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11. The lamp of claim 10, wherein at least a portion of said chamber is made of sapphire.
12. The lamp of claim 10, wherein at least a portion of said chamber is made of ceramic.
13. The lamp of claim 10, wherein at least a portion of said chamber is made of ceramic and a protective layer which isolates said at least one metal from said ceramic.
14. The lamp of claim 10, further comprising a device which transmits energy to said fill.
15. The lamp of claim 14, further comprising a power source connected to said device.
16. The lamp of claim 14, wherein said device is a coil in proximity to said chamber, such that said coil will generate an electromagnetic field sufficient to facilitate discharge of said fill when electricity is passed through said coil.
17. The lamp of claim 16, wherein said coil is made of one of at least one of silver, copper, and aluminum.
18. The lamp of claim 14, wherein said device comprises first and second electrodes mounted in said chamber.
19. The lamp of claim 10, wherein said at least one metal includes an alkaline metal.

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20. The lamp of claim 10, wherein said at least one metal includes at least one of magnesium, calcium, barium, and strontium.
21. The lamp of claim 10, wherein a ratio of a pressure of said at least one of hydrogen and deuterium to the total gas pressure in said chamber is between 5–20% at 25° C.
22. The lamp of claim 10, wherein said at least one metal is present in an amount sufficient to create a vapor density of between 10_{14} and 10_{16} atoms/cm³ in said chamber when said metal is vaporized.
23. The lamp of claim 22, wherein said amount of said at least one metal produces a vapor density of approximately 10_{15} atoms/cm³ when said at least one metal is vaporized.
24. The lamp of claim 10, wherein a total pressure in said chamber at approximately 25° C. is approximately 2.0 Torr, and a pressure of said at least one of hydrogen and deuterium is approximately one of 0.2 and 0.4 Torr.

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