

Name: \_\_\_\_\_

# A HISTORY OF DAYLIGHT SAVING TIME

<http://www.webexhibits.org/daylightsaving/k.html>

Just as sunflowers turn their heads to catch every sunbeam, so too have we discovered a simple way to get more from our sun.

Daylight Saving Time gives us the opportunity to enjoy sunny summer evenings by moving our clocks an hour forward in the spring.

Yet, the implementation of Daylight Saving Time has been fraught with controversy since Benjamin Franklin conceived of the idea. Even today, regions and countries routinely change their approaches to Daylight Saving Time.



If you live near the equator, day and night are nearly the same length (12 hours). But elsewhere on Earth, there is much more daylight in the summer than in the winter. The closer you live to the North or South Pole, the longer the period of daylight in the summer. Thus, Daylight Saving Time is usually not helpful in the tropics, and countries near the equator generally do not change their clocks.

Which is correct, daylight “saving,” or daylight “savings” time?

This practice of advancing the clocks ahead an hour in the spring and adjusting them back an hour in the fall is called daylight saving time. But because daylight savings time is used so frequently, the term is also considered acceptable. A hyphen is part of the common spelling: daylight-saving time. Often the word “time” is dropped, making the phrase simply “daylight saving.” The acronym DST is also used.

## Idea of Daylight Saving Time

The idea of daylight saving was first conceived by Benjamin Franklin during his sojourn as an American delegate in Paris in 1784, in an essay, "An Economical Project."

Some of Franklin's friends, inventors of a new kind of oil lamp, were so taken by the scheme that they continued corresponding with Franklin even after he returned to America.

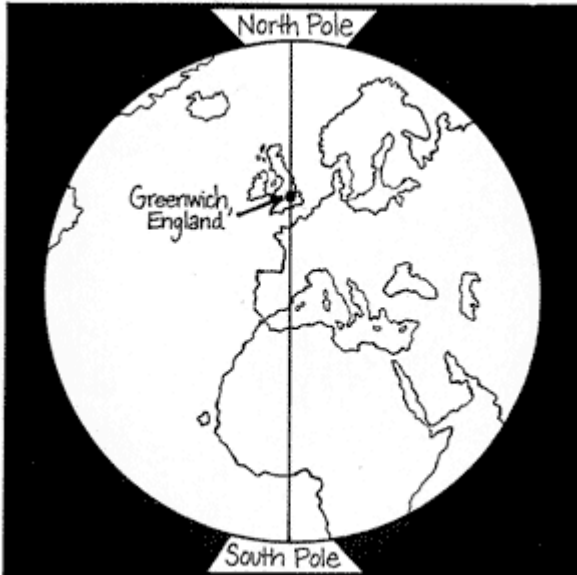
The idea was first advocated seriously by London builder William Willett (1857-1915) in the pamphlet, "Waste of Daylight" (1907). This pamphlet proposed advancing clocks 20 minutes on each of four Sundays in April, and then turning them back by the same amount on four consecutive Sundays in September. In his pamphlet "The Waste of Daylight" he wrote:

"Everyone appreciates the long, light evenings. Everyone laments their shortage as Autumn approaches; and everyone has given utterance to regret that the clear, bright light of an early morning during Spring and Summer months is so seldom seen or used."



# When We Change Our Clocks

Daylight saving time (DST)—also called ‘Summer Time’ in British English and European official terminology respectively—is the practice of temporarily advancing clocks during the summertime so that afternoons have more daylight and mornings have less. Modern DST was first proposed in 1895 by George Vernon Hudson. Many countries have used it since then; details vary by location and change occasionally. In the EU, all time zones change at the same moment.



In the European Union, ‘Summer Time’ begins and ends at 1:00 a.m. Universal Time (Greenwich Mean Time). It begins the last Sunday in March and ends the last Sunday in October. Most of the United States begins Daylight Saving Time at 2:00 a.m. on the second Sunday in March and reverts to standard time on the first Sunday in November. In the U.S., each time zone switches at a different time.

For the U.S. and its territories, Daylight Saving Time is NOT observed in Hawaii, American Samoa, Guam, Puerto Rico, the Virgin Islands, the Commonwealth of Northern Mariana Islands, and Arizona. The Navajo Nation participates in the Daylight Saving Time policy, even in Arizona, due to its large size and location in three states.

Indiana has long been a hotbed of Daylight Saving Time controversy. Historically, the state's two western corners, which fall in the Central Time Zone, observed DST, while the remainder of the state, in the Eastern Time zone, followed year-round Standard Time. An additional complication was that five southeastern counties near Cincinnati and Louisville unofficially observed DST to keep in sync with those cities. Because of the longstanding feuds over DST, Indiana politicians often treated the subject gingerly. However, in April 2005, Indiana legislators passed a law that implemented Daylight Saving Time statewide beginning on April 2, 2006.

## Births and Birthdays



While twins born at 11:55 p.m. and 12:05 a.m. may have different birthdays, Daylight Saving Time can change birth order -- on paper, anyway. During the time change in the fall, one baby could be born at 1:55 a.m. and the sibling born ten minutes later, at 1:05 a.m. In the spring, there is a gap when no babies are born at all: from 2:00 a.m. to 3:00 a.m.

In November 2007, Laura Cirioli of North Carolina gave birth to Peter at 1:32 a.m. and, 34 minutes later, to Allison. However, because Daylight Saving Time reverted to Standard Time at 2:00 a.m., Allison was born at 1:06 a.m.



# Clock Confusion

The controversial practice of DST has been around for over a hundred years. The details of the practice vary from place to place and have changed through the decades. One of the original goals of DST was to save electricity, but there are conflicting reports on how effective it is in actually reducing energy usage.



The practice has been criticized. Adding daylight to afternoons benefits retailing, sports, and other activities that exploit sunlight after working hours, but causes problems for farming, evening entertainment and other occupations tied to the sun. Its effect on health and crime is less clear.

DST's occasional clock shifts present other challenges. They complicate timekeeping, and can disrupt meetings, travel, billing, recordkeeping, medical devices, heavy equipment, and sleep patterns. Software can often adjust computer clocks automatically, but this can be limited and error-prone, particularly when DST protocols are changed.

## History

Although not punctual in the modern sense, ancient civilizations adjusted daily schedules to the sun more flexibly than modern DST does, often dividing daylight into twelve hours regardless of day length, so that each daylight hour was longer during summer. For example, Roman water clocks had different scales for different months of the year: at Rome's latitude the third hour from sunrise started by modern standards at 09:02 solar time and lasted 44 minutes at the winter solstice. However, at the summer solstice it started at 06:58 and lasted 75 minutes. After ancient times, equal-length civil hours eventually took over, so civil time no longer varies by season.

During his time as an American envoy to France, Benjamin Franklin, author of the proverb, "Early to bed, and early to rise, makes a man healthy, wealthy and wise", anonymously published a letter suggesting that citizens of Paris economize on candles by rising earlier to use morning sunlight. Franklin did not propose DST; like ancient Rome, 18th-century Europe did not keep precise schedules. However, this soon changed as rail and communication networks came to require a standardization of time unknown in Franklin's day.

### ----- QUESTIONS -----

Why don't countries near the Equator observe DST?

What are 2 reasons why DST was started? 1. \_\_\_\_\_

2. \_\_\_\_\_

Do you think DST should continue, or is it just a hassle? Why?

What is the MAIN IDEA of this article? \_\_\_\_\_

What do you think Ben Franklin's saying, "Early to bed, and early to rise, makes a man healthy, wealthy and wise," means?

