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CC55-1106 Supplement Picture Quiz on Home Lighting

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Picture Quiz On Home Lighting

RATING: 10 points for each correct answer.

SCORING: 100 -- Perfect...Orchids to You!
90 -- Excellent
80 -- Good
70 -- Passing
60 or less -- Poor

The correct answers are written on the next page!

1. Minimum watts in a table lamp used for close eye work should be:
   a. 100 watts
   b. 40 watts
   c. 250 watts

2. As a general rule, a book should be held at a distance from the eyes of:
   a. 10 inches
   b. 14 inches
   c. 18 inches

3. There will be more light from:
   a. A 150-watt aare incandescent lamp bulb on a drop
   b. A 100-watt incandescent lamp bulb in a reflector

4. White gives more light -- A 100-watt lamp bulb or four 25-watt bulbs?
   a. Four 25-watt bulbs
   b. One 100-watt bulb
   c. Both give the same amount of light

5. A fluorescent bulb as compared with an incandescent bulb of same wattage produces:
   a. The same amount of light
   b. About 2 1/2 times more light
   c. About 1/2 as much light

6. When writing, assuming you are right-handed, light should come from:
   a. Your left
   b. Your right
   c. Directly in front of you

7. A lamp shade is not "stingy" with its light if it has:
   a. Straight sides (Drum shape)
   b. Flared sides (Empire shape)
   c. Oval in shape

8. In a candle-type (or shower-type) dining-room fixture use:
   a. Colored lamp bulbs
   b. Fluorescent lamp bulbs
   c. Inside frosted lamp bulbs with small shades

9. As a general rule, which of the following tasks is harder on the eyes?
   a. Reading
   b. Writing
   c. Sewing

10. Place mirror on page. If you can see light bulbs in mirror you have:
    a. Adequate light
    b. Lamp correctly placed
    c. Glare reflected from page in eyes
ANSWERS TO PICTURE QUIZ ON HOME LIGHTING

1. (a) Eyes vary in the amount of light they need. However, a 100-watt bulb (or a combination of one 40-watt and one 60-watt, or two 60-watt bulbs) is a safe minimum.

2. (b) As a general rule, a book should be held about 14 inches from the eyes.

3. (c) A 100-watt lamp bulb in a reflector with a white inner surface directs the light down where you need it. A bare bulb scatters light in all directions. This can be wasteful. It is also very glaring and uncomfortable to the eyes. Shade all lamp bulbs.

4. (b) A 100-watt bulb gives 50 percent more light than four 25-watt bulbs and uses the same amount of electricity. Where possible, use one larger bulb instead of several smaller ones in order to get more light.

5. (b) A fluorescent lamp bulb gives about 2 1/2 times more light than an incandescent bulb of same wattage.

6. (a) When reading it makes no difference whether light comes from the right or left. Simply place lamp at one side of a chair, and a little bit back of your shoulder. But when writing light should come from the left if you are right-handed, and from the right if you are left-handed. Correct placement of the lamp puts the shadows of the hand in back of the pen point rather than directly on the writing surface.

7. (b) Choose a flared or Empire-style shade whenever possible. It gives the widest spread of light. Conversely, a drum-shaped shade "hugs" the light around the base of the lamp. It is less generous with light.

8. (a) Use 40-watt inside frosted lamp bulbs with small shades to reduce glare and direct the light downward on the table. Colored bulbs absorb as much as 35 percent of the light. Shades made a fixture more attractive from a decorative viewpoint.

9. (c) Sewing is usually the most difficult eye task, especially when it requires the use of dark thread on dark material over a long period of time. Provide adequate light of good quality (no glare or annoying shadows) where you sew or do close work.

10. (c) Adjust the lamp and chair so you cannot see the bulbs or reflector in the mirror. Then you will have directed the reflected glare away from your eyes instead of into them. Glare leads to eye strain.

* This Quiz was taken from The American Home, Prepared by Myrtle Fahsbender, Director of Home Lighting for Westinghouse.