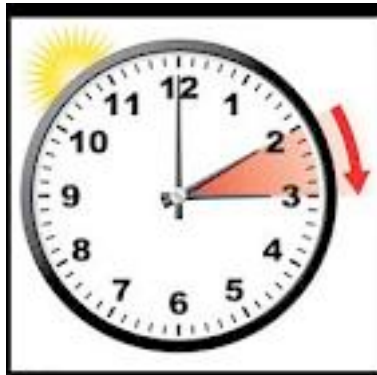


The Folly of Daylight Savings Time

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Every year, we in the United States attempt to create more daylight by manipulating our artificial clock and calendar in a futile attempt to trick us into thinking we have more daylight hours than we really do. Shifting the time on a clock does nothing to alter the immutable fact that there is only so much daylight available in each season. Why are we fighting this astrophysical reality? We mess with our circadian rhythms in this denial. Anyone who has suffered jet lag knows how our interior clock is so dependent on daylight. Our bodies have an internal clock that regulates our hunger, sleep and other vital life processes. All life on Earth has a similar internal clock. Astonishingly, all creatures from one-celled cyanobacteria to complex life forms have the same rhythm of approximately twenty-four hours. This cycle is inherent in all life forms, regulating brain activity, cell formation and repair, and hormone levels. Our body clock always resets itself despite what hour the clock reads. Why do we do this every year? Seems the belief that daylight savings was meant as a way to protect children returning from school in the late afternoon or to allow farmers to have more harvest time is not really true. The impetus behind daylight savings time had more economic and commercial reasons than most of us realize. Let's avoid the need to manually change millions of clocks. I am all for a year-round clock with daylight savings built in or not. Let's not continue this silly charade any longer! Send your thoughts to roellyna@yahoo.com.