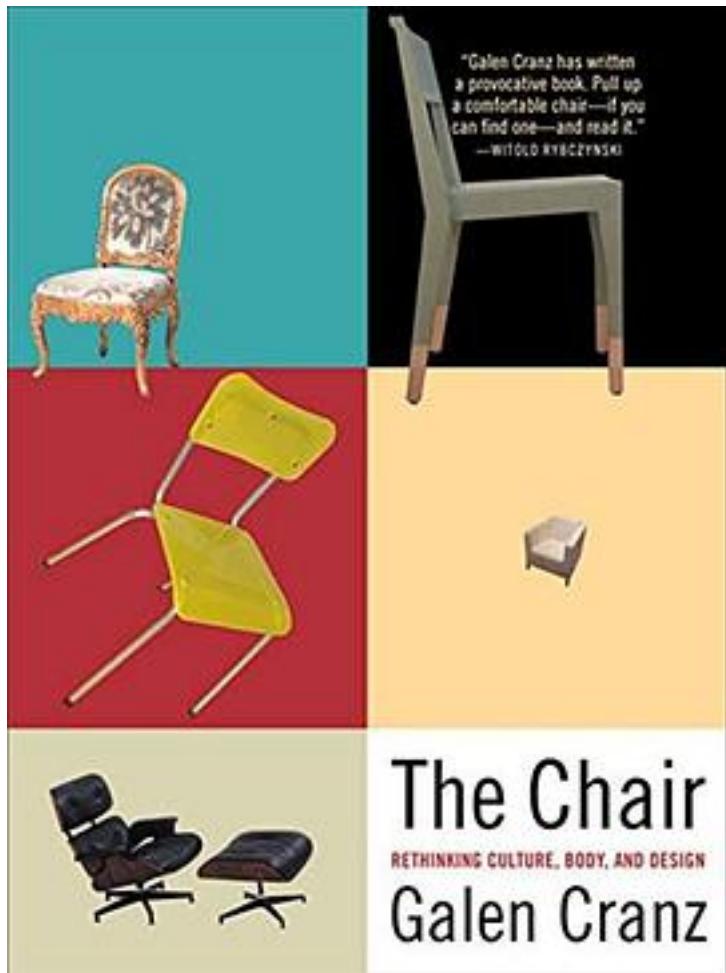


# The Chair



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著者:Galen Cranz

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The oldest surviving chair comes from the tomb of King Tut. "Roman chairs were rare, decorative items of luxury." Chairs themselves represent the West?or the

"barbarians"?to cultures that have done without them. Office seating uses shape, fabric and size to make clear which chair belongs to the boss. And current home seating?even the "male" La-Z-Boy?increasingly tries to accommodate women's bodies and tastes. So reports Cranz (The Politics of Park Design), a professor of architecture at the U.C.-Berkeley, in this concise, multidisciplinary gem. Cranz begins by surveying the chair's historical kinds, styles and meanings; then addresses issues of back support, body shape and ergonomics; and ends up in a vigorous, detailed argument against the standard right-angled chair and "chair-desk complex," in favor of "body-conscious design" in an attractively described Ideal Workplace. "Sitting is hard work," Cranz's research reveals; seatmakers should, she says, abandon the common principle of lower-back support; the Alexander Technique of somatic therapy holds lessons for furniture designers; "human beings are not designed to hold any single posture for long periods"; garden-variety office furniture is bad for you; and the famous chairs of Modernism are, in general, even worse. Cranz's clear book?half survey, half polemic?may successively delight, instruct and alarm professors in their endowed chairs, designers at their slanted tables, drivers in drivers' seats, parents with carseats and, of course, the armchair intellectual. 85 photographs and illustrations.

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## 作者介绍:

Berkeley architecture professor Cranz takes a radical departure from her first book, The Politics of Park Design, in offering up a soundly intellectual perspective on the chair--its history, styles, uses, and evolution. Far from being an object of desire, the four-legged wonder as commonly designed and perceived wreaks havoc on our bodies, making the phrase "comfortable chair" a thoroughly modern oxymoron. In fact, Cranz examines in depth most of our sitting apparatuses--from Breuer's Cresca chair to Norway's Balans--and finds most wanting. Her solution? A five-point checklist, a new philosophical perspective (somatics, the science of body-mind relationships), and a range of novel ways to align and support torsos properly. Provocative yet thoughtful, with more than a kernel of truth. Barbara Jacobs --This text refers to an out of print or unavailable edition of this title.

## 目录:

[The Chair\\_下载链接1](#)

## 标签

设计

椅子

设计史

坐

历史

人机工程学

chair

科普

评论

不知该放到何种名目下，也不知该不该给个4星。但，本书写得直接了当，没有什么神秘的理论。综述、故事、数字、设计、案例比较多。比如，作者会告诉你，为什么美国汽车行业里设计座位的人，只考虑坐进去的8.5分钟。。。但是，昨天看到结论部分也还算有启发。作者指出，现代人的坐骨神经、脊椎之类的病痛，多是长期坐在某种类型椅子上的职业病。与一般设计师要努力改进座椅的想法不同，这位作者告诉你，最好的办法是经常改变坐姿。比如，在家上网是坐在地板上的，吃饭的时候，坐的是无靠背板凳，看书的时候，可能在躺着。。。只有坐姿的变化，

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Galen对椅子的确是挺痴迷的...

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书评

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