

DESK WORK—These three recipes for lighting desks will conserve precious eyesight. They encourage concentration and good posture. Very dark or bright surrounding colors would be a distracting contrast to reading and writing materials. You get the best results if:

- Desk tops are light (add a large, light blotter)
- Adjacent walls are light, too (tackboard can be used)
- Lamp shades are fairly dense; or opaque in a light but not strong color.

lighting recipe 5

DESK WORK USING A TABLE OR FLOOR LAMP



WHAT TO USE

Table Lamp: Straight or Swing-arm type (only 15" to shade bottom).

For serious study: DIFFUSER: A or B—8".

BULB: 50/150w (150w for desk use) or 50/250w.

SHADE: top 8", depth 10", bottom 16".

DIFFUSER: D. BULBS: multiple, 180w. SHADE: top 14", depth 6", bot. 16".

For casual use: HARP: C. BULB: 50/150w R-40 (150w for desk use).

SHADE: same as for A and B.



WHERE TO PLACE

Center of lamp shade 15" left of work center; 12" back from front edge of desk. If left-handed, reverse first measurement, place lamp right.

DROP LEAF—Use a floor lamp, preferably the double swing-arm type, which can remain at side of desk while shade is moved into needed position.

For study: senior types; bowls A and B — 10".

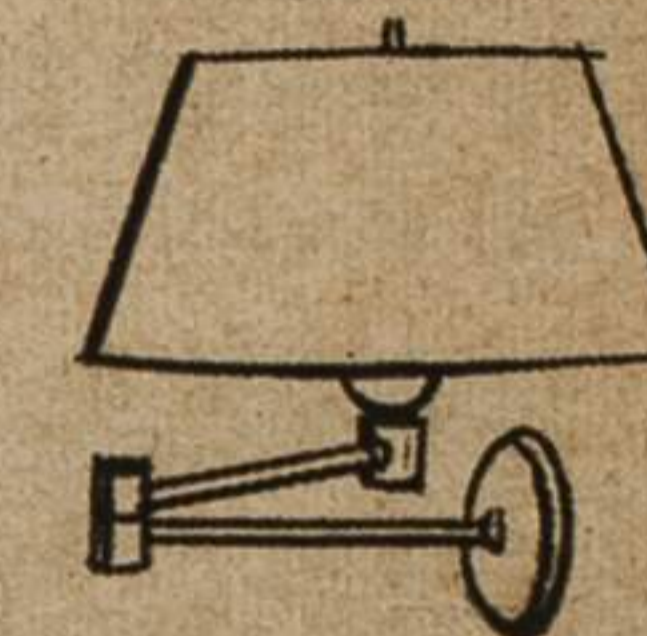
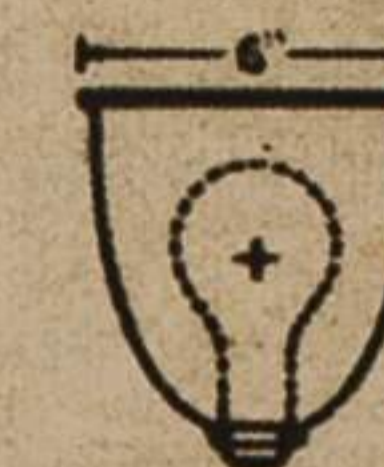
For casual use: junior types: A and B — 8"; C and D.

(Height, bulb, and shade dimensions as Recipe 1).

Placement—shade center 15" to left of work center; 10" in from front edge of desk.

lighting recipe 6

DESK WORK USING WALL LAMPS



WHAT TO USE

Pair of Wall Lamps: ideal for child's study center. BULB: 100w each.

DIFFUSER: 6" plastic bowl (see diagram); or flat plastic diffusing disc below bulb.

SOCKET POSITION: 2" below shade. SHADE: top 6", depth 7", bottom 10".

WIDE DESK—If desk is more than two feet deep, select types with an extending or swing arm by which you can move the center of the shade forward.

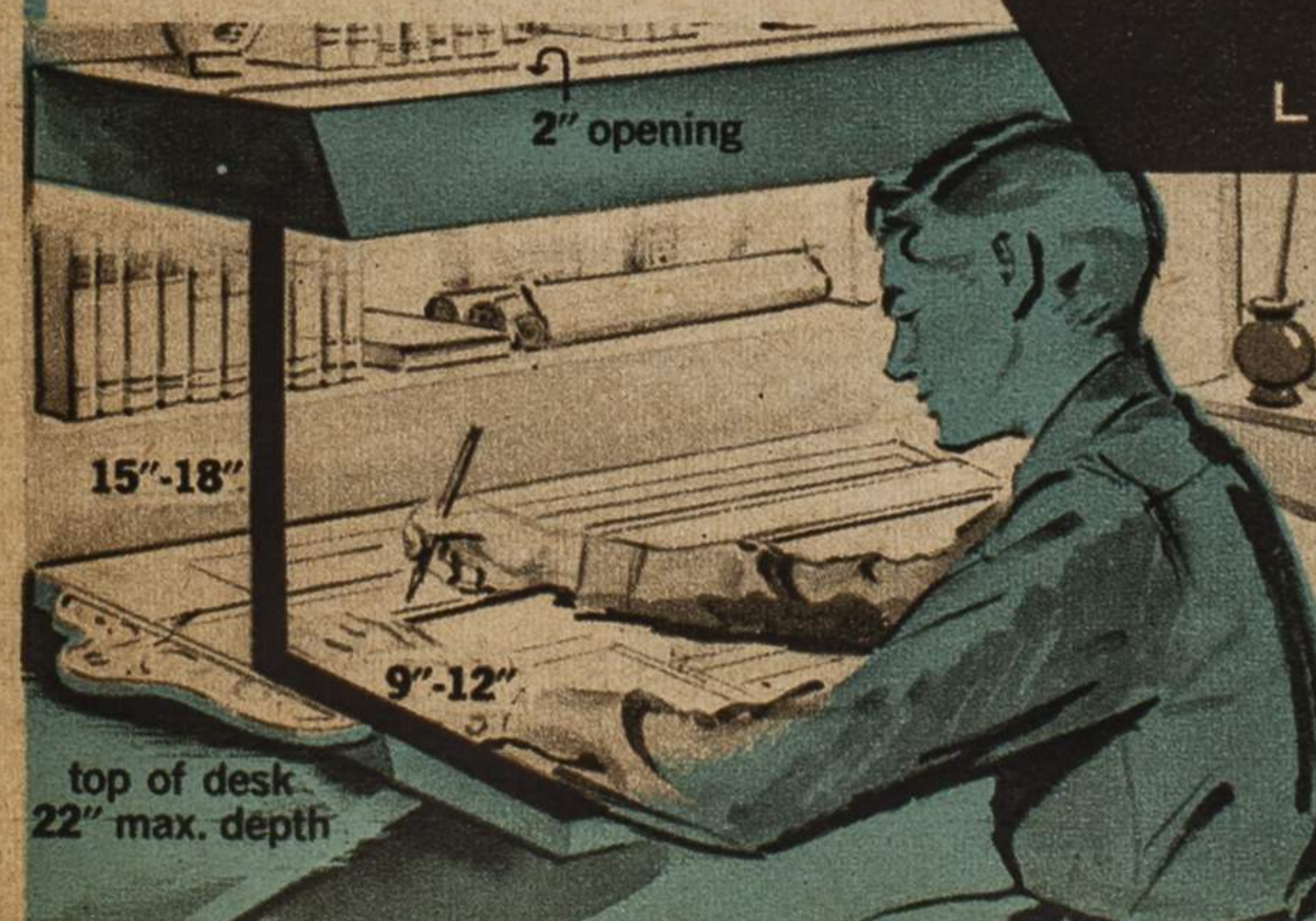
WHERE TO PLACE

Center the shades 30" apart; no more than 17" back from front edge of desk, preferably 6"-12" from front. Mount bottom edge 15" above desk.

TELEPHONE STAND—Use half the recipe— one lamp. Center 15" above area.

lighting recipe 7

DESK WORK USING LIGHTED SHELF



(Custom made)

Unit is space-saving and space-producing. White enameled channel with 36" - 30w DeLuxe Warm White tube is mounted on lower front edge of light-colored wood shelf.