Testimony of Karin Johnson, MD, FAAN, FAASM

Permanent Standard Time:
the Naturally Healthy and Lasting Way
to End Clock Change

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Before the
US Senate Committee on Commerce, Science and Technology

On

April 10, 2025

Chairman Cruz, Ranking Member Cantwell, and Distinguished Members of the Senate:

My name is Dr. Karin Johnson. I am a practicing sleep medicine specialist and neurologist at UMASS Chan School of Medicine- Baystate. I received my undergraduate degree from Harvard University and medical degree at University of Chicago. I trained in neurology at Brown University and sleep medicine at Harvard University. My primary focus is clinical sleep medicine. My research centers on how sleep disorders and sleep health impact overall health and brain function. My support for permanent Standard Time stems from my commitment to promoting sleep health and brain health on a larger scale.

Today, I appear in my personal capacity as a sleep medicine physician, a member of the American Academy of Sleep Medicine Advocacy Committee and the Co-Chair of the Coalition for permanent Standard Time. This coalition includes the American Academy of Sleep Medicine, Sleep Research Society, Society for Research on Biological Rhythms, National Sleep Foundation and the non-profit Save Standard Time. Please note that the views expressed in my testimony do not necessarily reflect those of my employer.

Thank you for inviting me to speak at this important hearing. I commend this committee for thoughtfully considering changes to Daylight Saving Time (DST), particularly in regard to its impact on the health and wellbeing of the American people. I echo President Trump's call to end Daylight Saving Time.[1] Permanent Standard time aligns with his executive order establishing the Make America Healthy commission to protect the wellbeing of the nation and especially of our children. The Sunshine Protection Act for permanent Daylight Saving Time would do the opposite.

In my professional opinion and that of other scientific and medical societies including but not limited to the American Academy of Sleep Medicine, American Academy of Neurology, and the National Safety Council, permanent Standard Time offers multiple positive benefits for physical and mental health, safety and performance.

My testimony will focus on:

1. **The harms of the spring clock change to Daylight Saving Time and the greater risks of year-round Daylight Saving Time.**
2. **Permanent Standard Time is the natural, healthy choice offering multiple long-term benefits to physical health, mental health, safety and performance.**
3. **History supports year-round Standard Time as the only viable solution to end clock change.**

The majority of Americans have consistently called for an end to seasonal clock changes. Last month, President Trump held off on action, stating that he perceived the public as evenly split on which clock should be made permanent. However, the same week, a national Gallop poll revealed a significant shift in public opinion with twice as many Americans now supporting permanent Standard Time (48%) over permanent Daylight Saving Time (24%).[2]

[1] (Bink, 2024)
[2] (Evans & Jones, 2025)

Sleep Health: A Pillar of Overall Health and Well-being

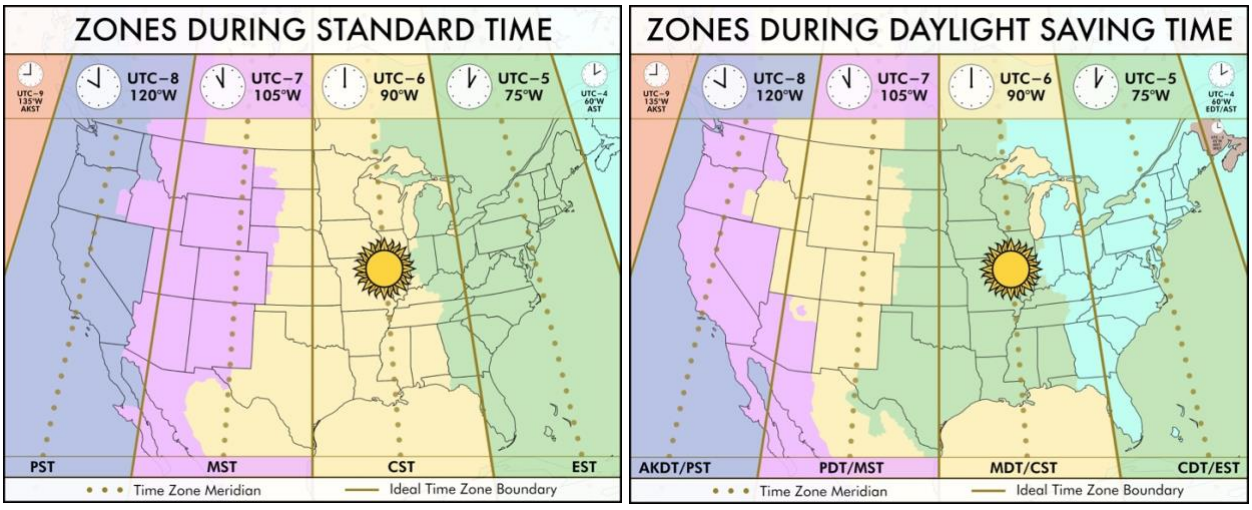
Consider how you or your children have felt after a poor night's sleep. Maybe you've missed an important meeting, snapped at your spouse, drifted out of your lane, skipped the gym, or eaten an extra bowl of ice cream. You may have struggled to get an overly tired toddler to behave or have drag your teenager out of bed for school. Contrast that with how much better you feel and function after a restful sleep. Permanent Standard Time would help more Americans experience that improvement by providing a more natural alignment between our social schedules and the sun's cycle every day of the year.

There is a growing understanding among doctors, educators, athletes and mental health professionals that sleep is critical but often underutilized tool for improving overall health. Americans are facing a sleep deprivation epidemic, with 60% of adults[3] and 80% of teens[4] not getting the recommended amount of sleep. Even small improvements in sleep can significantly boost metabolism, mood, immune function and performance.

High-profile athletes, including Tom Brady, Kirk Cousins, Lebron James, Gabby Thomas, Roger Federer and Justin Thomas have capitalized on this understanding to improve their performance through sleep optimization.[5]

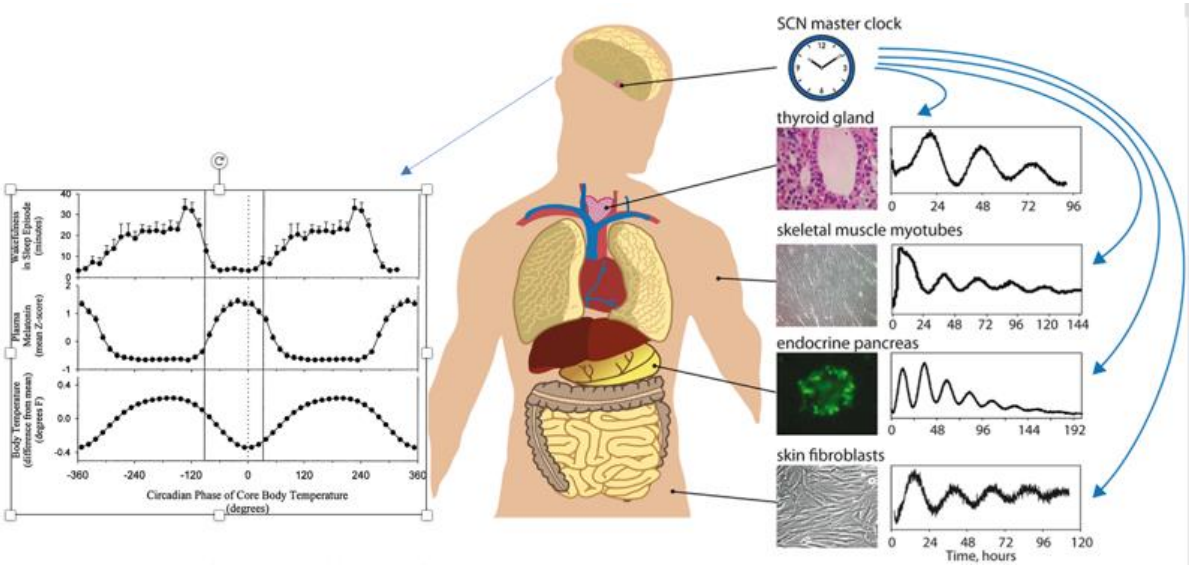
Clock Time Matters

Good sleep is not just the number of hours, but also the timing and quality. Human beings are diurnal (not nocturnal); our bodies crave morning light to wake and evening darkness to sleep. Permanent Standard Time improves sleep health by aligning our clocks more naturally with the sun. Standard Time naturally places the sun directly overhead at noon at the meridian (dotted line) of each time zone. Daylight Saving Time shifts the clock time so that the sun is overhead an hour later.



[3] (NationalSleepFoundation, 2025)
[4] (NationalSleepFoundation, 2024)
[5] (Gatto, 2019; Gorman, 2024; Ibach, 2019; Scipioni, 2021; Sekaran, 2023)

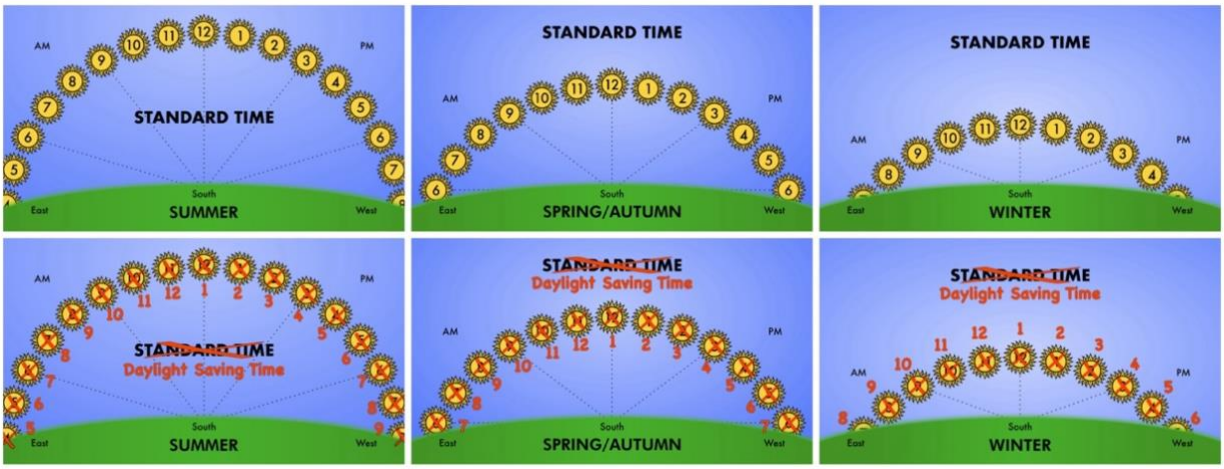
Every cell in our body has a biological clock that synchronizes with a master clock in the brain, aligning our circadian rhythms to a 24-hour day.[6] To keep our internal clocks synchronized, most people need morning light and evening darkness. However, Daylight Saving Time stresses the body and brain by continually exposing us to the opposite conditions. Throughout the entire Daylight Saving Time period, our social schedules are misaligned with our natural circadian rhythms. This makes it harder to sleep and wake, and it strains metabolic and neurological functions.



The effects of circadian misalignment are familiar to many of us during flights across time zones. With conventional jetlag, new timing of sunrise at our destination resynchronizes our internal rhythms to the local environment within a few days. However, with Daylight Saving Time our circadian hormones levels (such as the natural morning release of wakefulness-promoting cortisol) remain more aligned to the sun.[7] Chronobiologists refer to this condition as "social jet lag".

[6] Picture adapted from (Saini, Brown, & Dibner, 2015) and (Dijk & Lockley, 2002)
[7] (Hadlow, Brown, Wardrop, & Henley, 2014)

When our alarms ring at 7 a.m. during Daylight Saving Time, our bodies still feel like it is 6 a.m. near the time zone meridian. On the western edge of the time zone, it feels closer to 5:30 a.m.



When Daylight Saving Time is extended into winter's unavoidably shorter days, it pushes sunrise in most states past 8 a.m. for three or more months, and past 9 a.m in some locations. The long deprivation of crucial morning sunlight is why year-round Daylight Saving Time is exponentially more harmful than seasonal Daylight Saving Time.

Adolescents, teens and young adults have the most circadian disruption from Daylight Saving Time because their body rhythms already run late.[8] Any parent of a teenager knows you can't just tell a kid to go to bed when they aren't tired. This is because before sleep onset, teenagers have the strongest drive for alertness (in what sleep scientist call the "forbidden zone").[9] With more evening light during Daylight Saving Time pushing rhythms even later, most teenagers are biologically unable to get enough sleep before their morning alarms ring. This results in an

[8] (Crowley, Acebo, & Carskadon, 2007)
[9] (Lavie, 1986)

increased number of teenagers trying to catch up on sleep over weekends,[10] which is associated with numerous adverse health and performance outcomes.[11]

The Harms of the Spring Clock Change to Daylight Saving Time and the Greater Risks of Year-round Daylight Saving Time

The transition from Standard Time to Daylight Saving Time in the spring is particularly harmful (see table below), but year-round Daylight Saving Time is even worse. Our body rhythms never adjust to the later sunrises and sunsets of Daylight Saving Time. These are associated with many long-term risks, including higher rates of cancer, obesity, heart attacks, depression, suicide and fatal car crashes.[12] Independent reviews of the literature have resulted in multiple position statements by medical and scientific groups in support of permanent Standard Time.[13]

Health, Safety and Performance Outcomes Worsened by the Spring Clock Change[14]

Sleep disruption	Medical errors
Teen sleep deprivation	Missed appointments
Strokes	Workplace injuries
Heart attacks	Human caused wildfires
Atrial fibrillation	Medical malpractice payments
Autopsies including sudden infant death	Harsher judges sentencing
In-vitro fertilization rate failure	Stock market volatility
Emergency room visits	Alcohol consumption
Motor vehicle accidents	Athletic performance
Suicide	Athletic injuries

Can We Quantify the Short-term Impact?

795,000 strokes /year ~ 15,000 strokes/week. A 3% increase in stroke the week after the time change ~ 450 more strokes/each spring

A study by JP Morgan indicates that the spring shift to Daylight Saving Time is associated with increased financial costs, including a 5.9% spike in healthcare spending in Los Angeles compared to Phoenix in the month after the change. (Arizona stays on Standard Time).

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[10] (Borisenkov et al., 2017)

[11] (Castro et al., 2021; Foster et al., 2013; Haraszti, Ella, Gyöngyösi, Roenneberg, & Káldi, 2014; Levandovski et al., 2011; McGowan, Uzoni, Faltraco, Thome, & Coogan, 2020; Panev et al., 2017; Parsons et al., 2015; Phillips et al., 2017; Roenneberg, Allebrandt, Merrow, & Vetter, 2012)

[12] (Borisenkov et al., 2017; Gentry, Evaniuck, Suriyamongkol, & Mali, 2022; Gu et al., 2017; D. J. Reis et al., 2023; T. VoPham et al., 2018)

[13] (Crawford et al., 2024; Malow, 2022; Medicine, 2022; Roenneberg et al., 2019)

[14] (Kantermann, Juda, Merrow, & Roenneberg, 2007; Lahti et al., 2006) (Kolla, Coombes, Morgenthaler, & Mansukhani, 2021; Medina, Ebben, Milrad, Atkinson, & Krieger, 2015) (Barnes & Wagner, 2009; Ellis, Luther, & Jenkins, 2018; Holland & Hinze, 2000; Sipila, Ruuskanen, Rautava, & Kyto, 2016) (Kountouris, 2020; Manfredini et al., 2019) (Chudow et al., 2020) (Cho, Barnes, & Guanara, 2017; Gao, Lage, & Scullin, 2024; Kamstra, Kramer, & Levi, 2010) (Heacock et al., 2022) (Coate & Markowitz, 2004; Ferguson, 1996; Neumann & von Blanckenburg, 2025; Teke et al., 2021) (O'Connor & Kancheva, 2022; Yule, Krishna, Rahiri, & Hill, 2016)

Small Sleep Improvements, Big Impacts

We know from later school start time policies that small changes in sleep health can lead to meaningful benefits to health, mood, safety and performance.[15] Permanent Standard Time would allow these benefits without requiring drastic changes. Whereas permanent DST would change the recommended school start time from 8:30 a.m. to 9:30 a.m.

Daylight Saving Time Impacts Certain Populations More

- Teenagers and other night owls
- People with work or childcare start times before 8:30 a.m. (the median work start in the United States is 7:55 a.m.)
- People who live on the western edge of time zones

Corrections of Common Misconceptions

- Daylight Saving Time does not make days longer
- Summer benefits health and mood due to its longer daylength and warmer weather, not due to Daylight Saving Time.
- Studies fail to show permanent Daylight Saving Time significantly increases exercise in the United States.[16] Even if some people exercise more, the risk of chronic health disorders increases due to sleep and circadian disruption.
- While darkness may come with health and safety risks, Daylight Saving Time is not the solution, because sleep and circadian disruption cause even more health and safety risks.
- Permanent Standard Time results in fewer long-term mental health disorders, reducing seasonal depression[17] and suicide.[18] A 2025 study found that artificial delay of sunrises and sunsets is associated with a roughly 6% increase in the incidence of depression.[19] This is not surprising, as morning light and healthy sleep are known treatments for mental health disorders.
- There are no data to support that permanent Daylight Saving Time would reduce year-round crime or motor vehicle crashes, there are only data to support short-term effects after the clock change. Moreover, a recent study spanning eleven years of data across the nation showed that artificial delay of sunrises and sunsets is associated with 21.8% more fatal crashes.[20] Furthermore, sleep disruption is associated with drug and alcohol use, poorer judgment, more risk-taking behaviors and greater aggression—all of which are risk factors for criminality and for vehicular accidents.
- Farmers historically have supported permanent Standard Time. Many aspects of farm and ranch work remained aligned to the sun, for example, the time dew clears from the fields and the circadian rhythms of farm animals. Animals are also impacted by clock changes,

[15] (K. Wahlstrom et al., 2014) (Later; McKeever, Dodd, & O'Sullivan, 2022) (K. L. Wahlstrom, Berger, & Widome, 2017) (Danner & Phillips, 2008; Temkin, Princiotta, Ryberg, & Lewin, 2018)
[16] (Goodman, Page, Cooper, & International Children's Accelerometry Database, 2014; Zick, 2014)
[17] (Borisenkov et al., 2017)
[18] (D. J. Reis et al., 2023)
[19] (Argys, Averett, & Yang, 2025)
[20] (Gentry et al., 2022)

becoming less active after sunrise after the transition to Daylight Saving Time.[21] Rural areas were particularly affected in 1974 when people were made to commute to work in the dark and send their kids to school in the dark during permanent Daylight Saving Time.

- Night owls often express a preference for Daylight Saving Time, believing later sunrise and sunsets align better with their natural rhythm. However, their circadian rhythms are more sensitive to the delayed light exposure of Daylight Saving Time.[22] When night owls miss morning light or get exposed to too much light in the evening, their internal body clocks have a greater degree of misalignment with the external environment than people with earlier sleep timing preferences, or "chronotypes". This misalignment is called "social jet lag", and it is associated with chronic health risks, including higher rates of obesity, depression, and cardiovascular problems.[23] Night owls are also more likely to experience greater sleep loss after the seasonal clock change to Daylight Saving Time.[24] One of the most effective medical treatments for helping night owls to wake on time for work and school is high-intensity morning light exposure.[25] Morning light helps reset their circadian rhythms, making it easier to wake up earlier and feel more aligned with the typical work day. Permanent Standard Time would not only help night owls rise without the harshness of an alarm clock, but also support healthier sleep cycles, making it easier for them to fall asleep earlier. The mental and physical health benefits of permanent Standard Time are greater for night owls.
- The negative impact of Daylight Saving Time on sleep harms the economy. Workers, especially those with early start times before 8:30 a.m., are less likely to be productive and efficient during periods of circadian misalignment.[26] Permanent Standard Time improves academic success with higher high school test scores than even seasonal Daylight Saving Time. [27] Additionally, health care bills and work-place injuries rise after the transition to Daylight Saving Time and utility bills, heating and cooling costs are lower during Standard Time.[28]

Historical Context and the Case for Permanent Standard Time

Prior to 1966, most states enjoyed permanent Standard Time for eight decades outside of wartime. It was only after the Uniform Time Act was enacted, with its prescribed adherence to seasonal Daylight Saving Time, that most states began to observe biannual clock changes. Permanent Daylight Saving Time has been tried before, notably during World War II and the 1974 Oil Crisis, but it was quickly abandoned due to its unpopularity and negative effects. Permitting states to adopt permanent Daylight Saving Time could create significant economic and logistical issues, especially for industries like transportation and broadcasting. Prevention of

[21] (Nagendran, Li, Samson, & Schroeder, 2025)
[22] (C. Reis et al., 2023)
[23] (Fárková, Šmotek, Bendová, Manková, & Kopřivová, 2021) (Fischer & Lombardi, 2022) (Juda, Vetter, & Roenneberg, 2013) (McMahon et al., 2019) (Owens, Dearth-Wesley, Herman, & Whitaker, 2019) (Merikanto et al., 2013) (Urbán, Magyaródi, & Rigó, 2011) (Wong, Hasler, Kamarck, Muldoon, & Manuck, 2015)
[24] (Putilov, Poluektov, & Dorokhov, 2020)
[25] (Narala, Ahsan, Ednick, & Kier, 2024)
[26] (Giuntella & Mazzonna, 2019)
[27] (Gaski & Sagarin, 2011)
[28] (Barnes & Wagner, 2009; Depalo, 2023; Farrell, Narasiman, & Ward Jr., 2016; Kotchen & Grant, 2011)

such problems was why the Uniform Time Act of 1966 was enacted.[29] For example, it has been estimated that companies spend $350 million dollars in computer fixes to deal with Daylight Saving Time transitions.[30] Thus, a national or at least regional approach, with adequate preparation time and careful choice of the most sustainable permanent clock, is preferred.

A recent review disproves the claimed energy savings of Daylight Saving Time,[31] including studies showing utility bills increase during Daylight Saving Time, due to higher heating and cooling costs.[32]

Only about 70 countries currently have seasonal Daylight Saving Time policies, with most countries following year-round Standard Time. Mexico most recently adopted year-round Standard Time in 2022. Permanent Standard Time has been shown to be a lasting option, whereas permanent Daylight Saving Time in the United States and elsewhere has been unsustainable.

Conclusion

In summary, while seasonal Daylight Saving Time allows for more evening light, it forces unpopular, costly and harmful biannual clock changes.

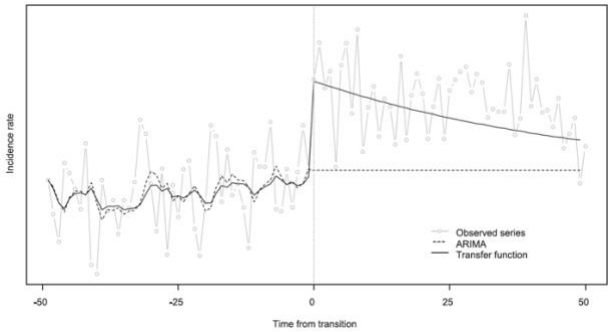
Permanent Standard Time offers a balanced approach that aligns with our natural circadian rhythms, improves health, safety, and productivity, and eliminates the harmful and unpopular effects of seasonal clock changes. While Daylight Saving Time may seem beneficial on the surface, it brings substantial costs to our well-being and inefficiencies to our economy. I urge this committee to consider the long-term benefits of adopting Permanent Standard Time.

[29] (United States. Congress. House. Committee on Interstate and Foreign Commerce., 1973)
[30] (Lohr, 2007)
[31] (Neumann & von Blanckenburg, 2025)
[32](Farrell et al., 2016; Kotchen & Grant, 2011)

Additional Information About Seasonal Transition Effects

Studies of motor vehicle crashes after clock changes have shown varying results,[33] but one study that analyzed data over ten years found the spring transition to Daylight Saving Time likely increases fatal motor vehicle crashes, with a 6% rise in fatalities reported. This risk is most significant in the western edges of time zones, where circadian disruption is greatest.[34]

Hansen et al's often-cited study showed an 11% increase in depression episodes after the fall transition from Daylight Saving Time to Standard Time, but the rates then decreased over the next two months during Standard Time. This suggests a short-term worsening after the change, and a long-term protective effect of Standard Time, despite shortening day lengths.[35] However, other types of studies are needed to inform the long-term effects. For example, one study that compared permanent Daylight Saving Time to permanent Standard Time found highest rates of seasonal depression during permanent Daylight Saving Time.[36] Another study found a 6% higher incidence of depression with later sunrises and sunsets.[37]

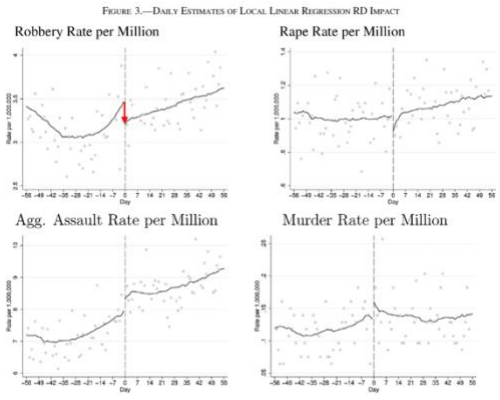


Doleac et al's often-cited study reported a 27% drop in robberies occurring in the two hours around and after sunset after the spring Daylight Saving Time to Standard Time transition.[38] Their data supports an acute effect of light on decreasing robbery rates, but it is unlikely crime rates would be lower overall with permanent Daylight Saving Time when sleep factors are taken in account. In fact, their data shows more crimes were committed during DST period, per their table below.

[33] (Coate & Markowitz, 2004; Ferguson, 1996; Goodwin, Gonzalez, & Fontenla, 2024; Neumann & von Blanckenburg, 2025; Teke et al., 2021)
[34] (Fritz, VoPham, Wright, & Vetter, 2020)
[35] (Hansen, Sonderskov, Hageman, Dinesen, & Ostergaard, 2017)
[36] (Borisenkov et al., 2017)
[37] (Argys et al., 2025)
[38] (Doleac & Sanders, 2015; Munyo, 2018)

TABLE 1.—AVERAGE CRIMES PER MILLION POPULATION FOR THE THREE WEEKS BEFORE AND THREE WEEKS AFTER DAYLIGHT SAVING TIME

		All Day	
Crime Rate per Million	Total	Pre-DST	Post-DST
Robbery	3.286	3.192	3.381
	(8.816)	(8.696)	(8.933)
Rape	1.046	1.036	1.056
	(5.222)	(5.251)	(5.192)
Aggravated assault	8.747	8.193	9.300
	(16.996)	(16.254)	(17.69)
Murder	0.141	0.142	0.140
	(1.631)	(1.634)	(1.628)
Year		2005	2006
Total population (1,000,000)	–	22.998	23.194
Total reporting Jurisdictions			



Data Informing the Long-term Impact of Clock Time Choice

Sleep Effect of 1-hour Earlier Sunset and Sunrise on Working Adults in US[39]

Social Factor	Average Daily Sleep Gain
Employed Adults	19 minutes
Work-start before 7 a.m.	36 minutes
Parents of children with school start time before 8 a.m.	27 minutes
Work-start after 8:30 a.m. without children	No change

Social Jet Lag (sleeping in >2 hours later on weekends) is less common in adolescents with permanent Standard Time[40]

Exercise

- No change in average exercise in US adolescents with later sunsets[41]
- Comparing Arizona to nearby states, Daylight Saving Time doesn't increase adult physical activity, but it may change the time of day that exercise occurs[42]

Health

- Childhood obesity rates decrease with less social jet lag[43]
- Fewer cases of being overweight or obese with 1-hour earlier sunrise/sunset[44]
- More sun-aligned clock time is associated with lower rates of cancer, heart attacks, coronary artery disease and diabetes[45]
- Health care costs are lower with both stopping clock transitions and more sun-aligned clock time[46]

[39] (Giuntella & Mazzonna, 2019)
[40] (Borisenkov et al., 2017)
[41] (Goodman et al., 2014)
[42] (Zick, 2014)
[43] (Liang et al., 2022)
[44] (Giuntella & Mazzonna, 2019)
[45] (Giuntella & Mazzonna, 2019; Gu et al., 2017; Trang VoPham et al., 2018)
[46] (Co., 2016; Giuntella & Mazzonna, 2019)

Mental Health

- While people can feel mood brighten when going out in the sun, the timing of light and quality of sleep are more important for long-term mental health
- Morning light-box treatment improves mood;[47] Standard Time naturally provides morning light
- 6% higher incidence of depression with later sunrise and sunset[48]
- 1–2/100,000 more suicides with later sunrise and sunset;[49] more aligned clocks could prevent about 5,000 suicides per year
- Sleep and circadian disruption is associated with increased substance abuse[50]
- Winter depression rates are highest during permanent Daylight Saving Time and lowest during permanent Standard Time[51]

Real-world Trials Abroad

Policy	Years	Rate of Winter Depression
Seasonal DST	Pre-2011	8.33%
Permanent DST	2011-2014	9.33%
Permanent ST	Post 2014	7.13%

Can We Quantify the Difference Between Permanent DST and Permanent ST?

Given 42.9 million adolescents in the United States and prevalence rate of seasonal depression in adolescents of 1.7–5.5%, a 2.2% difference is approximately 16,000–52,000 fewer children with seasonal depression during permanent Standard Time than during permanent Daylight Saving Time.

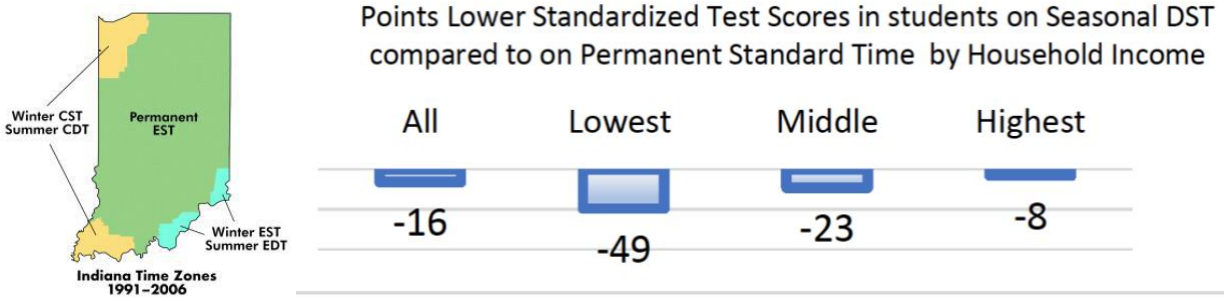
Workplace Performance and Safety

- Many studies demonstrate that sleep and circadian disruption result in worsened brain function, including worsened concentration, attention, reaction time, decision making and learning/memory, affecting workplace relationships, performance and safety[52]
- Later sunrises and sunsets are associated with over $600 million per year in lost productivity due to 4 million lost workdays[53]
- Professions with earlier work start times or shift work schedules, including transportation construction, utility, manufacturing, education and health services, are impacted most

[47] (Terman, 2007)
[48] (Argys et al., 2025)
[49] (D. J. Reis et al., 2023)
[50] (Hasler et al., 2017; Hasler et al., 2022)
[51] (Borisenkov et al., 2017)
[52] (Barnes, 2012; Barnes, Ghumman, & Scott, 2013; Barnes, Guarana, Nauman, & Kong, 2016; Barnes, Gunia, & Wagner, 2015; Barnes, Lucianetti, Bhave, & Christian, 2015; Díaz-Morales & Escribano, 2015; Gish, Wagner, Grégoire, & Barnes, 2019; Guarana & Barnes, 2017; McGowan et al., 2020; McGowan, Voinescu, & Coogan, 2016; Panev et al., 2017; Scullin, Hebl, Corrington, & Nguyen, 2020; Uehli et al., 2014; Wagner, Barnes, Lim, & Ferris, 2012)
[53] (Giuntella & Mazzonna, 2019; Taillard, Sagaspe, Philip, & Bioulac, 2021)

Education

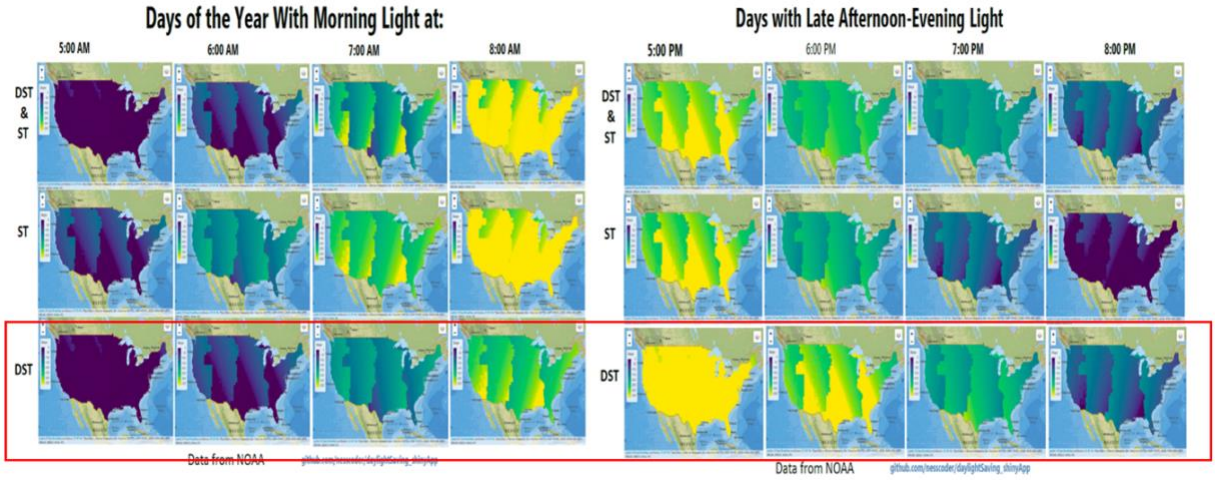
- Students living on permanent Standard Time had higher test scores than those on seasonal Daylight Saving Time[54]



- Academic performance improves when social jet lag is lower[55]

Motor Vehicle Crashes

- Despite the protective effect of more light during the busier evening commute, driving is less safe during Daylight Saving Time, due to sleep and circadian disruption effects
- 21.8% more fatal motor vehicle crashes occur with later sunsets;[56] more aligned clocks could prevent 1,300 more deaths per year
- Driving simulation testing improves throughout Standard Time and worsens throughout Daylight Saving Time[57]
- Permanent Daylight Saving Time has the most total commute time in the dark



[54] (Gaski & Sagarin, 2011)
[55] (Haraszti et al., 2014)
[56] (Gentry et al., 2022)
[57] (Orsini, Zarantonello, Costa, Rossi, & Montagnese, 2022)

Permanent DST Risked Lives & Business in 1974

Schoolgirl Hurt; Accident Blamed On Time Change

ARDMORE (AP) — Daylight Saving Time was blamed Wednesday for the injury of a 7-year-old girl.

School superintendent Bill Ware said Faritta Gates was struck by a car as she ran across a street to catch a school bus at 8 a.m. The driver of the car said he didn't see the girl in the darkness.

Ware ordered classes started a half hour later beginning Monday.

The girl was reported doing well at a local hospital with head and arm injuries and a broken leg.

Exemption From DST Is Wanted

ONTARIO, Ore. (AP) — An aide for Oregon Gov. Tom McCall said Monday that Transportation Secretary Claude Brinegar will be asked Wednesday to exempt a por-

Children's deaths spur bid to repeal daylight saving

DAYLIGHT, from A1

one-day session solely to deal with the daylight saving time issue.

In the United States Senate, Marlow W. Cook (R., Ky.) rose in support of repealing the year-round daylight saving plan, cleared by Congress December 14, and cited the Florida deaths, plus a reported increase in sexual assaults on

Representative Claude Pepper (D., Fla.), who, along with most of the Florida delegation, is supporting repeal, said last week that "the small savings in energy that we will make do not justify the loss of lives of our children nor the hardship placed upon our children and their parents.

"I regret for others their

Girl, 6, Critically Injured in Accident

A 6-year-old Tulsa girl was struck by a car and critically injured Wednesday as she neared a school bus stop at Virgin Street and Trenton Avenue in Daylight Saving Time dark.

Kelly Hines, daughter of Beverly Williams of 2133 N. St. Louis Ave., remained in the intensive care unit of Hillcrest Medical Center Wednesday night.

She received a fractured [illegible] internal and head injuries when struck by a car driven by Charles K. Smith, 23, of 11 E. Seminole St., police said. The accident prompted re-

ago after two children were killed and two others injured by cars near Woods.

NEWSPAPER FILES AND

It Is Daylight Disaster Time

The nationwide experience with midwinter Daylight Saving Time is converting its initials from DST to DDT (Daylight Disaster Time), and there is a growing conviction that this DDT also is bad for the environment.

The projected savings in energy haven't materialized, but the hazard to school children in the dark, early morning has.

DST BRINGS SWITCH

Road Crews Start One Hour Later

The midwinter switch to Daylight Saving Time forced county road-building and repairing crews to change their work hours so that daylight would be available.

County Commissioner J.P. Dick Richardson said Frank Lynch said Thursday that as of Monday their highway crews be-

School children, workers

Daylight saving move leaves many in dark

Darkness reigned for an extra hour this morning on the first work day under new daylight saving hours invoked Sunday to conserve the nation's energy.

For day-shift workers who normally rise at 6 a.m. to begin work at 7 a.m. nonetheless, that customers were fewer—especially young people. He said even traffic at the busy intersection of Union and Eagle streets seemed below normal.

Business at the Capitol restaurant and

The People Speak

School Children Exposed to Danger

TO THE EDITOR:

Like most Americans, I can accept the restrictions to conserve our country's energies.

But for the life of me, I am unable to figure out how this daylight savings time can be of any benefit.

As a former student of the Oklaho-

Praise Electricity

TO THE EDITOR:

I'm sure there are a lot of folks just like me who are real thankful for our electric lights this morning. We can see our way to get around, what with this new time and all.

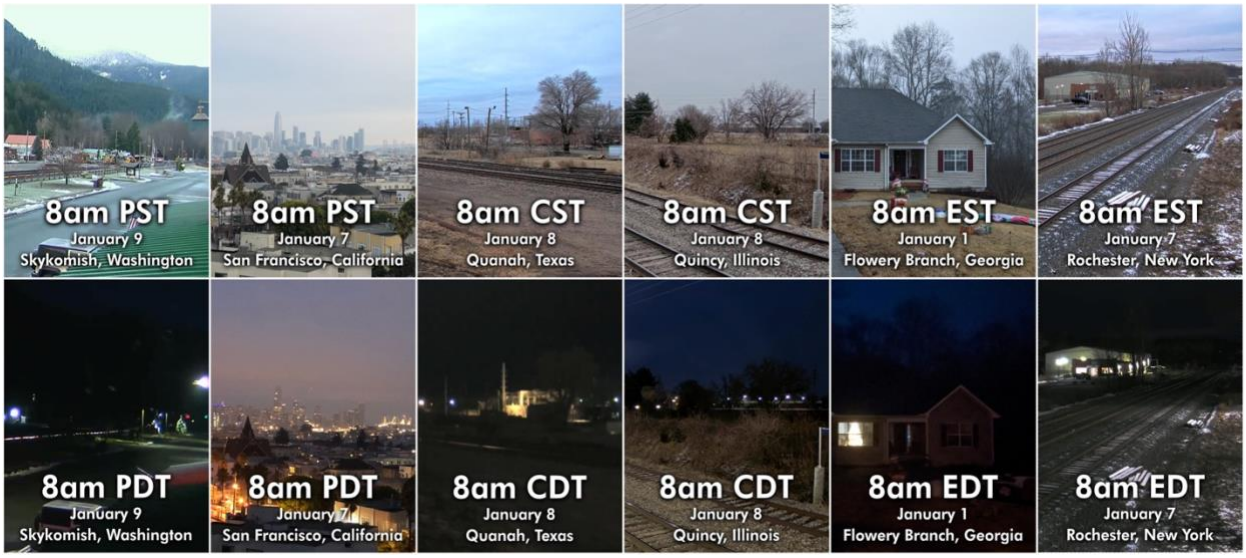
Change Backwards

TO THE EDITOR:

It seems that our lawmakers in Washington have done it again. They have changed our clocks to fit their needs—pretending to save fuel. But as anyone knows, it is backwards.

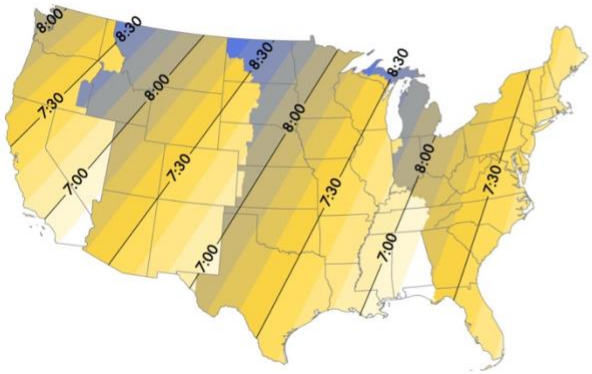
Sunrise Times on Permanent Daylight Saving Time

City	First Day with Sunrise After 8 AM	Last Day with Sunrise After 8 AM	Latest Sunrise
Anchorage, AK	Sept 28	Mar 20	11:16 AM
Atlanta, GA	Nov 4	Mar 7	8:44 AM
Boston, MA	Dec 6	Jan 31	8:14 AM
Charleston, WV	Nov 7	Feb 28	8:45 AM
Chattanooga, TN	Oct 29	Mar 10	8:51 AM
Cheyenne, WY	Nov 25	Feb 11	8:26 AM
Chicago, IL	Dec 1	Feb 4	8:19 AM
Cleveland, OH	Nov 1	Mar 2	8:54 AM
Denver, CO	Nov 28	Feb 9	8:22 AM
Detroit, MI	Oct 27	Mar 6	9:02 AM
Helena, MT	Oct 24	Mar 5	9:13 AM
Honolulu, HI	every day of the year		8:12 AM
Indianapolis, IN	Oct 19	Mar 13	9:07 AM
Jackson, MS	Dec 23	Jan 23	8:03 AM
Kansas City, KS	Nov 12	Feb 23	8:39 AM
Madison, WI	Nov 22	Feb 12	8:30 AM
Minneapolis, MN	Nov 6	Feb 24	8:52 AM
Pierre, SD	Oct 17	Mar 12	9:18 AM
Raleigh, NC	Nov 23	Feb 17	8:26 AM
Reno, NV	Nov 29	Feb 8	8:21 AM
Salt Lake City, UT	Nov 2	Mar 2	8:53 AM
San Antonio, TX	Nov 16	Mar 2	8:30 AM
San Francisco, CA	Nov 24	Feb 15	8:26 AM
Santa Fe, NM	Dec 5	Feb 6	8:15 AM
Seattle, WA	Nov 5	Feb 24	8:58 AM
St. Louis, MO	Nov 30	Feb 8	8:20 AM
Tallahassee, FL	Nov 11	Mar 5	8:36 AM
Trenton, NJ	Nov 27	Feb 9	8:22 AM
Wilmington, DE	Nov 26	Feb 11	8:24 AM

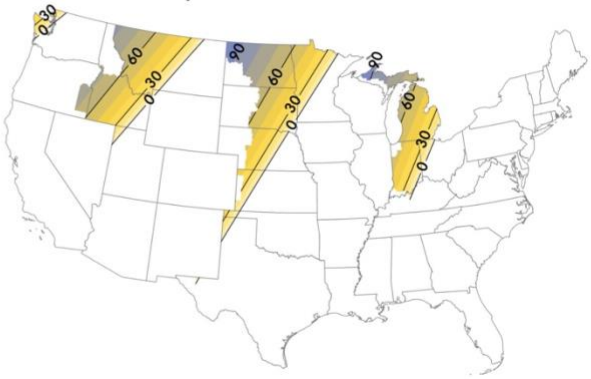


PERMANENT STANDARD TIME

Time of Latest Sunrises

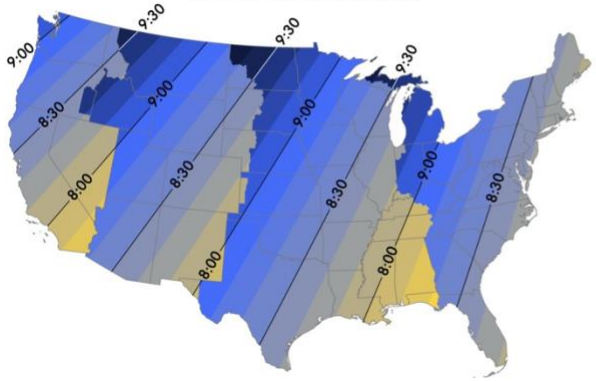


Days with Post-8am Sunrise

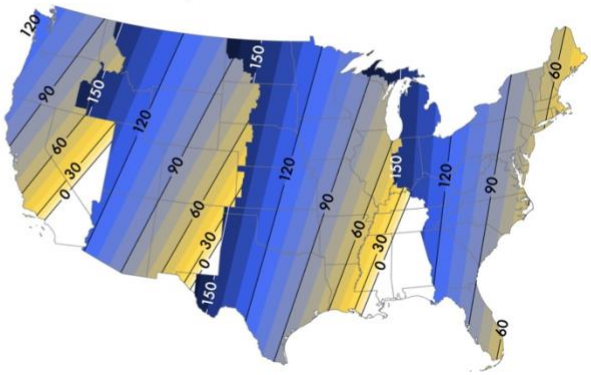


PERMANENT DAYLIGHT SAVING TIME

Time of Latest Sunrises



Days with Post-8am Sunrise



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