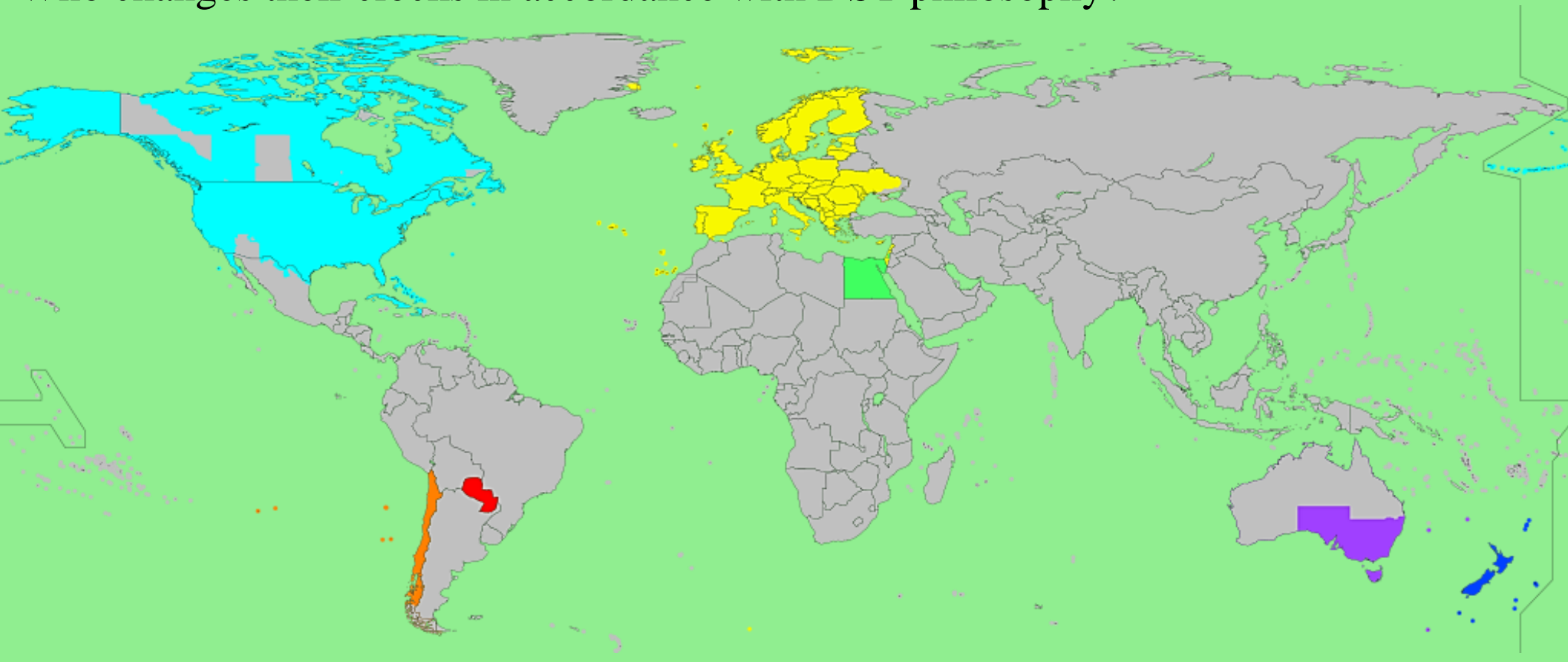


Daylight Saving Time (DST)

DST is observed mid-March to early-November; all other time is “standard/normal” time

What is the most basic effect? To change the clocks for DST moved sunlight from the early morning to the evening, so people can make more use of daylight

Who changes their clocks in accordance with DST philosophy?



History

- First proposed by Benjamin Franklin

He felt he was wasting his mornings in bed; Get up early, and reduce candle consumption at night

- Over the next 100 years, the Industrial Revolution laid the groundwork for his idea to enter government policy.

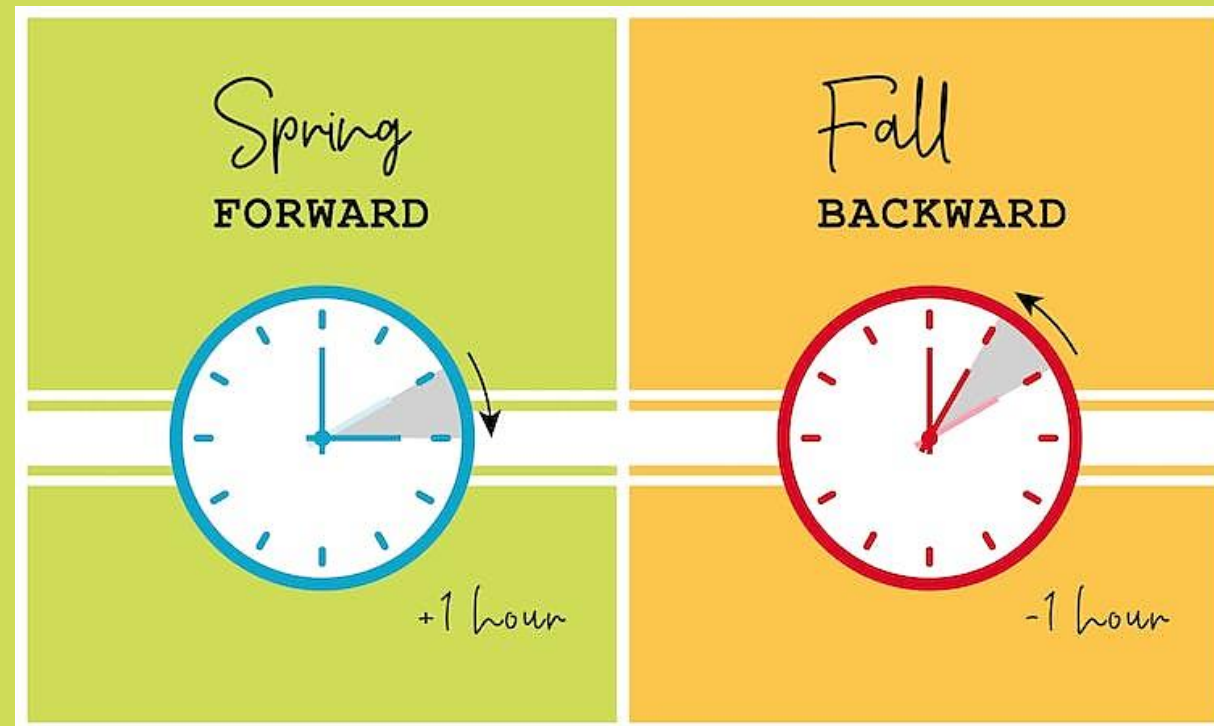
For much of the 1800s, time was set according to the sun and the people running the clocks in every town and city, creating scores of conflicting, locally established “sun times.” It could be noon in New York, 12:05 in Philadelphia and 12:15 in Boston

- This caused problems for railway companies trying to deliver passengers and freight on time, as nobody agreed whose time it was. In the 1840s, British railroads adopted standard times to reduce confusion. American counterparts soon followed in an effort to fend off federal intervention.
- In North America, a coalition of businessmen and scientists decided on time zones, and in 1883, U.S. and Canadian railroads adopted four (Eastern, Central, Mountain and Pacific) to streamline service.

The shift was not universally well received. Evangelical Christians were among the strongest opponents, arguing that “time came from God and railroads were not to mess with it,”

- Once the time zone business was settled, it wasn't long until Franklin's idea for daylight saving was refashioned for the industrial world.

- England rejected the idea of changing clocks in 1909, but Germany will enact it in 1916 in an effort to cut energy costs. Other nations followed suit. US starts in 1918



Arguments in favor of DST (ie, pro-changing the clock) Less light in morning, more in evening

- ❖ Mental health: People seem to be happier when there is an extra hour of daylight.
- ❖ Economic: more light in the evening encouraged people to go out and do things (ie, spend money), and there are fewer robberies
 - ↳ Lobbying groups pro-DST recreational sports industry (think driving ranges), businesses

Arguments against DST (ie, pro-Standard time) more light in morning, less in evening

- ❖ Medical: It is healthiest biologically to be on permanent standard time all year round. Many studies have shown the one-hour change disrupts body rhythms tuned to Earth's rotation. It disrupts our circadian rhythms, making people less alert and prone to illness or accident
 - ↳ Our internal clocks are better aligned with more light in the morning, which sets humans up for better sleep cycles.
- ❖ Although saving energy was often put out as a reason to have Daylight Saving Time, the energy saved isn't much – if anything at all.
 - ↳ Washington Examiner report: the US loses nearly \$434 in productivity due to the change in clocks (published 8 March 2023). A 2016 study pinned the amount at \$430 a year.
 - ↳ US Department of Transportation: DST reduced electricity use by ½-to-1% but had no impact on home heating.
- ❖ Abolishing DST would eliminate the inconsistencies tied to the fact that not all states implement DST.
- ❖ Lobbying groups against DST movie industry, farmers, parents

States

States could take up the issue, but they are subject to some federal limitations

↳ The Uniform Time Act (passed in 1966) says that states can enact permanent standard time but not permanent daylight-saving time.

19 states have **passed legislation pledging to switch to permanent DST** if Congress changes the rule to allow for such an action:

Alabama	Colorado	Delaware
Florida	Georgia	Idaho
Kentucky	Louisiana	Maine
Minnesota	Mississippi	Montana
Ohio	Oregon	Utah
Wyoming	Tennessee	Washington
South Carolina		

A few do not observe Daylight Saving Time. They are on standard time only
Hawaii, most of Arizona and some territories in the Pacific and Caribbean

Why not Arizona? Because of the hot climate, DST is largely considered counterproductive. Extending daylight hours into the evening does not make sense when people prefer to do their activities in the cooler morning temperatures.



9 states were actively (September 2023) **considering legislation that would end DST by embracing year-round standard time:**

Maine	Minnesota	New York
Oklahoma	Vermont	Pennsylvania
Tennessee	So.Carolina	Massachusetts