

1. **Fall Back: Daylight Saving Time DST.**
Twice a year we move our clocks by one hour. We fall back in the fall and we spring forward in the spring. Why do we do it? Is it worth it? How did it start? Does it really work?
2. **First City to try DST: Thunder Bay, Ontario, Canada.**
In July, 1908, **Thunder Bay** in Ontario, Canada became the first location to use DST. Other locations in Canada were also early to introduce Daylight Saving bylaws.
On **April 23, 1914**, Regina in Saskatchewan, Canada implemented DST. The cities of Winnipeg and Brandon in Manitoba followed on **April 24, 1916**. According to the April 3, 1916, edition of the Manitoba Free Press, Daylight Saving Time in Regina “proved so popular that bylaw now brings it into effect automatically”.
3. Germany became the first country to introduce DST when clocks were turned ahead 1 hour on **April 30, 1916**. The rationale was to minimize the use of artificial lighting in order to save fuel for the war effort during World War I. The idea was quickly followed by the **United Kingdom** and many other countries, including **France**. Many countries reverted back to standard time after World War I, and it wasn't until the next World War that DST made its return in most of Europe.

When the United States got involved in the war in 1918, they too instituted daylight saving time. President Woodrow Wilson even wanted to keep the new system after the war ended. But at the time, the country was mostly rural. Farmers hated the time change, because their jobs were dependent on the sun, and daylight saving time put them out of sync with the city people who sold

them goods and bought their products. Congress repealed daylight saving time, Wilson vetoed the repeal, and Congress promptly overrode his veto, a fairly rare occurrence.

4. Year-round DST, also called “War Time”, was in force during World War II, from February 9, 1942, to September 30, 1945, in the US and Canada. During this time, the [US time zones](#) were called “Eastern War Time”, “Mountain War Time”, “Central War Time”, and “Pacific War Time”. After the surrender of Japan in mid-August 1945, the time zones were relabeled “Peace Time”.

The UK applied “Double Summer Time” during World War II by setting the clocks two hours ahead of [GMT](#) during the summer and one hour ahead of GMT during the winter.

America's increasingly industrialized population wasn't as keen on losing their post-work daylight after the war ended. So when the national law requiring the time switch was repealed, some towns stuck with daylight saving.

It was chaos. One 35-mile bus ride from Moundsville, W.Va., to Steubenville, Ohio, took riders through no less than seven different time changes. At one point, the Twin Cities of Minneapolis and St. Paul were on different clocks, creating confusion for workers who lived in one city and commuted to the other.

5. But, how did this all start? Some have mistakenly credited Ben Franklin for first suggesting the idea of moving the hands of the clock. In his era there were no time zones—all time local. Time zone didn't come into

existence until the late 19th century. His comment was more of a gentle jab at the French lifestyle. As ambassador to Paris, Franklin wrote a letter to the Journal of Paris in 1784 of his "discovery" that the sun gives light as soon as it rises, and needling Parisians for their night-owl, candle-burning ways.

6. The first serious proposal a time change was made by **George Vernon Hudson**. He was an English-born New Zealand [entomologist](#) and [astronomer](#). In 1895 he presented a paper to the Wellington Philosophical Society proposing a two-hour daylight-saving shift,^[3] and after considerable interest was expressed in [Christchurch](#), New Zealand he followed up in an 1898 paper.
7. William Willett, an Englishman who loved his early-morning horseback rides. In 1907 William published a pamphlet "The Waste of Daylight"^[6] In it he proposed that the clocks should be advanced by 80 minutes in four incremental steps during April and reversed the same way during September. Willett he couldn't believe that everyone else wanted to [sleep in](#) after the sun came up. He also touted the benefits of longer hours of daylight in the evenings. [[Gallery: Our Amazing Sun](#)]
8. **DST in U.S.**
In the US, "Fast Time" as it was called then, was first introduced in 1918 when President Woodrow Wilson signed it into law to support the war effort during World War I. The initiative was sparked by Robert Garland, a Pittsburgh industrialist who had encountered the idea in the UK. Today he is often called the "Father of Daylight Saving".

Only seven months, later the seasonal time change was repealed. However, some cities, including Pittsburgh,

Boston, and New York, continued to use it until President Franklin D. Roosevelt instituted year-round DST in the United States in 1942.

“War Time” DST

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US Uniform Time Act of 1966

From 1945 to 1966 there were no uniform rules for DST in the US and it caused widespread confusion especially for trains, buses, and the broadcasting industry. As a result, Congress passed the Uniform Time Act of 1966. It stated that DST would begin on the last Sunday of April and end on the last Sunday of October. However, states still had the ability to be exempt from DST by passing a state ordinance.

Energy Policy Act of 2005

After the energy crisis was over in 1976, the DST schedule in the US was revised several times throughout the years. From 1987 to 2006, the country observed DST for about seven months each year. The current schedule was introduced in 2007 and follows the [Energy Policy Act of 2005](#), which extended the period by about one month. Today, DST starts on the second Sunday in March and ends on the first Sunday in November.

9. Does it work?

The first comprehensive study of its effectiveness occurred during the oil crisis of the 1970s, when the U.S. Department of Transportation found that daylight saving trimmed national electricity usage by roughly 1 percent compared with standard time. The US Congress extended DST to a period of ten months in 1974 and eight months in 1975, in hopes to save energy following the 1973 oil embargo. The trial period showed that DST saved the energy equivalent of 10,000 barrels of oil each day.

In 2006 Indiana instituted daylight saving statewide for the first time. (Before then, daylight time confusingly was in effect in just a handful of Indiana's counties.) Examining electricity usage and billing since the statewide change, Kotchen and his colleague Laura Grant unexpectedly found that daylight time led to a 1 percent overall rise in residential electricity use.

Investigators got another opportunity in 2007, when daylight time nationwide began three weeks earlier, on the second Sunday in March, and ended one week later in the fall. California Energy Commission discovered that extending daylight time had little to no effect on energy use in the state. The observed drop in energy use of 0.2 percent fell within the statistical margin of error of 1.5 percent.

In their October 2008 report to Congress, they conclude that the four-week extension of daylight time saved about 0.5 percent of the nation's electricity per day, or 1.3 trillion watt-hours in total. That amount could power 100,000 households for a year.

