

Proper lighting of rooms enhances activity areas

Call it a living room, family room, great room or old-fashioned parlor, the "living room" requires lighting for entertaining guests and for the many family activities taking place in this area.

GENERAL, ACCENT LIGHTING

General lighting provides overall illumination. It enables you to see and walk about safely. It can be accomplished with ceiling or wall-mounted fixtures, recessed or track

lights, table or floor lamps and, perhaps, a chandelier, especially if your living room includes a dining area.

Accent lighting provides drama. It should be an intrinsic part of your decor. Spotlight paintings, sculpture, houseplants or other prized possession. Ceiling-mounted lights, properly positioned, highlight the texture of walls and draperies.

Effective accent lighting requires at least three times as much light on

the object as the general light surrounding it and is usually provided by track, recessed or wall-mounted fixtures.

In a living room with dramatic window expanse, landscape lighting provides a beautiful view from the inside outside. The inside lighting level must be kept low so as not to obscure the outdoor view. Install dimmers.

These devices are very effective at entertainment time, whether to highlight a garden-view in warm weather or an evergreen covered with snow in the dead of winter.

LIGHTING REQUIRED

For tasks performed in living rooms, bright, glare-free, shadowless light is a must. If a table lamp alongside a chair or sofa is used for reading, the bottom of the shade should be at eye level positioned about 22 inches to the side of the book's center.

Hanging or pendant lamps are another choice; they save table space for accessories (75 to 100-watt incandescent bulbs minimum; higher wattages are required for reading fine print or for senior citizens.)

In living rooms and all home areas, effective lighting beautifies as it helps us work, play and relax.

Hammer a primary tool

Almost every house hold in Canada has a hammer, some have two or more. The hammer is indeed the primary tool for setting up housekeeping. Even though it is so popular, the hammer is probably the most misused, abused, and neglected item in the tool box.

DO buy a hammer that is suited to its intended use. Too often you see people trying to drive concrete nails with an ordinary 16-ounce hammer. This is not only a frustrating experience but can also be a very dangerous one as this light hammer does not have the bulk to force the nail through the dense concrete. The result can be a nail flying around the

room like a bullet. Also very frustrating is trying to drive a spike with a light hammer. There are framing hammers made for this very purpose. The weight of the hammer, not your muscle power, drives the spike. A small tool increases user fatigue and lessens efficiency.

DO wear eye protection when driving nails in concrete or if your face is close to the nail. Though few people follow this rule, protection is probably wise at all times.

DON'T try to pull spikes with a claw hammer without using a wood block to bring the leverage to the proper point.



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