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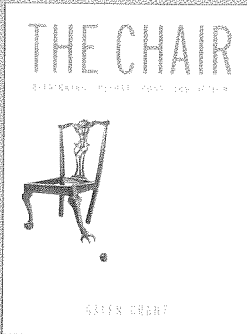
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Resources



A Brief (but Comprehensive) History of the Chair

This study considers the relationship between the design of chairs and the surprisingly complex human activity of sitting. It argues that the chair, where we spend much of our waking lives, is a very important place—both generic and specific, both an institution and unique for each person. But the chair has unintended health consequences, contributing to back, hand, shoulder and neck disorders.

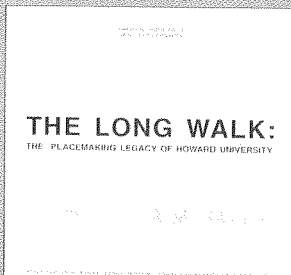
Galen Cranz, an architecture professor at the University of California, Berkeley, leads readers through explorations of basic questions like: Where did chairs come from? Why do we continue to sit on them? Why do they look the way they do? And why do we take them for granted? Cranz also questions chair design, examining the interplay of notions of image, comfort and health.

The book presents historical and interpretive social studies that examine the chair as a cultural construction, and it summarizes research findings from the fields of ergonomics, rehabilitative medicine and somatic disciplines that are concerned with the integration of mind and body. It concludes by suggesting how chairs might be reformed (including guidelines for chairs, perches and recliners) and how designers can move beyond exclusive reliance on chairs to rethink the design of interior spaces.

The Chair: Rethinking Culture, Body and Design

Galen Cranz

New York: W.W. Norton, 1998



The Long Walk

Howard University, founded in Washington, D.C., in 1867, has grown from one building to one hundred in response to various institutional needs and circumstances. Three years ago, before embarking on a new master plan, Howard took a long look back—particularly at how the evolution of the physical campus and social activity have intersected over time.

The result is *The Long Walk*, a generous portrait of the places and traditions that have shaped the campus. It is also a careful study of how the campus's visual and spatial qualities have provided reference points for generations, and offer direction for the future. The study was prepared by Harry G. Robinson III, Howard's vice president for university administration, and Hazel Ruth Edwards, a special assistant to Robinson. Both are Howard graduates and from long-time Howard families.

Robinson and Edwards documented how distinct development periods in Howard's history are articulated through the campus's physical characteristics; they also describe architectural, spatial and social precedents that have remained meaningful over time. One of those is Howard's "Long Walk"—a main north-south path that was once lined by trees and is still, metaphorically, the center of campus. Their exhaustive visual and historical portrait is drawn from university and city records; personal records of architects, planners and others; maps, deeds, drawings, photos, yearbooks and plans; interviews and observation of campus use patterns.

The study was used as a basis for *University 20/20: The 1998 Howard University Central Campus Plan*, which included a "re-placing" framework that directs the urban design intentions and historic integrity of the campus.

The Long Walk: The Placemaking Legacy of Howard University

Harry G. Robinson III, FAIA, AICP; Hazel Ruth Edwards, AICP

Washington, D.C.: Moorland-Spingarn Research Center, Howard University, 1996