

Color and Light in Man-made Environments



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Color and light in Man-Made Environments Frank H. Mahnke Rudolf H. Mahnke Color and light play key--though generally unrecognized--roles in our lives. Despite the decades of research on the subject, we are often unaware that anxiety, stress, visual disorders, and a host of other problems may actually be caused by a poorly designed environment. The gap between color research and design application has been so wide that the use, for example, of white in interiors reached epidemic proportions from the 1950s to the 1970s--though research has shown white walls to be an optic strain and a psychological hazard. Color is now experiencing a renaissance in design. To guide architects, designers, and others using color, Frank and Rudolf Mahnke--two internationally recognized color consultants--have written a concise reference guide to understanding the importance of this phenomenon in our lives and applying environmental color effectively. The text synthesizes the essential principles of color and light, including their psychophysiological effects, the characteristics of the major hues, vision and light, bioenergetics, and more. The authors also provide much useful and practical advice on using color and light in a variety of facilities:

- * schools
- * mental hospitals
- * offices
- * industry
- * restaurants
- * medical centers

Special attention is given to desktop computer workstations and the needs of VDT operators. In addition, detailed color specification tables are provided, in both Glidden and Munsell notation, as well as color charts showing successful color combinations. Used correctly, color and light can improve productivity at the workplace; increase the safety of industrial facilities; foster greater attention spans in students; create more appetizing food-service establishments; and bolster the spirits of hospital patients. Architects, designers, administrators, planners--anyone interested in creating beneficial, glare-free surroundings--will find all the information they need to promote physical, visual, and psychological well-being with color and light.

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