

Summer Time/DST

“Daylight Saving Time (DST)” (United States) or “Summer Time” (United Kingdom) is the practice of advancing clocks during the summer months so that evening daylight lasts longer. Typically, regions that use DST adjust clocks forward one hour in the spring and adjust them backward one hour in the autumn. DST causes a lost hour of sleep in the spring and an extra hour of sleep in the autumn. George Hudson (1867-1946), an entomologist, born in England, but raised in New Zealand, proposed the original idea in 1895.

Port Arthur, Ontario, Canada was the first city in the world to implement DST, on July 1st, 1908. This was followed by Orillia, Ontario. The first nations to adopt DST nationally were Germany and Austria-Hungary, commencing on April 30th, 1916, principally as a way to conserve coal during wartime. The United States adopted DST in 1918. Most countries abandoned DST after the war ended in 1918, but it was widely readopted in America and Europe in the 1970s as a result of the energy crisis at that time.

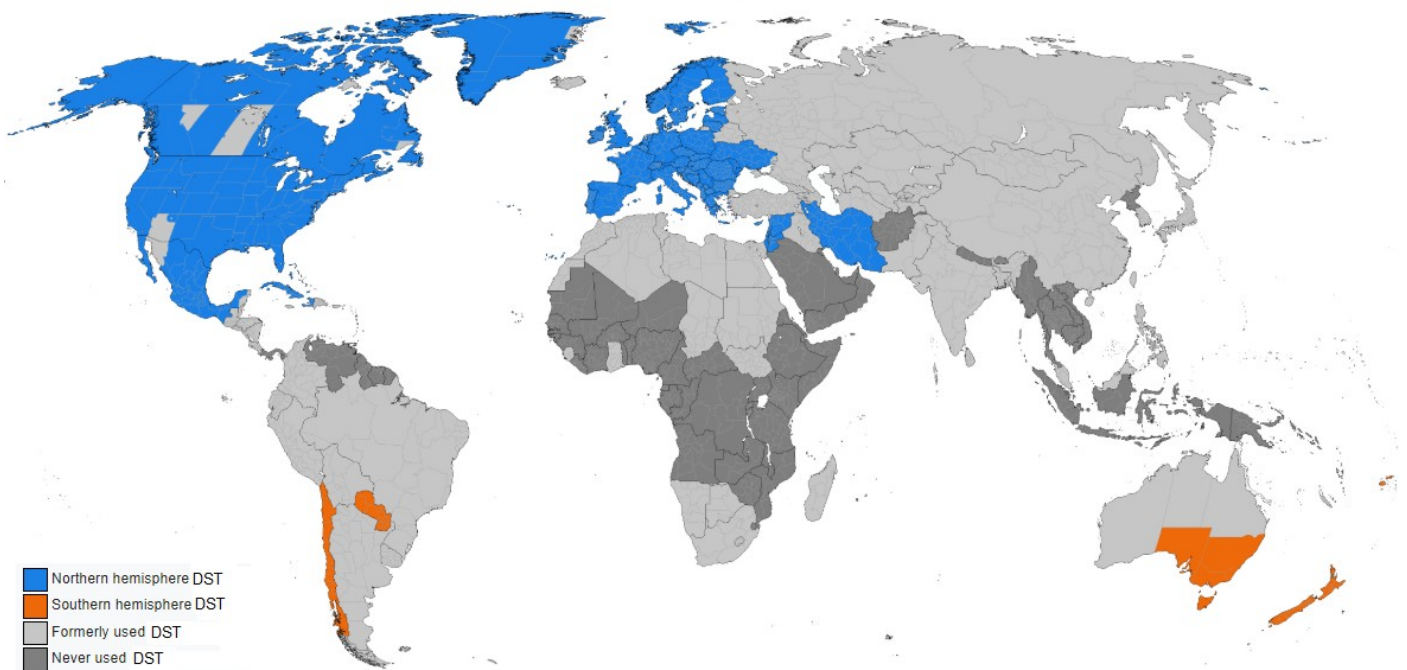
DST can complicate schedules, travel, billing, record keeping, medical devices, heavy equipment, and sleep patterns. Computer software often adjusts clocks automatically, but policy changes by various governments can cause irregularities.

Supporters of DST say that it decreases energy consumption, but the real effect on energy use is heavily disputed.

Regions

The manipulation of time at higher latitudes (for example Iceland, Scandinavia and Alaska) has little impact on daily life, because the length of the day changes extremely throughout the seasons, and so sunrise and sunset times are significantly out of phase with working hours, regardless of clock changes. DST is generally not used near the equator, where sunrise times do not vary enough to justify it. Some countries have used it only in some regions; for example, Australia and Brazil. Only a minority of the world's population uses DST; Asia and Africa generally do not use it. The European Union is currently trying to make Summer Time mandatory for all EU members, but it is meeting a lot of resistance. The legislative process has made no progress since October 2020.

DST Regions



History

Ancient civilizations adjusted daily schedules to the sun more flexibly than DST, dividing daylight into 12 "hours" regardless of daytime length. Consequently, each hour became progressively longer during spring, and progressively shorter during autumn. The Romans kept time with water clocks that had different scales for different months of the year. After the 14th century, equal-length hours replaced unequal ones, so that time no longer varied by season.

Controversy

DST has caused controversy since it began. Winston Churchill argued that it enlarged "the opportunities for the pursuit of health and happiness among the millions of people who live in the country".

Commerce, sports, and tourism have historically favored DST, arguing that it saves energy, promotes outdoor leisure activity in the evening, is good for physical and psychological health, reduces traffic accidents, reduces crime and is generally good for business.

However, farmers and music show organizers have opposed it, arguing that its adoption was prompted by energy crises and wars. They say that energy savings are inconclusive, that DST increases health risks such as heart attacks, that it can disrupt morning activities, and that the act of changing clocks twice a year is economically and socially disruptive and cancels out any benefits.

Permanent DST

A move to permanent DST (staying on summer hours all year) is sometimes advocated and is currently implemented in some countries/states such as Argentina, Belarus, Saskatchewan, Iceland, Kyrgyzstan, Malaysia, Morocco, Namibia, Singapore, Turkey, Turkmenistan and Uzbekistan. Advocates cite the same advantages as normal DST, but without the problems associated with time changes. However, many countries remain unconvinced of the benefits of permanent DST, arguing that it brings problems in the winter.

Russia switched to permanent DST from 2011 to 2014, but the move proved unpopular because of the late sunrises in winter, so the country switched permanently back to standard time in 2014 for the whole Russian Federation. The United Kingdom and Ireland also experimented with permanent Summer Time between 1968 and 1971.

Source: https://en.wikipedia.org/wiki/Daylight_saving_time