

# **Is the 24 hour day killing off Life On Earth?**

Perhaps it is time that ALL environmentalists should be focusing attention on the harm done by the 24 hour day. We should ALL be concerned about how sustainable is our collective future?

Why, I hear you ask? Well, because the 24 hour day is environmentally unsustainable.

Have you given any thought to the "hidden" insidious harm being done by the 24 hour day? I have and frankly that future looks less good the more that I learn.

Medical evidence for this harm, which is being caused to human health, by light at night, is mounting. We are seeing that melatonin suppression, caused by too much light at night, reduces our ability to fight cancer. Children, sleep deprived at night, are hypertensive, hyperactive and likely to succumb to obesity. Emergency workers, like doctors and nurses, working overly long shifts, risk making poor decisions.

The harm to both flora and fauna of the 24 hour day is also increasing. It denies life its natural circadian rhythm, which apparently regulates ALL life forms on Earth. It is not just nocturnal birds, like whip-poor-wills and nightjars which are suffering a decline. So too are sparrows! Apparently light at night “sucks” insects out of habitat areas “like a vacuum cleaner”. Sparrow chicks need spiders and insects – without them the chicks just die. Light pollution, insect decline, potential widespread species decline goes hand in hand with the 24 hour day! We have lived on Earth with many other species for millennia. We have only had the 24 hour day for a few decades.

Perhaps it really will be just too late if we fail to recognise the symptoms of the harm being done. Light pollution, making it impossible for anyone to see the Milky Way, may well be the least of our problems.

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