Federal investigating committees and various city boards of health are conducting exhaustive investigations of home lighting and its effects on eyesight. The result has been to establish lighting as one of the most fundamental and important home problems. Of 300,000 children examined by the New York Board of Health 27,000 were found to have defective eyesight. A large proportion of these cases was traced to bad lighting in the homes.

By a little study and by seeking sound advice, the home builder may install lighting fixtures which will be not only attractive, but which will be economical and hygienic. The modern science of lighting has established indirect and semi-indirect methods as the best for home use.

The indirect methods provide an inverted bowl of metal or opaque glassware, lined with glass metal reflectors, hung near a light ceiling, which will diffuse the light softly through the room. In the semi-indirect method the bowl is partly opaque. The basic principle is to have the light source properly shaded, well placed and rightly used. Overbright, flickering or dim lights are to be avoided.

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plumbing should be of paramount interest to the homemaker. Too often is it discovered that plumbing doesn't work as it should—that material purchased with the thought of convenience proves to be a distinct annoyance.

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SF Examiner Oct 2, 1916 Page 8 (repeated)