

tion, but of allowing the occupants of the space to remain in contact with the world outside. Being aware of the weather and of the time of day through the movement of the sun seems to bring a security which many people value very highly. Roger Ulrich showed that hospital patients who had a view of the outside world were likely to recover more quickly than those who did not (Ulrich 1984). Another study by Rickard Kuller and his colleague Lindsten compared the performance of children in classrooms with windows, in rooms with natural lighting but no view, and in rooms with no windows at all (Kuller and Lindstren 1992). This work suggested that the spectrum of daylight is actually necessary to maintain a good hormonal balance, and that children deprived of this may become less able to concentrate on their work. Perhaps our sense of discomfort when unable to see out of a window is one way in which our brain informs us of this need.

The substantial industry that trades on our wish to populate interior space with plants is another indication of the need we feel to remain in some contact with nature when architecture would otherwise separate us from it. Cities that have rivers flowing through them, trees growing and other similar natural signals of the progression of time often make popular tourist destinations. Herzog and Barnes showed that field/forest scenes and large waterscape scenes were rated as more tranquil than desert scenes (Herzog and Barnes 1999), although the desert might be thought to be subject to less change than those scenes with moving water and growing plants. Tranquillity then, it seems, is more than stillness, and also accommodates the idea of predictable and reassuring movement or change. Some parts of this book were written while sitting on a remote beach, which is sadly not a normal setting for the author! However, it is amazing how quickly one notices the falling and rising of the tide, its slight variations and the way high tide moves back to arrive later in the day as the week proceeds! Such ludicrous trivia become the central daily topic of conversation, and of course this minor obsession helps to restore the mind wearied by a less predictable and more stressful lifestyle.

The tourist industry, at which some may sneer, provides for the needs of both stimulation and security. The stimulation of new places, people, activities and cultures is undoubted, but effectively tourists are buying place. Some cities seem to have escaped relatively recent change and connect us very directly with the past. Bruges in Belgium was left undeveloped for many years after it ceased to be an active port due to silting (Plate 3), and now thousands of tourists flock to see an almost entirely unspoilt historic town through which run many slowly moving waterways. It is easy to see the attraction of not only the stimulation of somewhere new and interesting, but also the security of a slow-moving and highly stable place that contrasts with our bustling modern western lifestyle. Throughout history, space and time have often been