

Calls for Daylight Saving Time to be scrapped

7th November, 2016



There are calls to end the semi-annual practice of putting our clocks backwards and forwards an hour. It is done by forwarding clocks by one hour in the spring so that evening daylight lasts an hour longer and then putting them back in the autumn. This is done in many parts of the world and is called Daylight Saving Time (DST). Scientists are questioning the value of tinkering with time. They say changing the clocks could actually be harmful to our health and increase energy costs. The States of California and Massachusetts in the USA are considering unilaterally abandoning DST. Lawmakers there feel it has no relevance today when we have electric lights and people work around the clock.

Those in support of DST argue that it saves energy because lights are turned on later. They argue it promotes outdoor leisure activities in the summer evening, and is therefore good for physical and psychological health. They also say it reduces traffic accidents and crime. People who tend to support DST are city workers, retail businesses, outdoor sports enthusiasts and businesses, tour operators, and others who benefit from increased light during the evening in summer. Opponents say it increases energy costs and causes health risks. The incidence of heart attacks and strokes can increase due to changes in the circadian cycle (our body clock). With less rest, people make more mistakes, so accidents increase.

Sources: Newsweek.com / gjsentinel.com / Wikipedia.org

Writing

There are enough hours in the day. We don't need more. Discuss.

Chat

Talk about these words from the article.

practice / backwards / forwards / daylight / value / time / harmful / energy / electric / argue / physical / traffic accidents / crime / evening / heart attacks / mistakes / rest

True / False

- With Daylight Saving Time (DST), clocks change twice a year. T / F
- Clocks go forward in the autumn and back in the spring. T / F
- Scientists say Daylight Saving Time can damage people's health. T / F
- All states in the USA are happy with Daylight Saving Time. T / F
- People say Daylight Saving Time saves energy. T / F
- People say DST increases the number of traffic accidents. T / F
- DST reduces the number of people who have heart attacks. T / F
- DST leads to people making more mistakes. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|-----------------------|-------------------|
| 1. practice | a. damaging |
| 2. forwarding | b. free time |
| 3. value | c. claim |
| 4. harmful | d. advancing |
| 5. considering | e. cuts |
| 6. argue | f. usefulness |
| 7. leisure | g. creates |
| 8. reduces | h. custom |
| 9. causes | i. errors |
| 10. mistakes | j. thinking about |

Discussion – Student A

- What would you do with one hour of extra time?
- What do you think about what you read?
- How important is time?
- What do you do when the evenings are lighter?
- How do dark mornings and evenings make you feel?
- What's the best time of the day for you?
- Why might moving the clocks forward by an hour damage our health?
- Why does daylight make us feel better?

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Phrase Match

- forwarding
- evening daylight lasts
- changing the clocks could actually be
- Lawmakers there feel it has no
- people work
- lights are turned
- leisure
- physical and psychological
- The incidence of heart attacks
- our body
- health
- harmful to our health
- clock
- activities
- an hour longer
- relevance today
- and strokes
- clocks by one hour
- around the clock
- on later

Discussion – Student B

- Why do you think city workers support DST?
- Who do you think the opponents of DST are?
- How would you describe your body clock?
- Why do you think DST could increase heart attacks?
- Are you a night person or a day person?
- How much sleep do you need?
- Do you make more mistakes when you don't rest enough?
- What questions would you like to ask the scientists?

Spelling

- semi-nluana
- ecpcirat of putting our clocks backwards
- putting them back in the uatunm
- stntsisecci are questioning the value of...
- unilaterally inbnnoaagd DST
- we have creeilct lights
- Those in uprpsot of DST
- outdoor reuiels activities
- it reduces traffic tncedasci
- others who feiebnt from increased light
- heart saattkc
- people make more itskmase

Answers – Synonym Match

1. h	2. d	3. f	4. a	5. j
6. c	7. b	8. e	9. g	10. i

Role Play

Role A – Students

You think students are the people who most need more time. Tell the others three reasons why. Tell them why their people have enough time. Also, tell the others which people the least time (and why): housewives / househusbands, business people or charity workers.

Role B – Housewives / Househusbands

You think housewives / househusbands are the people who most need more time. Tell the others three reasons why. Tell them why their people have enough time. Also, tell the others which people the least time (and why): students, business people or charity workers.

Role C – Business People

You think business people are the people who most need more time. Tell the others three reasons why. Tell them why their people have enough time. Also, tell the others which people the least time (and why): housewives / househusbands, students or charity workers.

Role D – Charity Workers

You think charity workers are the people who most need more time. Tell the others three reasons why. Tell them why their people have enough time. Also, tell the others which people the least time (and why): housewives / househusbands, business people or students.

Speaking – More time

Rank these with your partner. Put the people who most need more time at the top. Change partners often and share your rankings.

- students
- home-makers
- business people
- world leaders
- children
- old people
- sports stars
- charity workers

Answers – True False

a	T	b	F	c	T	d	F	e	T	f	F	g	F	h	T
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Answers to Phrase Match and Spelling are in the text.