**DAYLIGHT SAVING TIME**

**What Is Daylight Saving Time?**

**Daylight Saving Time is the practice of changing the clocks forward one hour from standard time during the summer months, and changing them back again in the fall. The general idea is that this allows us to make better use of natural daylight; however, DST has many detractors,**

**Note that it's called "Daylight Saving " (not "Savings"). OK, now that that's out of the way ...**

**When Is Daylight Saving Time 2019?**

**When do we set our clocks forward?**

**Daylight Saving Time begins on Sunday, March 14, at 2:00 a.m. Remember to "spring ahead" and set your clocks forward 1 hour (i.e., losing 1 hour). We do this on Saturday night when we go to bed.)**

**When Do We Set Our Clocks Back?**

**Daylight Saving Time ends on Sunday, November 7, at 2 a.m. Now, we "fall back" by setting our clocks back 1 hour (i.e., regaining 1 hour).**

**(The exceptions to DST are American Samoa, most of Arizona, Guam, Hawaii, Northern Mariana Islands, Puerto Rico, and the U.S. Virgin Islands.)**

**Why Is There Day Light Saving Time?**

**Here's the short history of this phenomenon . . .**

**Credit for Daylight Saving Time is often attributed to Benjamin Franklin, who suggested the idea in 1784 as a joke. British-born New Zealander George Hudson proposed the concept in 1885 but was ridiculed. The idea was revived in 1907, when William Willett, an Englishman, proposed a system in the pamphlet The Waste of Sunlight.**

**The Germans were the first to officially adopt the light-extending system in 1915 as a fuel-saving measure during World War I. The British switched one year later, and the United States followed in 1918, when Congress passed the Standard Time Act, which established our time zones. This experiment lasted only until 1920, when the law was repealed due to opposition from dairy farmers (cows don't pay attention to clocks).**

**During World War II, Daylight Saving Time was imposed once again (this time year-around) to save fuel. Since then, Daylight Saving Time has been used on and off, with different start and end dates. Currently, Daylight Saving Time begins at 2:00 a.m. on the second Sunday of March and ends at 2:00 a.m. on the first Sunday in November. *(The Old Farmer's 2021Almanac, p. 7)***

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**The idea of fiddling with the clock has been around since antiquity, but it was not until World War I that governments around the globe officially adopted daylight saving time. Why? To conserve resources such as fuel and extend the workday for the war effort. The German and Austro-Hungarians did it first, in 1916, and the Allies followed shortly after. To clear up confusion about the concept, the Washington Times used a comic strip to explain the first "spring forward" in the United States in 1918. *(Jacopo della Quercia, in Reader's Digest)***

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**On November 18, 1883, Americans began to reset their clocks – to Standard Time. The myriad local times observed across the country had become impractical as expanding railways sped more and more travelers hither and yon. To reduce confusion, four time zones, each an hour apart, were adopted. Daylight Saving Time came along in 1918. *(Alison McLean, in Smithsonian magazine)***

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**This "spring forward" thing would be a lot more popular if we moved the clocks ahead at 2 p.m. on Monday. *(Wobbles42)***

**Police say traffic accidents go up about 10 percent during the first week we turn our clocks ahead -- spring forward. *(L. M. Boyd)***

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**Sure, it’s a dry heat, but Arizona averages eight days a year of temperatures in excess of 100 degrees F., with a record 23 triple-digit days in 1983. Since it’s sunny in the state about 85 percent of the time, most of Arizona opted out of Daylight Saving Time. *(Mary A. Hamilton, in Tidbits)***

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**The beauty of daylight savings time is that it just makes everyone feel sunnier. *(Rep. Edward J. Markey, D-Mass., on a proposal to extend daylight-saving time as part of the congressional energy bill)***

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**On February 9, 1942, year-round daylight saving time was enacted in the United States as a wartime measure to help conserve energy resources. *(The Daily Chronicle)***

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**In a letter to the editor of a South Carolina newspaper, a reader wrote: “I am in favor of daylight saving time. I have planted a vegetable garden for many years and find it does much better with the extra hour of sunlight every day!” *(Reader's Digest)***

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**Daylight time is the least worst option: Daylight saving time "is a problem we shouldn't fix," said Binyamin Appelbaum. Most people gripe when setting back their clocks and losing an hour every spring, as we did last week. New legislation introduced by Sen. Marco Rubio (R-Fla.) would address this irritation by making daylight saving time (DST) permanent. But of our three "imperfect alternatives" -- permanent DST, permanent standard time (ST), and our current combination -- the status quo "remains the best available compromise." Daylight saving time was designed "to align the hours of daylight with the hours that people are awake," particularly in the summer. Permanent DST would mean that during the winter months, the sun wouldn't rise in many cities before 8:30 or 9 a.m., forcing people to commute to work or school in nighttime darkness. During the 1974 oil crisis, Congress moved the country into permanent DST for two years, but an angry backlash over dark winter mornings ended that experiment after one. Permanent ST, on the other hand, would mean hours of wasted sunshine on summer mornings, with earlier summer sunsets. Yes, changing the clocks can have sleep and health costs. But eight months of getting an extra hour of sunshine while we're awake is better than the alternatives. *(The Week magazine, March 26, 2021)***

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**Although Daylight Savings Time was originally proposed by Benjamin Franklin in 1784, it wasn’t adopted in the U.S. until 1918. *(Charles Reichblum, in Knowledge in a Nutshell, p. 227)***

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**Spring was once the time for taking the young virgins into the fields, there in dalliance to set an example in fertility for nature to follow. Now we just set the clocks an hour ahead and change the oil in the crankcase. *(E. B. White)***

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**Starting daylight savings time a month earlier than usual and ending it a week later in the fall will save an estimated $4.4 billion dollars in energy spending if the policy stays in effect through 2020. *(The New York Times, as it appeared in The Week magazine, March 16, 2007)***

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