

# CALLS FOR DAYLIGHT SAVING TIME TO BE SCRAPPED

There are calls to end the semi-annual practice of putting our clocks back wards 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.

## WARM-UPS

**1. SAVING TIME:** Students walk around the class and talk to other students about saving time. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

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

Have a chat about the topics you liked. Change topics and partners frequently.

**3. 24 HOURS:** Students A strongly believe there are enough hours in the day; Students B strongly believe there aren't. Change partners again and talk about your conversations.

**4. TIME:** What are the best things to do at these times? Complete this table with your partner(s). Change partners often and share what you wrote.

	Best things	Why?
3am		
7am		
11am		
3pm		
8pm		
midnight		

**5. CLOCK:** Spend one minute writing down all of the different words you associate with the word "clock". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

**6. 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



## BEFORE READING

**1 TRUE / FALSE:** Read the headline. Guess if a-h below are true (T) or false (F).

- 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**

**2 SYNONYM MATCH:** Match the following synonyms. 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 |



**3 PHRASE MATCH:** (Sometimes more than one choice is possible.)

- |                                          |                          |
|------------------------------------------|--------------------------|
| 1. forwarding                            | a. health                |
| 2. evening daylight lasts                | b. harmful to our health |
| 3. changing the clocks could actually be | c. clock                 |
| 4. Lawmakers there feel it has no        | d. activities            |
| 5. people work                           | e. an hour longer        |
| 6. lights are turned                     | f. relevance today       |
| 7. leisure                               | g. and strokes           |
| 8. physical and psychological            | h. clocks by one hour    |
| 9. The incidence of heart attacks        | i. around the clock      |
| 10. our body                             | j. on later              |

## GAP FILL

There are calls to end the semi-annual (1) \_\_\_\_\_ of putting our clocks backwards and forwards an hour. It is done by forwarding clocks by one hour in the spring so that (2) \_\_\_\_\_ daylight lasts an hour longer and then putting them (3) \_\_\_\_\_ in the autumn. This is (4) \_\_\_\_\_ in many parts of the world and is called Daylight Saving Time (DST). Scientists are questioning the (5) \_\_\_\_\_ of tinkering with time. They say changing the clocks could actually be harmful to our health and increase energy (6) \_\_\_\_\_. The states of California and Massachusetts in the USA are considering unilaterally abandoning DST. Lawmakers there (7) \_\_\_\_\_ it has no relevance today when we have electric lights and people work around the (8) \_\_\_\_\_.

*back  
value  
feel  
practice  
evening  
clock  
done  
costs*

Those in (9) \_\_\_\_\_ of DST argue that it saves energy because lights are turned on later. They argue it (10) \_\_\_\_\_ outdoor leisure activities in the summer evening, and is therefore good for physical and psychological (11) \_\_\_\_\_. They also say it reduces traffic accidents and (12) \_\_\_\_\_. People who tend to support DST are city workers, retail businesses, outdoor sports enthusiasts and businesses, tour operators, and others who (13) \_\_\_\_\_ from increased light during the evening in summer. Opponents say it increases energy costs and (14) \_\_\_\_\_ health risks. The incidence of heart (15) \_\_\_\_\_ and strokes can increase due to changes in the circadian cycle (our body clock). With less rest, people make more (16) \_\_\_\_\_, so accidents increase.

*crime  
promotes  
health  
attacks  
mistakes  
benefit  
support  
causes*

## COMPREHENSION QUESTIONS

- When do clocks go forward with Daylight Saving Time?
- Who is questioning the value of Daylight Saving Time?
- What could changing the clocks be harmful to?
- What are California and Massachusetts thinking of doing?
- When do people work nowadays?
- What happens to lights during Daylight Saving Time?
- What do supporters say DST reduces, besides traffic accidents?
- What kind of workers are mentioned in the article?
- What is another way of saying 'circadian cycle'?
- What do people get less of during Daylight Saving Time?



## MULTIPLE CHOICE - QUIZ

- When do clocks go forward with Daylight Saving Time?
  - in the spring
  - after lunch
  - the first Monday of April
  - the first full moon of April
- Who is questioning the value of Daylight Saving Time?
  - the boss of Rolex
  - school students
  - scientists
  - doctors
- What could changing the clocks be harmful to?
  - daylight
  - our health
  - the profits of Rolex
  - California
- What are California and Massachusetts thinking of doing?
  - letting people choose
  - joining DST
  - adding 2 hours
  - abandoning DST
- When do people work nowadays?
  - around the clock
  - 9 to 5
  - when they want
  - after breakfast
- What happens to lights during Daylight Saving Time?
  - they become brighter
  - they are dimmed
  - they go dark
  - they get turned on later
- What do supporters say DST reduces, besides traffic accidents?
  - light
  - crime
  - profit
  - stress
- What kind of workers are mentioned in the article?
  - light makers
  - clock makers
  - farmers
  - city workers
- What is another way of saying 'circadian cycle'?
  - racing bike
  - 24 hours
  - body clock
  - stopwatch
- What do people get less of during Daylight Saving Time?
  - money
  - rest
  - stress
  - leisure time



### 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.

Find the answers in next MONDAY issue

ANSWER KEY TO THE LAST EIS PAGE ACTIVITIES (DATED MAY 01, 2017)

Please check for yourself by looking at the Article on page 01/05/2015 (It's good for your English :-)