

ABSTRACT

We made chairs, but they in turn made us, says UC Berkeley Architecture Professor Galen Cranz. Chairs are the perfect lens to view culture, class and our bodies. Through this piece we learn how our relationship to chairs has changed over time, and how they're not actually designed for us at all.

SOURCES

Tensuan, James -- Interview with Galen Cranz (Feb. 10, 2020)

Cranz, Galen -- "The Chair: Rethinking Culture, Body, and Design" (2000)

SCRIPT

NAME: James

SLUG: Chairs

RT: 1 page = 1 minute

Vimeo: <https://vimeo.com/408960418>

VIDEO	AUDIO
blank	WHEN WAS THE LAST TIME YOU SAT IN A CHAIR?
Chair montage	WE SPEND MANY OF OUR WAKING HOURS IN THEM. YET THEY'RE ALMOST COMPLETELY INVISIBLE.
	BUT THEIR DESIGN, IT SAYS A LOT: ABOUT THE MAKER, THE SITTER, AND THE TIMES.
A roll: Cranz B roll: Kings, Pharoahs	<i>The most important fact of chairs is that they're not natural. It's a cultural artifact. It came about as a status marker. Kings and pharaohs sat elevated. Ordinary people eventually wanted to copy that. And here we are today.</i>
B roll: archival	<i>We still have status today. For example, if you go into a job interview, you dont have any problem knowing which chair is yours. Executives had one type of chairs with a high back made of leather that looked..</i>

	<p><i>Significant and pompous and a secretarial staff would have a much simpler chair Even at home there might be one chair that has arms and all the others don't. Its usually for the so-called head of household</i></p> <p><i>Sound up: for all these things we truly and humbly thankful. Amen</i></p>
<p>B roll: montage of politicians</p> <p>A roll: Cranz, archival image</p>	<p>WE USE THE WORD CHAIR TO REFER TO SOMEBODY IN POWER</p> <p><i>The chair is still an important person in a committee or a department.</i></p> <p><i>Sound up: chair chair chair chair etc...</i></p> <p>ON THE OTHER HAND, WE CALL SOMEONE WHO ILLEGALLY OCCUPIES A HOUSE A SQUATTER</p> <p><i>Sound up: I abandon the chair</i></p> <p><i>Cranz: In other words it implies something temporary and not legitimate. Not settled.</i></p>
<p>A roll: cranz</p> <p>B roll: triclinium</p>	<p>NOT ALL CULTURES USE CHAIRS...</p> <p>...BUT THAT HASN'T STOPPED SOME ARTISTS FROM MAKING IT SEEM THAT WAY.</p>

<p>B roll: last supper</p>	<p>...YOU MIGHT BE FAMILIAR WITH THIS PAINTING.</p> <p><i>I was surprised to learn that the last supper was not a seated event.</i></p> <p>SOME EXPERTS SAY THEY WOULD'VE BEEN LYING ON THEIR SIDES, PROPPED UP BY PILLOWS</p> <p><i>It took place on what's called a triclinium. Three people on each side, all facing the center. But lying on semi-reclined on big bolsters. But as our culture changed and became a chair and table culture. Artists like Leonardo changed the representation of the event to make it look like a chair and table event, which it was not.</i></p>
<p>A roll: Cranz</p> <p>B roll: maybe for this part I'll cut to a chair I didn't use to demonstrate</p>	<p>AS IT TURNS OUT, WE'VE BEEN USING CHAIRS WRONG THIS WHOLE TIME</p> <p>Really we need to sit with our knees significantly lower than our hips.</p> <p><i>Like significantly lower. Like that</i></p> <p><i>I call it perching, halfway between sitting and standing.</i></p> <p><i>You can do an experiment for yourself. Just sit at 90 degrees and then sit on a stool that's a little higher</i></p>

<p>this...maybe it'll make it move a bit fasster</p>	<p><i>Tune into the amount of work that you're doing in the small of your back. And you will undoubtedly find that it is so much less strain to be in the perch position.</i></p>
<p>Timelapse, montage</p>	<p>SO HOW CAN CHAIRS GIVE US THAT FORWARD TILT?</p>
<p>B roll: chair montage</p>	<p><i>Music</i></p>
<p>Mandel chair</p>	<p><i>There's a couple of ways to get forward tilt.</i> <i>One of them is a rounded front rail. And with the appropriate height you can get your knees significnatly lower than your hip sockets.</i></p>
<p>Opsvik</p>	<p><i>This one has a flat seat but it takes out the two corners so the the thighs can pass through. It also is designed to be used this way.</i></p>
<p>Pad</p>	<p><i>This is an inexpensive way to turn a conventional seat into an active seat. It gives you the virtues of movement in the pelvis. The hip sockets and all along the spine.</i></p>
<p>Salli</p>	<p><i>The seat is split into two so each pelvic half is supported separately and can theoretically move independently. It also has space here for genital freedom. So that theres not pressure always on the sensitive tissues.</i></p>

Fly sit	
Archival	<p data-bbox="578 289 1308 485"><i>A chair isn't bad for ten minutes. Its more like we sit in them for ten hours. If you count your eating, your transit to work, work, rec time. I mean it really adds up.</i></p> <p data-bbox="578 548 1239 638">GALEN SAYS WE NEED TO RETHINK OUR RELATIONSHIP TO CHAIRS.</p> <p data-bbox="578 701 1292 842"><i>So we should have variety, we should cut down the amount of time we sit. We should move a lot more.</i></p> <p data-bbox="578 905 1218 951">SO THE NEXT TIME DO YOU DO SIT</p> <p data-bbox="578 1010 1289 1108">MAKE SURE IT'S NOT FOR VERY LONG (idk nina, what do u think?)</p>

