



DISCLAIMER

The construction of a S.A.D. machine involves working with electricity, which can be dangerous. Therefore the author of this publication does not accept any liability for any personal injury, loss or damage occasioned as a result of the use of these instructions.

one size fits all

DIY manual

One Size Fits All

An installation by Carol Anne Connolly

'One Size Fits All' is an installation that emphasizes the value of shared experience, as opposed to a singular, hermetic form of living/observation. Connolly's recent work, in response to the current economic climate and what changes this can bring with it, focuses on producing an installation of art objects that can be utilized in everyday life; a method that revolves around the idea of making these articles accessible and easy to cheaply assemble, providing a set of instructions in the form of a free publication with the finished pieces.

The main technical element of the installation is the incorporation of a Seasonal Affective Disorder (S.A.D) machine, a device created to combat the symptoms of depression brought on by a lack of essential sunlight, specifically during the winter months. Here, the absence of natural lumiance is resisted by a combination of artificial light and the action of the human participants, coming together to share the restorative qualities of light and shared experience.

The installation is designed to work when two or more people are present and participating, interacting in some form with one another. This is a space to contemplate the value of people, relationships and their importance to human happiness, an area to illuminate the importance of tangible connection, warmth, and accord.

My sincerest thanks to all those who helped me make this piece and to Richard Douthwaite for contributing his text

Short Excerpt From Circuit

By Richard Douthwaite

We must escape this circle. Consequently, the product of millions of years of evolution but was shaped and affected by other people from the moment we were conceived. As a result, the ideas, attitudes and skills we possess are never truly our own; they are the product of chance, history, genetic inheritance and other people's influences. This makes our contribution, whatever it is, that of the lens - we have merely brought a particular set of factors to a focus. Had Einstein recognised this when, towards the end of his life, he said "I have concentrated too much on the 'I' and not enough on the 'we'?"

they are.

To the extent that the industrial system's emphasis on individual achievement and competition - which has been described as a process of achieving one's goals by preventing others reaching theirs - either

Humans are only fully human when we are involved with each other and the majority of us find happiness most easily through collective achievement. If we join our neighbourhoods in the adventure of building a local economy that supplies and supports us all, true happiness, deep joy, is waiting to be found.

(Chapter 7, 'New Attitudes fro New Times')

breakdown of social links clearly shows the incidence of mental depression and the relationship between the recent increase in Lane's paper²¹, The Road Not Taken, on the other hand we need to apply ourselves to

the system's products in the hope that they will alleviate our basic dissatisfaction with ourselves and the lives we are living.

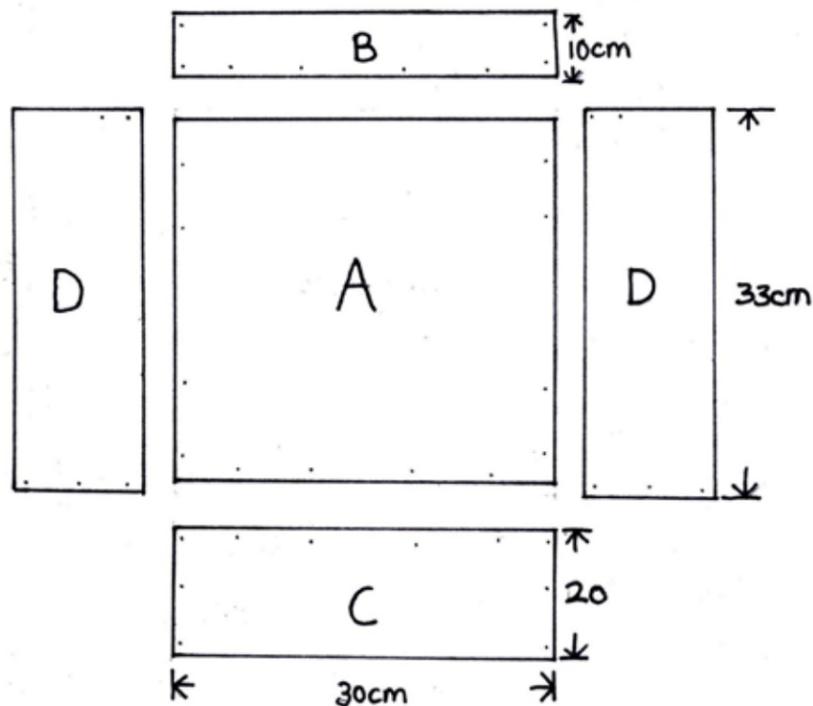
what is a S.A.D. machine and how does it work?

Seasonal Affective Disorder (SAD), also known as winter depression or winter blues, is a mood disorder in which people who have normal mental health throughout most of the year experience depressive symptoms in the winter or, less frequently, in the summer, spring or fall, repeatedly, year after year.

One treatment of this ailment is a bright light treatment using a specially designed lamp, or light box, this provides a much more intense illumination than traditional incandescent bulbs are capable of.

The light is usually white "full spectrum", although blue light is also used. The light box has proven to be effective at doses of 2500 - 10,000 lux, the sufferer sitting a prescribed distance, commonly 30-60 cm, **in front of the box with her/his eyes open but not staring at the light source**. Most treatments use 30-60 minute treatments, however this may vary depending on the situation. Many patients use the light box in the morning, and there is evidence that morning light is superior to evening light, although people can respond to evening light as well.

box dimensions



A: 30 X 30cm, B: 10 X 30cm, C: 20 X 30 cm, D: 20 X 33cm

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how to make a S.A.D. machine

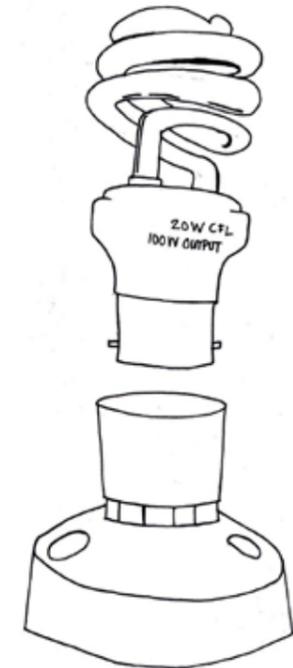
You will need:

(Materials)

- Approx half a sheet of 15mm Plywood
- 3 X 20 W CFL Light Bulbs
- 3 X Baton Bulb Holders
- Box of 5cm long Screws
- 1 X Junction Box
- 2m of 3core Electrical Wire
- 1 X Plug
- White Matt Paint
- U. V Filter
- 33 X 33cm Perspex (Optional)

and to put these all together

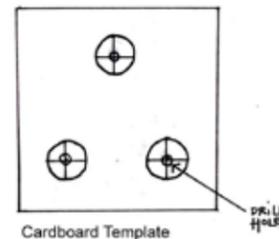
- Power Drill
- Philips Screwdriver
- Flat head Screwdriver
- Saw
- Stanley Knife
- 3mm drill Bit
- 5mm drill bit
- 10 mm drill bit



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make a template

- Using cardboard cut out a template 30 X 30 cm and use one baton holder to mark three bulb positions
- Make a centre point in each of circles and drill a pilot hole with 3mm, then 5mm and finally 10 mm bit.



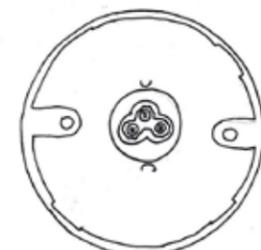
Wiring the baton holders to junction Box
(If you are unsure of wiring electrics get someone who does to do this)

- Cut 3 X 19cm 3core electrical wires and wire to baton holder
- Feed wire through holes inside the box then fix baton holders to box
- Wire cables through box to junction box and remaining 3core wire from junction box to plug.

Finally....

Attach bulbs to batons

If you have used perspex, screw this to outside of box and attach U.V filter Plug in appliance



Back detail of Baton Holder

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