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Good Light for Good Sight

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Put some light on the subject and save your eyes

Good Light for Good Sight

LET'S be "eye conservationists." Since we have only one pair of eyes to last us a lifetime it is better to strengthen the eyesight by normal, healthful use than to weaken it by straining to get along under bad lighting conditions.

A survey of lighting conditions in dormitories and sororities shows that most of our rooms are incorrectly and inadequately illuminated. It has been said that light is almost as necessary to us as the air we breathe. Over thirty percent of the young people in schools today suffer from defective eyesight resulting from neglect of proper lighting conditions.

As far as lighting is concerned, conservation of eyesight involves two distinct problems—insuring proper illumination and utilizing it correctly. Common faults in lighting conditions are: insufficient light, light that glares, spotty

by Virginia Thompson

lighting, and improperly located lamps. To correct these faults, a room should always have general as well as local lighting. As a rule general lighting is obtained by a central ceiling fixture which may furnish semi-direct or direct lighting. This has a tendency to decrease shadows.

Local light is necessary for studying, applying make-up, reading, sewing and similar tasks. Local lighting may be supplied by portable lamps. Inside frosted lamps are recommended for general use. When it is necessary to use a lamp over 100 watts, all frosted lamps are recommended. All light sources should be located higher than the objects to be viewed. Do not depend upon purely decorative lighting for reading as adequate intensities of illumination

do not usually accompany purely decorative lighting.

White and yellow lights are considered the best for most uses. Recommended wattages for different methods of illumination are: semi indirect—small rooms 50 watts, large rooms 200 to 300 watts; direct light cluster fixtures—20 or 40 watt lamps in each socket; white glass enclosing globes—100 to 150 watts; decorated enclosing globes—small, 60 watts, large, 100 watts; portable—60 watts, in each socket; and indirect portable—200 to 300 watts.

In illuminating a room it should be remembered that all light sources should be shaded. Glare and spotty illumination are practically eliminated by shades. Shading will reduce brilliance; but unless sufficiently high wattage lamps are used, shades will remove glare only to replace it with shadows and dimness. It is important to use sufficient light properly applied so that shadows and brightness are reduced to a minimum. The shadows in your room should be soft, not harsh and black.

Here are a few practical suggestions to improve your lighting with little trouble and expense:

1. Keep your lights clean. A film of dust and grime can cut down light 20 percent.
2. Be sure reflectors are spotlessly clean.
3. The shades on reading lamps should be light colored to reflect a maximum amount of light downward.

The I. E. S. lamp is approved by the Illuminating Engineering Society. Its translucent bowl softens and diffuses light, thus preventing glare from the lamp or shiny paper. Light is also sent to the ceiling to provide general illumination. The inside reflecting surface of the shade reflects several times as much light downward as does the ordinary shade.

Any lighting which is suitable for the work to be done under it will conserve and develop the eye. In most cases comfort and ease of vision may be taken to indicate a good lighting condition.



All over the country community agencies are accepting more and more responsibility for the operation of WPA nursery schools. During the summer of 1938, institutes were held in almost every state at which the teaching problems were discussed, new methods proposed, and materials produced for use during the coming year. Joint conferences of nursery school and adult education teachers resulted in a better co-ordination between the agencies' and the schools' programs.

