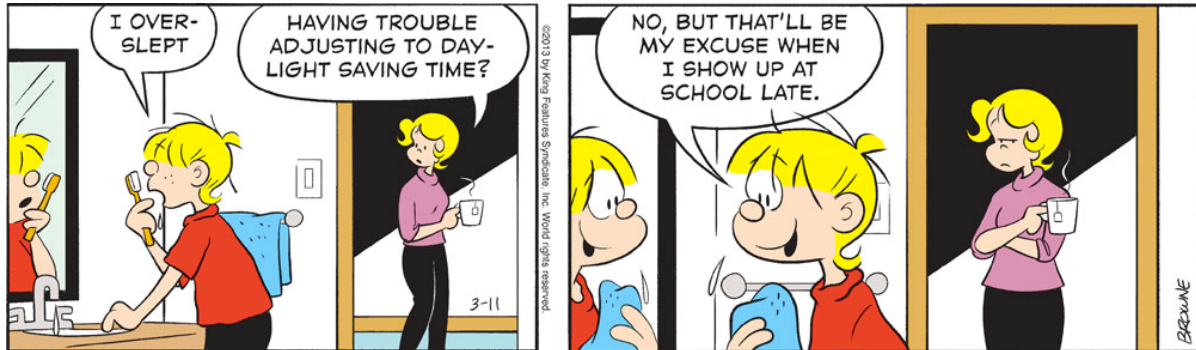


## Daylight Savings Time “Spring Forward, Fall Back”

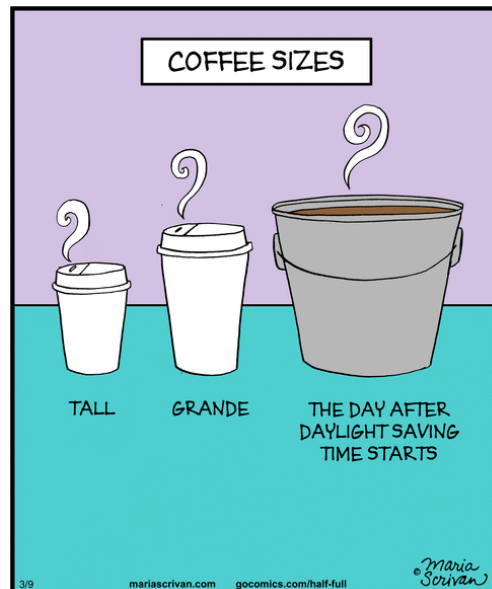


George Hudson from New Zealand was the first person to propose Daylight Savings Time. As an entomologist he valued having as many daylight hours as possible in order to collect insects to study. During Daylight Savings Time, we adjust our clocks to increase the number of active daylight hours in the day. Otherwise we might wake up in the dark, which was difficult before electricity became widely used.

In Canada, we change our clocks twice a year. On the second Sunday in March we set our clocks forward one hour, and on the first Sunday in November we set our clocks back one hour. To help us remember, we say that in the spring that our clocks *spring* forward and in the fall our clocks *fall* back. This recently happened in Canada, and now the time difference between Tokyo and Ottawa is 14 hours instead of 13. This means when I talk to my family at 10 o'clock in the evening it is 8 o'clock in the morning for them.



It is interesting to note that one province in Canada does not change to Daylight Savings Time. This province is Saskatchewan (Sas-kat-chew-on). Saskatchewan is geographically located in the “Mountain Time Zone”, however most of the province follows “Central Standard Time”. Following “Central Standard Time” means that they are on Daylight Savings Time year round, and therefore don’t need to change their clocks. Just like Saskatchewan, Japan doesn’t have Daylight Savings Time. I wonder why Japan doesn’t change their clocks.



Many people in history thought that Daylight Savings Time was important. Today, however, there is a lot of controversy around the practice. Many people question whether we should still use Daylight Savings Time. Research shows that it may not conserve electricity as it is meant to. Another issue with Daylight Savings Time is that it disrupts your circadian rhythm (your bodies internal clock). It does this by changing your sleep schedule, which causes you to be very tired, especially in the spring when you lose an hour of sleep.