

# DAYLIGHT SAVING IS A HEALTH HAZZARD

*When told the reason for daylight saving, the Old Indian said, “Only the government would believe that you could cut a foot off the top of a blanket, sew it to the bottom, and believe you had a longer blanket.”*

Author unknown.

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I really love the opening quote because it does underscore how the majority of our politicians think, or don't think, as the case may be. By what fluke of nature does being elected to government automatically give politicians access to information and knowledge that had, up to that point, been denied them? *Daylight savings time* (DST) is just one example.

With more than a basic knowledge (if I may be so bold), based on my many years of studying Circadian Rhythms and 24-hour biological clocks, and the affects these have on human existence, I have been very outspoken about the downside to DST from the very onset.

It would seem that people are divided into two major camps, those who love it, and those who hate it. Those who love it are probably the ones that sleep in until 8 a.m. each morning, whose opinion is based almost entirely on themselves, their emotions, but seldom on hard facts.

To demonstrate just how little understanding the general populous has regarding DST, when it was introduced into the state of Queensland in Australia, a talkback radio host asked his listeners for feedback. One woman listener called in and stated that she didn't like daylight saving because the extra hour of sunlight was fading her curtains. And they give these people the vote!

The issue was brought to a head in March 2022, when the United States Congress passed the first reading of a bill that would make daylight saving a permanent fixture, and they are not the only country that is considering it. Pending Senate approval, the bill will make DST permanent in the United States, starting in 2023.

I am pleased to announce that there is at least one other person (I'm sure there must be others—where are you?) out there who understand the downside to our health that comes with DST. That person is Dr. Meeta Singh, a practicing board-certified psychiatrist and fellowship-trained sleep medical physician in the United States.

Dr Singh stated that the U.S. Congress has taken a step towards enacting federal policy **that will cause serious health problems across the entire population**, and world-wide if all countries adopt it. Dr. Singh stresses it is a step in exactly the wrong direction, further stating....*“This would be a massive, society-wide experiment, considering there is good reason to believe that permanent DST will make Americans sicker and more vulnerable.”* We must consider this in the possible long-term, the downside to which has the potential to relegate COVID-19 to being an inconvenient itch.

Let's consider what we already know. Our lives depend on circadian rhythms which come from Earth's magnetic field. In the centre of our planet is the *inner core* which is primarily a solid ball of molten iron with a radius of about 1,220 kilometres (760 miles), the equivalent of about 20% of Earth's radius, or 70% of the Moon's radius. It is not stationary, revolving faster than Earth itself.

The inner core is surrounded by the *outer core*, a layer about 2,400 kilometres (1,500 miles) thick, composed mostly of molten iron and nickel, 2,890 kilometres (1,800 miles) beneath Earth's surface. Between the outer core and Earth's crust is the *mantle*, the more solid of the three layers that accounts for 84% of Earth's total volume. It is encased within the *Earth's crust*, it being the hard thin shell, the cooler surface we walk on, that accounts for less than 1% of Earth's total volume.

The *lithosphere*, which includes the crust and the solid outer part of the mantle, is broken into *tectonic plates* that float on the mantle and outer core—instability that accounts for the movement of Earth’s land masses that we refer to as *Continental Drift*.

Over the past couple of million years Planet Earth had just one land mass that we refer to as *Pangaea*, a supercontinent that existed during the late Paleozoic and early Mesozoic eras. It assembled from earlier continental units during the Carboniferous era approximately 335 million years ago, and began to break apart about 200 million years ago, at the end of the Triassic and beginning of the Jurassic eras (the time of the dinosaurs). *Pangaea* was centred on the equator, and was surrounded by the super-ocean *Panthalassa*, and the *Paleo-Tethys* and subsequent *Tethys* oceans.

*Pangaea* is the most recent supercontinent to have existed, suggesting there had been prior supercontinents. In fact, continental drift now indicates the various continents are on their way to coalescing and forming yet another supercontinent that will again change the face of planet Earth.

When the continents collide and again form a single land mass, it is not a gentle affair. The mountain range in Europe, that includes Mount Everest, was formed when the continents collided and buckled the crust, indicating just how much energy is involved. A little-known fact is that under Mount Everest, and all other mountains, is an inverted mountain the size of the one we can see, indicating that the buckling effect goes in both directions.

Our planet is not the stable platform supporters of ‘global warming’ believe it to be. It is a volatile and enormously powerful force that is still, and will likely always be, involved in massive alterations to its outer crust.

Going back to what is happening within Earth’s mass, geologists have gathered sufficient evidence to prove that the rotation of the liquid outer core is in a westerly direction, as opposed to the inner core that rotates in an easterly direction, the opposite direction to Earth’s rotation.

This counter-rotation of the two cores acts like a dynamo that produces electricity, the source of the energy that creates Earth’s magnetic field. This magnetic field bursts out at the North Pole and encompasses our planet before it is absorbed back through the South Pole. It is the life force of our planet, and the source of the circadian rhythms that make life possible.

The human body is regulated by two major clocks, and a third that serves to complicate matters. The first is the *biological circadian rhythm clock* which regulates brain function and supplies us with essential electrons, without which life could not be sustained. My paper, *Grounding*, deals with this subject in more detail.

The second is the *Sun* that does not change its position, notwithstanding that the Earth’s orbit around the Sun is not quite circular, the reason we have seasons. The third is the clock on your bedside table that shows whatever time we program it to display.

Addressing these clocks in sequence, the Earth’s magnetic field flows from north to south, forming the longitudinal timelines that are precisely controlled by Earth’s rotation around the Sun. We have neurons in our brains that contain a form of iron that links us to the circadian rhythms, and assists us in determining direction, at least in most of us.

Sceptics dismissed early reports of these responses, largely because there didn’t seem to be a biophysical mechanism that could translate the Earth’s weak geomagnetic field into strong neural signals. This view dramatically changed with the discovery that living cells have the ability to build nanocrystals from the ferromagnetic mineral *magnetite*, best described as tiny magnets found in organisms ranging from protists (eukaryotic organisms whose cells contain a cell nucleus that are not classified as animal, plant, or fungus), to life forms such as insects, fish and mammals—the latter which includes whales, rodents, bats, cows, dogs, and humans.

In migratory birds and honey bees the geomagnetic behavioural responses are as strong as our responses to light, odour or touch—necessary attributes for birds reaching their distant destination, or bees finding their way back to the hive. In all of these cases the animals are using the geomagnetic field as components of their homing and navigation abilities, along with other cues such as sight, smell, and hearing.

It has been observed that migratory birds born in captivity still possess their inherent direction-finding ability. This is demonstrated when colder weather approaches, signalling it is time to either fly north, or south, depending on which hemisphere they are in. Although being held captive they tend to amass and perch at that end of their cage that stands between them and their instinctive destination that is being deprived them.

Another example of just how powerful is this response, migratory whales sometimes beach themselves. What happens is that land masses get in the way of their directional impulses, and even after having been towed back into the water by concerned humans, and having been saved from certain death, despite their high level of intelligence the impulse persists, and they often do it again. Their tracking mechanism indicates direction in a straight line and does not take into account obstacles that may be in the way.

Evolution dictates that if you don't use it, you lose it. Given the evidence for magnetic sensation in animal ancestry, it would be surprising if humans had completely lost all of this sensory response. More recent information indicates that humans do have operational magnetic sensors that send signals to the brain—a previously unknown sensory ability in the subconscious human mind. However, knowledge as to the full extent of our magnetic inheritance remains elusive.

Our response to these magnetic flux lines is absolute, which means that if we deviate one hour either way, our entire association with the magnetic flux lines and the circadian rhythms is thrown into disarray, and will never recalibrate because of the influence of the inalterable Sun.

The ancients knew more about this than we do. They didn't have clocks by their beds, or on the wall that could be manipulated—all they had were sun dials. By erecting an upright piece of wood or metal, usually on a flat rock, they were able to tell the time, perhaps not to the minute, but good enough for what they needed. As the Sun rose in the east and moved across the heavens, it would throw a shadow to the west that shortened as the Sun rose higher in the sky. At exactly noon when the Sun was directly overhead, there was no shadow, but that quickly changed as the Sun began its westward trajectory, casting a growing shadow to the east.

There was nothing our forebears could have done, nor is there anything we can do to change the precise position of noon, a situation that was here long before humans appeared on the scene. Even with two million years of human evolution, our attachment to the influence of the Sun remains unaltered and firmly in place.

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**Chronobiology** is the study of circadian rhythms that dictate physical, mental, and behavioural activity in step with the 24-hour cycle of the Sun, earning it the title of *24-hour biological clock*. These natural processes respond primarily to light and dark and affect most living things, including animals, plants, and microbes.

Each species evolved within the confines of this inalterable 24-hour biological clock, based on its needs. For example, humans are *diurnal*, which means we sleep at night and are active during the day. By comparison cats are *nocturnal*, which means they evolved to be active during the hours of darkness, and sleep during the day. This is why cats have been endowed with excellent night vision which assists them in being more proficient hunters. Humans who work at night and sleep during the day are more prone to sickness, including conditions such as heart failure. It is little wonder that the night shift is referred to as the *graveyard shift*.

If you have ever travelled by air in a westerly or easterly direction, you may have experienced what is referred to as *jet lag*. This is caused by you being quickly transported, either in the direction the Sun is (or more correctly, appears to be) travelling, or in the opposite direction from west to east. As a result you will pass from one time zone to the next—the more time zones you cross the greater may be your adverse reaction. Given a few days, your body will realign itself to the new time zone, provided it is in keeping with the Sun's influence. If you arrive in an environment that is on DST, you will continue to suffer at least some undesirable effects. If you travel north or south, you will remain in your original longitudinal time zone and will likely not suffer jet lag.

It is apparent from this that our bodies will realign to new time zones, provided the dictates of the 24-hour biological clock in that time zone are being observed, which means noon is noon wherever you are, albeit that you are one hour ahead of the time zone to the west (11 a.m.) and one hour behind the time zone to the east (1 p.m.).

Health damage associated with ‘social jet lag’ from DST, and not air travel, is now well known. Higher risks of obesity, depression and cardiovascular disease are at the top of that list.

The effects of changes that occur with a reduction in, or the absence of circadian rhythms became apparent when the U.S. began putting astronauts into space. Circumventing our planet outside of the effects of Earth’s magnetic field, all those onboard quickly became ill. It was discovered that it was due to not having the health benefits of circadian rhythms. This was overcome, at least to some degree, by developing a machine that is now standard in spacecraft that artificially produces this essential life force. Just how efficient these machines will be if longer periods in space are undertaken, remains to be seen.

Because we are inextricably linked to the movement of the Sun, that one hour deviation in time cannot be accommodated, and will continue to adversely affect the health of every person. “Why can’t our bodies simply change to accommodate the one-hour difference?” you may ask. It’s not just about eating breakfast, lunch and dinner one hour earlier—it’s about attempting to make inalterable neurophysiologic changes to our 24-hour biological clocks that throws everything off kilter. This damage is most pronounced when commencing DST, and again when reverting back to the normal timeline, indicating that our bodies attempt, but are not successful in accommodating those changes, and there are **no exceptions**.

Circadian rhythms react to light in a predictable fashion. When attempts are made to artificially change time it results in circadian misalignment, particularly during the twice-annual transitions between standard and daylight savings time, both of which are proven to be bad for our health.

The *American Academy of Sleep Medicine* (AASM) is on record saying that permanent standard time is the best option. And why not—that’s how Mother Nature intended us to be. The mission statement of AASM, that has been endorsed by more than 20 medical, scientific, and civic organizations, including the American College of Chest Physicians, American College of Occupational and Environmental Medicine, National PTA, National Safety Council, Society for Research on Biological Rhythms, and World Sleep Society, all supporting the statement that... *‘Current evidence best supports the adoption of year-round standard time, which aligns best with human circadian biology and provides distinct benefits for public health and safety.’*

The reason originally given for the introduction of DST was to give those who wanted, to have the benefit of that extra hour of sunlight in the evenings to be with their families, be engaged in sport, or do the gardening. However, there is no evidence to support any appreciable change in habits.

On my early days in clinic, I arise at 6 a.m. to be in the office to receive my first patient at 7.30 a.m. I expect to get up while it is still dark during winter, but I object to getting up in the dark in summer. We have dinner at around 7 p.m., but dining while the Sun is still brightly shining does take away from the ambiance of the occasion. Lunch, that’s okay, but not dinner.

Believing it not to be other than from the effects of DST, I find my appetite is affected, and I have a faint queasiness in my abdomen during those months, this from a guy who worked in shifts while in the navy, and during my police career without any adverse reaction. This was because my existence was conforming, sort of, to the dictates of my 24-hour biological clock, even though my sleeping and eating habits changed, but only for short periods of time.

By comparison, when I returned to Australia after having served six-years with the Royal Papua and New Constabulary from 1959 to 1965, I started Western Investigation and Security Service, a private security operation with night patrols to shops and factories, payroll security, static guards and industrial investigative services. I worked every night for almost two years, with one night at home every 42-nights, slept for about four hours on weekdays, donned the uniform and went out touting new business until early afternoon, when I would again sleep until 6 p.m., then to resume my nightly security patrol. I employed a number of other people, which only served to increase my workload, but I couldn’t do it alone.

I was perpetually tired, but I was 28-years old, Teflon coated and bullet proof, or so I thought, but I did not have one sick day during that time. Midday was midday, midnight was midnight, and that was all there was to it.

I sold the operation to a much larger company and joined the Australian Capital Territory (Federal) Police where I was assigned the task of co-founding the Special Patrol (aka Hoodlum Squad) where I worked until 3 a.m., and was into bed by 4 a.m., if I was lucky. Sometimes we would get a heavy case and not see a pillow for a couple of days.

I was also Physical Training and Unarmed Combat instructor, which was a part time commitment, three days a week. I didn't even know about circadian rhythms and biological clocks back then, and there was no dreaded DST.

In retrospect, I spent a lot of time wandering around in the dark, sometimes eating a hot meat pie (for which Australia is justifiably renowned) at 3a.m.—working out in the gym and instructing the troops most weekdays. And I'm still here.

My real objection, both as an ordinary guy and as a health practitioner, is my concern for the health of everyone who is being subjected, many against their will, to this ridiculous attempt to alter nature for no ostensible benefit.

So, if you get the opportunity, vote no, and let's resume our lives in accordance with the dictates of our environment and our human evolution. All you will lose are the negative affects DST will have on your health, your wellbeing, and your longevity.

Try this for a solution. For those who really support the one questionable benefit of the proposed effect of DST that could be achieved without the downside, try getting up one hour earlier in the morning and going to bed one hour earlier in the evening—the latter being important to prevent sleep deprivation. Employers could benefit from this by opening their business one hour earlier with (say) half of the usual number of staff for the first and last hours, usually their least busy hours, thereby giving them one more hour of active business with no increase in staff levels or payroll.

Please support me and Dr. Singh in our attempt at maintaining the status quo, in accordance with the way we evolved, and the wishes of our cosmic mom, Mother Nature—bless her heart.

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