Daylight Savings Time

Although they did not fix their schedules to the clock in the modern sense, ancient civilizations adjusted daily schedules to the sun more flexibly than DST does, often dividing daylight into twelve hours regardless of daytime, so that each daylight hour was longer during summer. After ancient times, equal-length civil hours eventually supplanted unequal, so civil time no longer varies by season. Unequal hours are still used in a few traditional settings, such as some monasteries of Mount Athos and all Jewish ceremonies.

Modern DST was first proposed by the New Zealand entomologist George Hudson in 1895, whose shift work job gave him leisure time to collect insects, and led him to value after-hours daylight. William Sword Frost, mayor of Orillia, Ontario, Canada, introduced daylight saving time in the municipality during his tenure from 1911 to 1912. Starting on April 30, 1916, the German Empire and its World War I ally Austria-Hungary were the first to use DST as a way to conserve coal during wartime. Britain, most of its allies, and many European neutrals soon followed suit. Russia and a few other countries waited until the next year and the United States adopted it in 1918.

Broadly speaking, Daylight Saving Time was abandoned in the years after the war (with some notable exceptions including Canada, the UK, France, and Ireland). However, it was brought back for periods of time in many different places during the following decades, and commonly during World War II. It became widely adopted, particularly in North America and Europe, starting in the 1970s as a result of the 1970s energy crisis. Since then, the world has seen many enactments, adjustments, and repeals.

By synchronously resetting all clocks in a region to one hour ahead of standard time, individuals who follow such a year-round schedule wake an hour earlier; they begin and complete daily work routines an hour earlier, and they have available to them an extra hour of daylight after their workday activities. However, they will have one less hour of daylight at the start of each day, making the policy less practical during winter.

While the times of sunrise and sunset change at roughly equal rates as the seasons change, proponents of Daylight Saving Time argue that most people prefer a greater increase in daylight hours after the typical "nine to five" workday. Supporters have also argued that DST decreases energy consumption by reducing the need for lighting and heating, but the actual effect on overall energy use is heavily disputed.

DST is also of little use for locations near the equator, because these regions see only a small variation in daylight in the course of the year. The effect also varies according to how far east or west the location is within its time zone, with locations farther east inside the time zone benefiting more from DST than locations farther west in the same time zone. *[https://en.wikipedia.org/wiki/Daylight_saving_time#Permanent_daylight_saving_time]*