**Let There Be Light**

**For with you is the fountain of life;**

**in your light we see light.**

***(Psalm 36:9)***

**Light is sweet,**

**and it is pleasant for the eyes to see the sun.**

***(Ecclesiastes 11:7)***

**You are indeed the light of the world;**

**a city that is built upon a mountain cannot be hidden.**

**Nor do they light a lamp and put it under a basket, but on a lamp stand,**

**so that it gives light to all who are in the house.**

**Let your light so shine before men**

**that they may see your good works**

**and glorify your Father in heaven.**

***(St. Matthew 5:14-16)***

**Light has the power to change what it shines upon into light.**

***(Ephesians 5:13)***

**Victor Samuel Johnson, born in 1882 near Minden, Nebraska, shed new light on America when he introduced the Aladdin lamp in 1909. The lamp’s mantle and center-draft burner created a white light superior to other kerosene lamps. *(American Profile magazine)***

**Poster in an Anchorage, Alaska, travel agency: “Visit Picturesque Nome This Summer -- Three Days, No Nights.” *(Jack W. Miller, in Reader's Digest)*  
It is not only factual but philosophical to note that somewhere on this earth the sun is always shining. That is what I said. Client said, “And somewhere it is always raining, too.” *(L. M. Boyd)***

**Ancient Hawaiian Saying: Each child born has, at birth, a bowl of perfect light. If he tends to his light, it will grow in strength and he can do all things. Swim with the sharks, fly with the birds, know and understand all things. If, however, he becomes envious, jealous, angry, or fearful, he drops a stone into his bowl of light and some of the light goes out. Light and the stone cannot hold the same space. If he continues to put stones in the bowl, the light will go out and he will become a stone himself. A stone does not grow, nor does it move. If at any time he tires of being a stone, all he needs to do is turn the bowl upside down and the stones will fall away and the light will grow once more. *(Bits & Pieces) 4239823***

**The Arctic tern enjoys more daylight hours than any other living creature. Each year it spends four months of constant daylight in the Arctic before swimming south to spend four months of constant daylight in the Antarctic. It makes the twenty-thousand-mile return trip every year. *(Noel Botham, in The Ultimate Book of Useless Information, p. 41)***

**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)***

**The sun also sends out bursts of energy called flares. When electrically charged particles from these flares reach the earth’s atmosphere, they glow, creating the aurora borealis, the northern lights, or the aurora australis, the southern lights. *(Jeff Rovin, in The Incredible Truth!, p. 132)***

**Few people know how "Here Comes the Sun" came about. The song was composed when all seemed to be going wrong within the Beatles. George Harrison just couldn't face yet another stress-filled meeting with bandmates and accountants, so he played hooky instead and went to the house of his friend Eric Clapton. There he borrowed a guitar and came up with the melody while walking around the garden. At recording time, John Lennon was recovering from a car crash, so he never contributed to the song. The day of the song's mixing was the last time the four Beatles were ever together in a recording studio. From such tension was born one of the happiest songs of our lives. *(Sari Harrar in AARP - The Magazine / Real Possibilities)***

**The glow from six large fireflies can provide enough light to read a book. But attempts to produce artificially the “living light” of bioluminescence of animal life have proved more costly than orthodox electric lighting. *(Reader’s Digest: Strange Stories, Amazing Facts, p. 96)***

**When I realized the body gave off colors of light I started realizing we are no different than a rainbow. When white light goes through condensation, or a cloud after a rain we see a rainbow. Well the body is 70 to 90% water, so when the light goes through the body it refracts and reflects out as a rainbow, which seems to affect the different aspects of the body. *(Dr. Joseph Liberman, in Health Options Quarterly)*  
A light bulb 3 feet long, manufactured in Japan, could operate on regular house current but was 47,300 times brighter than a normal bulb! *(Ripley's Believe It or Not!: Weird Inventions and Discoveries, p. 106)*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*  
In a new approach to fighting cancer, doctors say they have used light to activate a powerful drug in the bloodstream and apparently vaccinate cancer victims against their own disease. The technique has produced remarkable remissions in some people with a relentlessly fatal form of blood cancer. The therapy appears to marshal the body's own immune defenses to zero in on cancer and destroy it. It seems to do this without causing nausea, hair loss or any of the other common side effects of chemotherapy or radiation. *(Associated Press)***

**A third of all cancers are sun-related. *(Noel Botham, in The Ultimate Book of Useless Information, p. 68)***

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**Indoor electric illumination is often referred to as “artificial light.” How can it be artificial? The way I look at it is this: If I can read by it, see myself in the mirror and recognize my friends, it’s probably as real as I’m ever going to need it to be. *(George Carlin, in When Will Jesus Bring the Pork Chops?, p. 112)***

**In the writings of Paul, it says that light has a marvelous quality. It has the capacity to change into light that which it shines upon. You are strong in the light. Let your light shine. Don't try to force it to shine. Just let it shine. *(J. Sig Paulson)***

**The magnificent chapel at the Air Force Academy near Colorado Springs is designed to draw us closer to the light of God. The small stained-glass windows in the high ceiling become progressively lighter as one nears the chancel. The brightest natural light in the entire sanctuary is designed to shine forth above the chancel. Here, God, shines forth His gracious truths from the pulpit and the altar. *(Gordon A. Beck, in Portals of Prayer)***

**A flock of chickens in an artificially lighted coop will lay bigger eggs with stronger shells if timers in the coop create the illusion of a 28-hour day. So say Cornell University researchers. *(L. M. Boyd***

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**Nobody signs up to have a child with special needs. Then you realize that this is a gift, this child is the light. And if you can nourish that light and let it shine, you have an opportunity to get closer to God, and that’s grace. *(John C. McGinley, actor, co-star of the TV show Scrubs, on his son, Max, who has Down syndrome)***

**Children always brighten up a home. They never turn off the lights. *(Bits & Pieces)***

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**We are all worms, but I do believe I am a glowworm. *(Winston Churchill)***

**We know that light waves travel the 93 million miles from the sun to the earth in seven minutes, bringing light and life to all; that a piece of coal is but stored-up sunlight that shone down on the earth millions of years ago -- and that this coal may be returned to light and energy by the process of combustion. *(Eric Butterworth, in Discover the Power Within You, p. 76)*  
Aristotle, centuries ago, provided the important observation that nature's lights are cold. They “are not in their nature fire nor any species of fire, yet seem to produce light.” Hold a firefly by its tail, and you will find that its lights are heatless unlike the ordinary lighted electric bulb. (*Francine Jacobs, in Nature's Light, p. 67)***

**This December, Wal-Mart hopes to sell its 100 millionth compact fluorescent lightbulb (CFL). It costs three to five times as much as a conventional bulb, but it burns 75% less energy and lasts years longer. Wal-Mart is one of the backers of 18Seconds.org, which offers fun facts like this: if every U.S. home bought one CFL, the effect on greenhouse gases would be equivalent to taking 2 million cars off the road. Not a big fan of the swirl? Experts say even better technology – LEDS, or light-emitting diodes – is the next big “green” light. *(Maryanne Murray Buechner, in Time, March 19, 2007)***

**Scientists are working on an infrared laser beam that melts away human fatty tissue, says ScienceDaily. Researchers at the Department of Energy’s Jefferson Lab have found that at certain frequencies, they could melt the fat from human tissue samples and intact pigskin without harming outer layers. The melted fat then passes through the system and is excreted. The laser could soon be employed in place of angioplasty, clearing away fatty blockages without ever breaking the skin. While the laser could also serve as a plastic-surgery tool, melting away ugly belly fat and cellulite, study leader Dr. Rox Anderson is most excited about its other potential cosmetic application: curing acne. As of now, the best treatment for serious acne is the drug Accutane, which is known to lead to horrific birth defects when taken by pregnant women. The fat-seeking laser would be better than Accutane or any known laser, he says, because “the root cause of acne is a lipid-rich gland, the sebaceous gland, which sits a few millimeters below the skin.” By targeting that fatty gland, doctors hope to “turn off” disfiguring acne without drugs. *(The Week magazine, April 28, 2006)***

**Bad week for: Not seeing the future, after Wisconsin fire investigators blamed a house fire that caused an estimated $250,000 damage on the homeowner's crystal ball. "When sunshine came through a large set of windows and through the glass ball, it ignited the couch," investigators concluded. *(The Week magazine, March 26, 2021)***

**Noting a lag between a flash of lightning and a thunderclap, he concluded that light must travel faster than sound*. (Leonardo da Vinci)***

**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)***

**Riboflavin is destroyed by light. Its breakdown products in turn demolish vitamin C. 5 percent destruction of riboflavin can lead to 90 percent loss of vitamin C. Enough light can penetrate into a fiberboard carton of milk under strip lighting in supermarkets to cause significant damage. *(Betty Kamen, in Let’s Live magazine)***

**The devil is never referred to by his common name Lucifer in the entire New Testament. Only once is the name used in the Old Testament (Isaiah 14:12), and then it refers to the king of Babylon and not to the Satan we generally associate it with. The name Lucifer, interestingly enough, means “light bearer" (hence a match is known as a “Lucifer"), and has none of the evil connotations of some of the devil's other names, like Beelzebub (“lord of the flies") and Satan (“to accuse"). The planet Venus, when seen in the morning sky, is known to astronomers as Lucifer -- that is, the star that heralds the coming light of day. *(David Louis, in Fascinating Facts, p. 345)***

**Ziggy: “I'm a light eater! I start eating as soon as it gets light out!” *(Tom Wilson, in Ziggy cartoon)***

**Dear God, We read that Thomas Edison made light, but in Sunday school they said You did it. Did he steal your idea? *Donna***

**You can get 60 watts of light either by switching on a lamp or turning on 137,000 fireflies. *(L. M. Boyd)***

**Exasperated by her exorbitant electric bills, a friend called the utility company. The next afternoon an inspector arrived to look into the matter. “What did you find wrong?” she asked anxiously. “Nothing,” the inspector replied. “Well,” my friend commented, “God said, ‘Let there be light,’ and if this bill is correct, I guess I just took him at his word!” *(Catherine Carter, in Reader's Digest)***

**Monk says to the servant: “Greetings. I’m Brother Olaf, and I’m here to enlighten the populace!” Servant then yells to Hagar: “Hagar! There’s someone out here selling candles.” *(Dik Browne, in Hagar The Horrible comic strip)***

**By the time you reach age 60, your eyes will have been exposed to more light than would be released by detonating a nuclear bomb. *(Uncle John’s Bathroom Reader: Extraordinary Book of Facts, p. 5)***

**Light is the fastest thing known. In space, light travels at nearly 190,000 miles a second! Even at this great speed, it takes eight minutes for the Sun’s light to reach us. Remember this next time you see the Sun rise. When it just peeps over the horizon, you are seeing it where it was eight minutes before. *(Kim Taylor, in Light)***

**At the hardware store to purchase a particular kind of 60-watt light bulb, I complained to the clerk that it was the third one I had purchased in as many months. I suggested that perhaps the whole batch might be faulty. Looking affronted, the clerk snapped, “I don't think so, sir. These are one of our best sellers.” *(Peter G. Rashbrook, in London Times)***

**Some people will see the light only when they feel the heat. *(Bits & Pieces)***

**Find the people that are like sunlight for you, kiddo, who make you bloom. *(Lauren Beukes, novelist, in The Boston Globe)***

**“Your daughter has fingers like lightning bolts,” the piano teacher told the student's mother. “You mean because they're so fast?” asked the mother. “No,” she said, “because they never strike twice in the same place.” *(Joe Trachman, in One to One)*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Fireflies really have few natural enemies. If they get caught in a spider’s web, the spider will free them. Bats and night-flying birds will not eat them. However, some tropical frogs devour fireflies in such quantities that their stomachs glow from within. *(Ann Adams)***

**Interestingly, those fireflies that live on the East Coast flash, while those living on the West coast don’t. Most types of fireflies have their very own flash signals: varying both the color of the light and the rate of flashing. For some reason, moonlight seems to inhibit the firefly’s flash. *(Ann Adams)***

**How does a firefly produce its light? The process is incredibly complex, involving an interaction of several light-producing chemicals inside the insect’s abdomen. (*Ann Adams)***

**Only 4 percent of the energy output of an electric light bulb is light. The other 96 percent is given off as heat. The firefly, a tiny member of the beetle family, glows in the dark to attract its mate. It has an efficiency of over 90 percent, producing light almost devoid of heat*. (Reader's Digest: Strange Stories, Amazing Facts, p. 96)***

**Electricity uses heat to make light and is inefficient. It produces about 90 percent heat and only 10 percent light. But firefly light is chemical and efficient. It is almost 100 percent pure light. *(Francine Jacobs, in Nature’s Light, p. 67)***

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**Can you make a fluorescent light bulb glow without turning it on? Sometimes. If you build up static electricity in your body by walking across a carpet, then touch a grounded bulb, the glow discharge into the bulb can do that. *(L. M. Boyd)***

**Any mountain man will tell you ordinary footprints in the snow get bigger and bigger when the sun shines down on them. They say they think of that when weekend walkers report Sasquatch signs. *(L. M. Boyd)***

**If I could, I’d give every child a terrestrial globe. If possible, even a globe that would light up, in the hope of opening those young eyes as wide as they will go. *(Dom Helder Camara)***

**Eight months pregnant, I felt awkward and unattractive. Looking for some comfort, I asked my husband if I had that certain glow that expectant mothers were said to have. “Well, you have a shape like a light bulb,” he replied. “Does that count?” *(Kit Phelps, in Reader's Digest)***

**Holography is the exciting new science of three dimensional photography. A holographic negative, called a hologram, is smudgy with meaningless patterns of circles and parallel lines. But when light is beamed on it, you see the scene that was photographed. By moving your head you can look around an object in the foreground to see what is behind it, just as if you were examining the actual scene. In a group picture, you can see the rest of a face half hidden at first glance. *(O. A. Battista, in Catholic Digest)***

**Humans light up after they get injured. Bacteria form around the wound and lighten up the situation. *(David J. Seibert, Unity Minister)***

**The largest light bulb was a foot-long 75,000-watt bulb hand-blown at the Corning Glass Works to celebrate the seventy-fifth anniversary of Thomas Edison’s invention of the incandescent lamp. *(Isaac Asimov’s Book of Facts, p. 286)***

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Using a high-powered laser to bore tiny holes into a beating heart, surgeons have succeeded in restoring the flow of oxygen-rich blood in at least a dozen patients with blocked arteries. The experimental technique, developed by Dr. Mahmood Mirhoseini at Milwaukee's St. Luke's Hospital Medical Center, is called transmyocardial laser revascularization, and requires a four-inch cut on the left side of the chest. After making the incision, doctors insert a laser in the chest cavity and fire computer-controlled laser shots between heartbeats. Ten to 25 blood-supplying channels -- or canals -- are created in the left ventricle. *(Reader's Digest)*  
A laser burns billions of times brighter than the sun's surface light. *(L. M. Boyd)*  
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Tree leaves, when damaged, give off light, too faint for the human eye. But electronic instruments can pick it up. Undamaged leaves don't give off light. They absorb it. *(L. M. Boyd)*  
Thomas Edison, the famed inventor, likely might have welcomed more-efficient LED bulbs, which generate almost no heat and use up to 90% less energy than incandescent bulbs while lasting up to 25 times longer. Incandescent bulbs are not very efficient. Only about 5% of the energy used by an incandescent bulb produces light; the remaining 95% or so is lost as heat. This is why you let an incandescent bulb cool off before unscrewing it. The Energy Department rules date back to the Obama administration. The rules establish strict new efficiency standards for bulbs used in homes and businesses and bans the manufacture and sale of those that don't meet the requirements. Practical incandescent bulbs, which trace their origin to an 1880 Edison patent, can't meet those standards. Neither can halogen bulbs. The rules also ban imports of less-efficient bulbs. The new rules don't affect bulbs that you already own; they also exempt special-purpose incandescents such as those used inside ovens. Yet by the time the new rules rolled around, the critics had gone quiet, possibly because companies and consumers have already started voting for better lighting efficiency with their wallets. As the rules reinforce existing market changes, the Energy Department believes that U.S. consumers can save $3 billion annually on their utility bills. Similarly, it projects that the rules could cut carbon emissions by 222 million metric tons over the next 30 years. *(David Hamilton, in The North Platte Gazette, August 8, 2023)***

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**Air particles are made white-hot by lightning. They reach temperatures as high as 30,000 degrees centigrade. Under this intense heat, the nitrogen combines with the oxygen in the air to form nitrogen oxides which are soluble in water. The rain dissolves the oxides and carries them down to earth as dilute nitric acid. Reaching the earth, the nitric acid reacts with minerals there to become nitrates on which plants can feed. Here is a wonder, indeed: lightning transforms the upper air into fertilizer for earthbound plants! *(Ira Wolfert, in The Living World of Nature, p. 117)***

**In a millionth of a second the air in the channel is superheated, sometimes to temperatures five times hotter than the surface of the sun. A single flash of lightning can develop 100,000 times the amperage used in ordinary house wiring. It’s true that the power potential in lightning would probably be enough to fill all of our energy needs for thousands of years. *(Lillian Borgeson, in Catholic Digest)***

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**I would rather be a superb meteor, every atom of me in magnificent glow, than a sleepy and permanent planet. *(Jack London)***

**The Lord's Prayer of Light: Our Father of Lights, Who is in Heaven, Holy is your nature of Light. Let your kingdom of Light come, let your will of Light be done in earth as it is in Heaven. Give us this day our daily Light and forgive us our debts of darkness as we forgive others their debts of darkness. And leave us not in temptation to remain in the dark, but deliver us from its evil and bondage. For yours is the kingdom and the power and the glory of Light in us all forever. Amen*. (Adapted by J. Sig Paulson, Unity Minister)***

**There is a light beyond the light that shines in human eyes;   
’Tis not the light of moon or stars or of the bright sunrise.   
It is the love light in your heart, and if you're filled with grace  
This perfect light of perfect love will shine out in your face. *(G. W. Gage)***

**Thoughts, feelings, chair and the bomb are all made of light. *(J. Sig Paulson, Unity Minister)*  
If you lived in the sunshine on Mercury, you’d live in it all the time. Mercury’s orbit is such that it always shows the same side to the sun. *(L. M. Boyd)***

**The rate of myopia – shortsightedness – among schoolchildren in Japan, China, and other Asian nations has soared from 20 percent to more than 80 percent over the past generation, according to a new study in The Lancet. Researchers said the “extraordinary rise” in eye problems was caused by students spending many hours a day in class and at home studying, and virtually no time in natural sunlight. *(BBC.com, as it appeared in The Week magazine, May 18, 2012)***

**When spring arrives, photosynthesis brings the world to life. As the hours of daylight lengthen, nature’s fantastic sugar machines spin silently into operation. The tightly closed shutters of buds swing wide with one accord to pour out their treasures of leaves and flowers. Seeds which have lain inert for months crack open and thrust up tiny shoots so vigorously that they push aside stones to break into the sunlight. *(Rutherford Platt, in The Living World of Nature, p. 237)***

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**A Stanford University plant biologist has discovered that some plants transmit light much the way the phone company transmits many telephone calls. Dina Mandoli placed tissues of oat, mung bean and corn in a dark room, focused a laser beam on one end of a tissue segment and measured light at the opposite end. The tissues acted as optical fibers, sending light one inch or more along the plant stem, even around curves. Mandoli found that this ability of the plants to transmit light may explain how they sense which direction to grow in order to face the sun. Her research is also thought to explain why a seedling can respond to light even though most of the plant is underground, a process that has long puzzled plant scientists. *(New York Times)***

**The leaves of the mallow weed, as those of many other plants, follow the movement of the sun’s light, turning with it as it moves across the sky. More unusual is the mallow weed’s reaction at sundown. As soon as the sun sets, all the mallow weed’s leaves turn around and face the east, where the sun will rise in the morning. *(Isaac Asimov’s Book of Facts, p. 179)***

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**Colorado now has one of President Bush’s “thousand points of light.” The White House yesterday proclaimed the Jefferson County Community Center for Developmental Disabilities a “point of light,” an honor the president is bestowing on organizations six days a week. The designation – Colorado’s first and the 35th nationwide – thrilled workers at the non-profit organization that has served the disabled for 25 years. During the 1988 campaign, Bush repeatedly referred to “a thousand points of light,” a reference to charitable work across the country. *(Rocky Mountain News, January 6, 1990)***

**For which pope did Italian workers break a strike? For an important ceremony in St. Peter’s during the reign of Pope John XXIII, the Vatican needed additional electric power, because TV and radio units required a minimum load of 3,500 kilowatts. (Vatican generators provide a maximum of 2,100 kilowatts.) Since the electrical workers in Rome were on strike, the Vatican secretary of state appealed to them to provide at least enough power for the Basilica. The answer came back from the union leader: “Yes! For Pope John we will do it. He has brought light to us. We will give some back to him.” *(Nino Lo Bello, in The Incredible Book of Vatican Facts and Papal Curiosities)***

**On December 24, 1936, radiation was used to treat disease for the first time when John Lawrence used a radioactive isotope of phosphorus-32 to treat one of his leukemia patients. *(The Daily Chronicles)***

**Rainbows are formed when light coming from behind you is dispersed (refracted and reflected) by raindrops or other drops of water in front of you. The water separates light into its component colors, like a prism does. Because raindrops are spherical, the dispersed light forms a circle, said Michael Dobson, a senior instructor in physics at the University of Colorado. Usually you see only an arc of the circle because the ground gets in the way, but if you’re high enough – in an airplane or on a mountain, for instance – sometimes you can see the complete circle. “It’s also possible to see the circle in a lawn sprinkler if you’re properly oriented,” Dobson said. *(Rocky Mountain News)***

**There are more than one hundred million light-sensitive cells in each of your retinas. *(Noel Botham, in The Ultimate Book of Useless Information, p. 68)***

**Light is the root substance of all matter -- what we call matter is really a form of light. The cells of our body are ultimately composed of atoms and electromagnetic energy: Light. *(Dr. Dolph Ornstein & Jonathan Rothschild, in Let's Live magazine)***

**As their parents know, teenagers have a habit of staying up late at night, which can cause them to perform poorly in school the next day. But better lighting in the schools could help solve the problem, says LiveScience.com. The body’s sleep cycle is regulated in part by the release of a neurochemical called melatonin, which is reset each day by exposure to wavelengths of blue light present in natural light. Researchers at the Rensselaer Polytechnic Institute outfitted a group of teens with orange goggles, which block blue light and mimic the conditions found in many schools with poor access to natural light. After just a week, the students were releasing melatonin – and falling asleep – 30 minutes late in the evening. “These morning-light-deprived teenagers are going to bed later, getting less sleep, and possibly under-performing in standardized tests,” sleep researcher Mariana Figueiro says. “We are starting to call this the “teenage night owl syndrome.” The study suggests “delivering daylight in schools” – by getting kids outside more and building schools that allow more natural sunlight in classrooms. *(The Week magazine, March 5, 2010)***

**Late in the seventeenth century, the English chemist, Robert Boyle, made an important scientific discovery about bioluminescence. Boyle placed pieces of shining wood, meat, and fish under glass bell jars and observed, as he pumped air out, that his specimens stopped glowing. When he pumped air back in, they shined once again. Boyle had learned that living things use air, actually oxygen, to light up. *(Francine Jacobs, in Nature's Light, p. 68)***

**An East Coast sea slug has been discovered that swipes genes from algae and then produces its own chlorophyll. It can then live the rest of its life without eating, by simply basking in sunlight, just like a plant. *(Don Voorhees, in The Indispensable Book of Useless Information, p. 161)***

**A lot of us have seen the light, but for many of us it’s the one inside the refrigerator. *(Marlys Huffman, in Mature Living)***

**Some shrimp may have as many as 150 separate lights that flash at intervals, while others emit a single beam like a flashlight. *(Ann Adams)***

**I installed a skylight in my apartment. The people who live above me are furious! *(Steven Wright)***

**Smokers might be able to zap their habit away with lasers soon. Low Level Laser Therapy focuses on acupuncture points on the body and ear. Researchers found that 340 smokers who received four 30-minute treatment sessions stopped smoking, as did about half of those who underwent three sessions. Even smokers who didn’t quit cut back on consumption. There are apparently no side effects, but there are other benefits, including improved sleep and even weight loss. Laser therapy has been used in Canada and Europe for 15 years but has yet to be approved in the United States. *(Lisa Ryckman, in Rocky Mountain News, January 18, 2005)***

**175: Average reduction in calories consumed per person when fast-food restaurants use softer, more relaxed lighting. *(Smithsonian magazine, March, 2013)***

**Our first-grade daughter, Elizabeth, was studying for a science test. One of the questions she had to answer was: “Name three sources of light.” Elizabeth began by naming “Fire, the sun . . .” At this moment her 3-year-old sister, Sarah, broke in, “And the Holy Spirit*.” (Brad & Claire Massey, in The Lutheran Witness)***

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**The only thing I know about the speed of light is that I’m glad we’re getting back to a time when it doesn’t arrive quite so early in the morning. *(Bob Talbert, in Detroit Free Press)***

**Scientists have been measuring the speed of light for three centuries, and they have it down to an accuracy of half a foot per second. The speed of light is 186,282.3959 miles per second. *(Isaac Asimov’s Book of Facts, p. 287)***

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**I always strive, when I can, to spread sweetness and light. There have been several complaints about it. (*P. G. Wodehouse)***

**I said many sprinters start an instant before they possibly could hear the sound of the pistol shot and wondered how they know when to move. A savvy reader writes: “Out of the corner of the eye they watch the gun barrel for smoke. Light is faster than sound” Does that sound reasonable? *(L. M. Boyd)***

**The squid can also produce light almost everywhere on its body, giving it the appearance of a living lantern. The fire squid can produce several different colors of light – white, blue, yellow and pink. And it can blink on and off at will. *(Patricia Towle)***

**The star Zeta Thauri, a supernova, was so bright when it exploded in 1054 that it could be seen during the day. *(David Louis, in Fascinating Facts, p. 170)***

**Last year, somewhere in Florida, on the leaves of a now forgotten sugar-cane plant, a bit of sunlight ended its eight-minute dash to earth. Somehow, the plant turned that sunlight into sugar. Somehow, that sugar got into my sugar bowl and into my morning coffee. I sipped last year’s sunshine at breakfast. Now it’s in my blood, and it starts to feed these old muscles. It’s dark now, and I start for home on my bicycle. The muscled sunlight suddenly becomes pedal-power, then chain-pull, wheel-spin, generator-whine, filament-heat, and finally – from the head-lamp – light again! *(Malcolm Wells, in Environmental Action)***

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**The sun is 330,330 times larger than the earth. *(David Louis, in Fascinating Facts, p. 172)***

**The light put out by the sun is equal to that of 4 trillion trillion lightbulbs. (*Uncle John’s Bathroom Reader: Wise Up!, p. 86)***

**The sun is about midway in the scale of star sizes, but most stars are smaller ones. Only 5% of the stars in our galaxy are larger than the sun. (That's five billion larger stars, however*.*) *(Isaac Asimov's Book of Facts)***

**My cross-country team at Lane Community College in Eugene, Oregon, was standing in the cold getting ready for our daily run. It was a sunny winter day, but the temperature was struggling to reach 30 degrees. Standing next to me in only shorts and a tank top, Joe, a Los Angeles native, was shivering. When I inquired about his warm-weather attire, he replied, “Hey, where I come from, the sun works!” *(David Swift, in Reader's Digest)***

**Find the people that are like sunlight for you, kiddo, who make you bloom. *(Lauren Beukes, novelist, in The Boston Globe)***

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**Each square inch of the sun’s surface shines with the intensity of 300,000 candles. This incredible energy production goes on day and night, summer and winter. *(Donald B. DeYoung, in Astronomy and the Bible, p. 55)***

**An area of the sun’s surface the size of a postage stamp shines with the power of 1.5 million candles.(Noel Botham, in The Amazing Book of Useless Information, p. 94)**

**The sun’s total lifetime as a star capable of maintaining life-bearing Earth is about 11 billion years. Nearly half the time has passed. *(Isaac Asimov's Book of Facts, p. 401)***

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**In Medieval Europe, a suntan was regarded as a sign of low birth: only commoners who worked in the fields all day had tanned skin. Nobles remained indoors or were comfortably shaded when they went out. *(Jeff Rovin, in The Unbelievable Truth!, p. 171)***

**Take heart! There’s light at the end of the cathode-ray tube. *(Ashleigh Brilliant, in Pot-Shots)***

**The summer tents used by Eskimos in Baffinland in the Canadian arctic have walls made of sealskins, but the front is always made of membrane stripped from the inside of the pelt to let in the light. *(Ripley’s Believe It or Not!: Odd Places, p. 47)***

**There are two kinds of light -- the glow that illumines, and the glare that obscures. *(James Thurber, cartoonist)***

**Among the ancient Greeks the runner who won the race was not the man who crossed the line in the shortest time, but the man who crossed it in the least time with his torch still burning. We are often so busy with life’s activities that we are in danger of allowing the torch of our spiritual life to become extinguished. A good woman once said that in the rush and hurry of her life she felt in danger of being “jostled out of her spirituality.” There is a real danger of being too busy to be good, and running too fast to keep our torch burning. *(War Cry)***

**Last semester, I took a physics lab at Northeast Louisiana University in Monroe The lab involved light, electricity and magnetism. One requirement of the course was to read the week’s experiment before coming to class. At one lab session the instructor wanted to see how many people had actually done so. “What are the two types of light?” he asked. The lab fell quiet until one wise guy raised his hand and said, “Uhhh, Miller and Coors?” *(Brian Phelps, in Reader’s Digest)***

**In her throat, the viruses have been facing a very rough battle. When she coughed, thousands landed on her desk, and under the bright light they survived only minutes. *(Carol Eron, in Reader’s Digest)***

**To watch a sunrise in the west would not be the news break of the century. Westbound jet pilots see that all the time. *(L. M. Boyd)***

**You can get 60 watts of light either by switching on a lamp or turning on 137,000 fireflies. *(L. M. Boyd)***

**There are two ways of spreading light: to be the candle or the mirror that reflects it. *(Edith Wharton)***

**If a set of fine scales is arranged so that one scale is kept dark, and light is allowed to fall on the other, the lighted scale will sink slowly. Light has “weight.” The pressure of light on the Earth’s surface is calculated as two pounds per square mile. (*Isaac Asimov’s Book of Facts, p. 331)***

**We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It is not just in some of us, it is in everyone. *(Marianne Williamson)***

**Wine will spoil if exposed to light, hence tinted bottles. *(David Louis, in Fascinating Facts, p. 61)***

**Light-year: Something of a misnomer, since the light-year is not a measurement of time, but of distance. A ray of light would travel 6,000,000,000,000 miles in one year! *(Bingo Directories, Inc.)***

**If you want a place in the sun, you have to expect a few blisters. *(Loretta Young, American actress)***

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