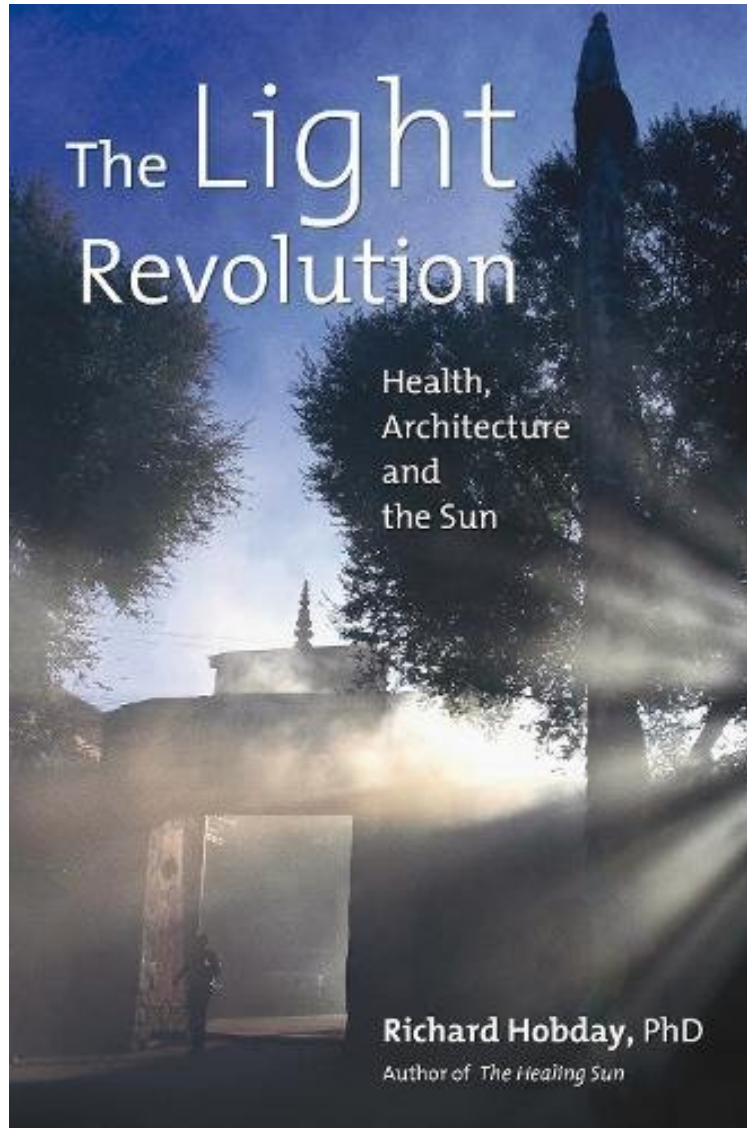


The Light Revolution: Health, Architecture, and the Sun

Richard Hobday

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Richard Hobday : The Light Revolution: Health, Architecture, and the Sun before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Light Revolution: Health, Architecture, and the Sun:

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The profoundly positive effect that light has on both the immune system and a person's emotional stability is examined

in this informative reference that pays particular attention to naturally lit interior spaces. Although architects and physicians in the ancient world recognized that the light levels necessary to promote well-being were much higher than those required for vision, the knowledge seems to have been lost from regular practice. Bringing together historical evidence, traditional wisdom, and the latest scientific findings, this comprehensive reference explains how to use light especially sunlight to promote health in architecture and enclosed environments.

About the Author Richard Hobday, PhD, is an Energy Institute member and a chartered engineer. He is the author of *The Healing Sun: Sunlight and Health in the 21st Century*.