

1955

Light You Live By

The Iowa Homemaker

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*Here's a quiz (a tape
measure is all you need)
to help you test the...*

Light you live by

LET'S GET OUT the tape measure; correct measurement is as important for glare-free lighting and good study as accurate cup measure is for successful cooking.

First, good light means comfortable light, without glare. Glare starts with (1) wrongly directed light, (2) poorly shaded light, or (3) light reflections off polished surfaces.



Model: Ann Lee, Child Development Junior

DRESSING TABLE LAMP

For applying makeup, are you using a pair of vanity lamps for balanced lighting?

Is the center of your lamp shade 15 inches from the dressing table top or 22 inches from the dresser top?

Is shade material translucent to let light flow through to your face?

Are lamps placed 18 inches to right and left of mirror center and 6 inches from wall?



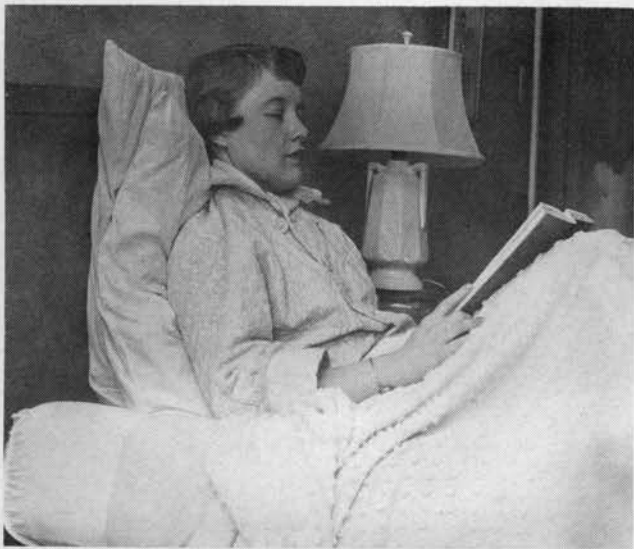
STUDY-DESK LAMP

If it's a table lamp, is the shade (bottom edge) 15 inches above the desk top?

Is the lamp placed 15 inches left of your work center and 12 inches back from desk front?

If you're left handed is your lamp to your right?

Are you using a large pastel blotter to avoid distracting contrasts with book pages?



BED TABLE LAMP

For a 28 inch bed table, is the lower edge of the shade 15 to 17 inches above table surface?

Is your lamp placed 22 inches from the center of the book to the table side and 16 inches (at right angles) toward the wall?

Remember:

1. All lamps should be shaded. A light-colored shade lining reflects about 85 per cent of the light; a dark lining may reflect only 10 per cent.
2. Frosted lamp-bulbs are best for the diffusion of light and elimination of glare.
3. Fluorescent lights are more efficient for overhead lighting than incandescent lights. The original cost of fluorescent lights is higher, but life of the lights is five times greater.

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