many reckon it will help combat the exhausts and routine of city life. Mod- ern even uses designer and Swarovski crystal-embedded sunglasses to mask as they stroll down the catwalks at China's Fashion week this autumn.

But that could be a step too far, according to Frank Kelly, professor of environmental health at King's College London, and a member of the Government's committee on the medical effects of air pollution. "The possible impacts of pollutants other than UV and cataracts on skin have not been examined by [enough] investiga- tors," he says. "It's not an area of current research but aware a long way from having sufficient evidence to indicate that people should be applying barrier cream."

10 WAYS TO TAKE 10 YEARS OFF

Just like your morning coffee, shaving cream, caffeine-stress relief toner, or make-up foundation helps you look fresh. (Photo courtesy: liberty.co.uk)

Just for a meeting! The secret Skin & Body experts at Calm Skin on your template to become your own time battle. (Photo courtesy: libe.co.uk)

Caudalie's Polypeptide C Sisitalcine. (Photo courtesy: caudalie.com)

Our bodies are trying to adapt to the world but it has happened too quickly and led to skin problems. (Photo courtesy: libe.co.uk)

The trend: The battle to publish the next Gillian Flynn-style sensation is on - the clue is in the name. (Photo courtesy: Ebury Press)

An old and new women's who doesn't like the sound of the "Girl"

GONE + Girl + formula for a blocuster

TRENDS

The battle to publish the next Gillian Flynn-style sensation is on - the clue is in the name. Katie Law rounds up the contenders.

GONE, gone, gone: sold to the highest bidder for a five figure sum. but the title of the book includes the words "gone" or "girl" and its jacket evokes Gone Girl. Gillian Flynn's 2012 runaway success about a psycho wife who frames her husband for her murder.

It's the latest trend in publishing: the edgy domestic thriller featuring female characters. and a Girl who has Gone in one way or another. Just as El James's Fifty Shades of Grey sparked a frenzy from Fifty Shades of Grey to Fifty Shades of Grey, so Flynn's bestseller - but not the book - has caused a flurry of commissioning. but the book - the film has caused a flurry of commissioning.

re-filming and packaging from publishers desperate to cash in. in January 2015 alone we can expect The Girl on the Train by Paula Hawkins, The Girl with All the Gifts by M. John Harrison, The Girl Who Wasn't There by Ferdinand van Schrach, Dead Girl Walking by Christopher Brookmyre and Cemetery Girl by David Bell, not to mention plain Jane gone by Rebecca Maddison. The stand-out here is The Girl on the Train. a London- based former Times journalist, whose crime debut was fought over by four UK publishers and bought by Transworld for six figures, with the film rights sold to DreamWorks.

Karen Dunworth, Flynn's publisher at Weidenfeld & Nicolson, says: "Any phenomenon inspires copycats but what publishers see is that the first few work and then the success begins to spread. It's no longer just one book but many and the market becomes saturated." She says while picking up the drop-in customers, she's been shocked with new submissions from agents saying "this is the gone girl". While not directly acknowledging Flynn's book, 12-year-old Hawker has admitted in (a Bookdealers Interview) that her story - about a girl on a tractor who witnesses an incident and intervenes with irreversible consequences was inspired by other novels, which "have a sense of suspense and [characters] behaving in quite a threatening way". And, like Flynn's Amy Dunne (played by Rosamund Pike in the film), protagonist Rachel is an unreliable narrator. She has a drug problem. It doesn't have to be about romance and therefore, a spell of mental illness or a jeh lost. Anything can tip you out of your everyday and you can lose control of things quite quickly," says Hawkins. But don't be fooled. While many of these lookalikes resemble Gone Girl, some are rather darkly morbid and simply trading in valuable "girl" currency. The Girl in the Red Coat by Kate Hamer is eerily evocative as it concerns about a 10-year-old woman looking for her. The Boston Girl by Anita Diamant is a First World War war and The Forever Girl by Alexander McCall Smith is about unrequited love. Faulkner. Girl power moves on into summer with The Girl from Nowhere by Dorothy Koomeen, The Girl from Corona del Mar by Ruhl Thorpe, The Girl in the Lotte and Susan Hamme, The Wrong Girl by Laura Wilson and The Girls by Lisa Jewell. Just to name a few.

Perhaps most surprisingly this is Girl in the East by Amanda Lendres, sure. It's dark, but it's not dark thriller. It's a story told by a tormented priest who lives in Bangladesh. Nu- dity by this time next year something else will have happened and the girl will have gone for good.