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? WHY THE WEATHER ?

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INDOOR SUNSHINE

"For thousands of years," writes Dr. Matthew Luckiesh, the well-known authority on illumination, "the trend of civilization has been toward indoorness. In the past century or two this trend has been very marked. When man came indoors he did not know that ultraviolet rays existed nor had he discovered vitamins. Ultraviolet rays first became known at the beginning of the last century and vitamins were not discovered until the present one. When man made glass to admit light, he knew nothing of the benefits of sunlight which it excluded. Only recently has the truth become known that ordinary glass did not appreciably transmit the ultraviolet rays which are particularly effective biologically."

The plan of substituting special kinds of glass or other materials, transparent to ultraviolet, for ordinary window glass in order to get the full benefit of natural sunshine indoors proved disappointing for two reasons; first, because effective substitutes are very costly and second because smoke and dust in the air make sunshine, outdoors as well as indoors, an unreliable source of the health-giving rays. The solution of the problem is to produce artificial sunshine containing both luminous and ultraviolet rays in the right proportions and use it indoors in place of natural daylight. Much progress has already been made toward success in this direction.

"This new contribution of lighting development," says Dr. Luckiesh, "is termed 'dual-purpose lighting' because it supplies ultraviolet for health along with light for vision, just as the sun does. Thus man belatedly brings indoors an important environmental factor that was unknowingly left outdoors."

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