

FIG 2.

shining *not into the eyes*, but upon the work from over the head or either shoulder. Lights that approach this condition are the most valuable and least hurtful, while those sources of illumination are likely to induce retinal fatigue, weak eyes, headaches, inflamed lids and other ocular troubles to the extent that they deviate from it. Apart from sunlight, the illumination best adapted to the needs of the printing room is by all odds that produced by the incandescent electric lamp. Its light is white, steady and sufficiently intense. It gives out no disagreeable odors that foul the atmosphere, or unburnt carbon that besmirches the lamp chimneys like kerosene; it does not flicker nor flare and overheat the room in summer and the worker at all times like gas; it does not splutter and vary in intensity every few seconds like the arc light; and, finally, unlike any of the foregoing, is capable of ready adjustment to any position at will.

The illustration (Fig. 1) shows how they manage it in one of the newspaper composing rooms in this city. Another printing house has naked gas jets liberally supplied to the top of the frame. These jets probably do a smaller amount of harm than the electric lamps, simply because they "worry" the choroid and retina less. I was tempted to advise a compositor working at a case lighted by a "converted" gas jet (see Fig. 2) to straighten out the latter so as to carry the light behind his head; but he was the

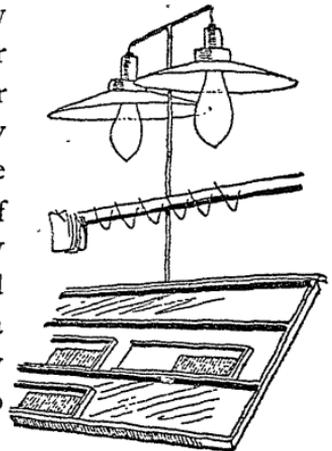


FIG. 3.