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**Sent:** November 2, 2020 7:47 PM

**To:** Standing Committee on the Legislative Assembly <comm-legisassembly@ola.org>

**Cc:** Roberts, Jeremy <jeremy.roberts@pc.ola.org>; Harden-CO, Joel <JHarden-CO@ndp.on.ca>

**Subject:** Arguments against Bill 214, An Act to amend the Time Act and various other Acts

For consideration by the Standing Committee on the Legislative Assembly

There are 'pros and cons' to every action. The arguments put forth by Mr. Jeremy Roberts to remain on Daylight Saving Time (DST) are skewed for the following reasons:

- At the equator, daylight is the same length all year long, making DST unnecessary in nearby jurisdictions. In Ontario, daylight hours are much longer during the spring and summer months, with the sun rising earlier and setting later than during autumn and winter. Shifting clocks forward in spring allows daylight to be saved in the morning, by starting the workday earlier, since it's hard for most people to sleep after sunrise anyway. This better aligns with the human body's circadian rhythms (biological clocks). It is primarily the warmer weather in summer that compels people to stay outside later, regardless of the time the sun sets during DST.
- Conversely, in Ontario there are fewer daylight hours between October and March regardless of whether Standard Time or DST is observed. During this period, permanent daylight saving time will NOT "provide us with more sunlight in the evenings" as claimed by Mr. Roberts.
- Last week, the sun was already setting **before 6 p.m. DST**, and by the winter solstice in December it will be dark at 'quitting time' even with DST.
- It is unclear how a Massachusetts-commissioned report found that year-round DST would have a positive impact on consumer spending "because of additional evening daylight" that is non-existent in the fall and winter. The busiest shopping period is before Christmas, and much of it is done after work, after dark.
- At any time of year, the 'preferred leisure time' of Ontarians who work standard business hours is generally on Friday and Saturday nights, when lost sleep can be made up on Saturday and Sunday mornings.
- Seasonal Affective Disorder and depression have been attributed to reduced sunlight, which will still occur with year-round DST. Turning back the clock to Standard Time in autumn provides more light to start the normal business day. Thus, better aligning the clock with natural circadian rhythms twice per year is NOT an outdated practice, and is beneficial to the majority.
- If "the time change is having no material effect on our energy consumption", it may be due to the increasing urban population using air conditioning 24 hours per day for much of the DST period, consuming more power than heating during winter! Coal is still "a valuable commodity" used to generate electricity in many places outside of Ontario.
- There will be no decrease in robberies normally perpetrated in the dark solely because the time is 1 hour ahead.
- Preserving commonality with Quebec, New York, and Michigan is obvious for commerce, but consider also the computer programs based on Coordinated Universal Time (UTC) and standard time zones around the globe. The Ontario *Time Act* refers to the meridian of 90° W. longitude. Because of the earth's rotation, there is a close connection between longitude and time. By maintaining DST in Quebec and Ontario, we would effectively be on Atlantic Standard Time year-round, which would require reprogramming the 'Toronto' time in many applications.

If there is a valid need to “ditch the switch”, there is growing consensus in the mental health professional community that we should remain on Standard Time not DST. I encourage the Standing Committee to read an article published in the Ottawa Citizen last Friday titled “Daylight time or standard time?”, in which Joseph de Koninck, emeritus professor of psychology and a member of the University of Ottawa Brain and Mind Institute, explains the reasons for maintaining Standard Time, confirmed by the American Academy of Sleep Medicine just last month.

I agree with Mr. Percy Hatfield that introducing this bill now is premature since there may also be ample data to support status quo, which is why the Standing Committee should reject PMB 214 that appears to have been proposed just ‘to leave an enormous legacy’.

Sincerely,

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