

## HOME

### HOME FRONT

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This does tend to be an issue with concrete slabs. You must surface-mount the fixture. Elliptipar makes a well-constructed product that can be surface-mounted to a junction box. The conduit will run fixture-to-fixture and down to a wall switch. As for contractors, ask locally first. Angie's List ([www.angieslist.com](http://www.angieslist.com)) may also steer you in

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The best way to conserve the bulbs you have is to dim them. Dimming just 10 percent (90 percent on) will quadruple the life of the bulbs. The good news is that the technology of LED sources is moving fast. The style probably will improve in two to three years.

**Several years ago I bought some pretty pricey lamp shades for each of my nightstand lamps. I've been using compact fluorescent bulbs for a long time, and because they're much cooler than regular bulbs, I was incredibly surprised that the shades started to shred and disintegrate from the inside. I suspect, based on the price, that the lining was silk, but I am really astonished that this happened. Do any of you have any recommendations on the kinds of lamp shades being sold that would eliminate this problem, or at least get me my money's worth? Thanks.**

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**We are in the process of renovating an 1840s cottage in Sweden. My husband has degenerating eyesight, and we need the option of bright light, but we don't want that all the time. We are putting a lot of care into this restoration, and cultural designations prevent major changes. Do you have any thoughts about what we should be looking for or thinking about? Our general philosophy is that we want the lighting to look like candlelight when guests come over for dinner, but we also need to be able to read the newspaper in the morning. And we don't want any "modern" plugs or spots showing!**

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interesting and challenging topics. For the vision challenge: The more light the better. Creating options for varying color temperatures and for enhancing vision is a big topic of research. **USAI** Lighting's ColorSelect product shifts from daylight cool (6,000K, the K stands for kelvin, the measure of color temperature) down to candlelight warm (2,200K) — one light with lots of flexibility for the user. Having a vision challenge could also mean less light is reaching the back of the eye, and therefore more light is needed than average to not only see but also to stimulate the photoreceptors in the eye for biological functions. For entertaining, light should be delivered in “layers” in a residence. From the table or floor lamp, from the ceiling (downlight or chandelier), with the option for independently changing the quantity of light to change the mood. Warm light (2,700-2,200K) is relaxing. These warm kelvin temperatures should be used at least two hours before bed. The reverse is true in the morning. A dose of cooler “blue” light is needed every day to reset the circadian rhythm and balance melatonin levels in the body. Daylight is great at this. LEDs are, too. Lastly, historic preservation: Penetrating the ceiling with very small-aperture recessed fixtures (three inches/75 millimeters in diameter) will provide the focused light you need to see and perform well. A dimmer will provide the versatility you need. Table and floor lamps will provide the soft, general ambient illumination.

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**My house is 12 years old, and I have recessed lighting in the kitchen and family room. The lights are about six inches across and look huge compared to newer lighting. Can they be replaced on a one-for-one basis with smaller/brighter lights, or will the lighting need to be reconfigured so that all the same areas are covered with newer, smaller lights?**

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