AN EXTRA HOUR EVERY WEEKEND

Every November we get an extra hour of blissful relaxation during the "fall back" weekend at the end of daylight savings time. And every year I ask myself why we can't do this *every* weekend? Well, as a matter of fact, we can, and it's not as hard as you might think. All that's needed is to add an extra hour to every week, and make the extra hour fall between Saturday night and Sunday morning.

But where, you may wonder, do we get the added hour? Again, it's not hard to do. Basically, all we'd need is to take 1/3 second off of each minute, or about 21.5 seconds per hour. By the end of the week all those 1/3 seconds would give us a whole additional hour to enjoy during the weekend.

The length of the hour is arbitrary anyway. Nothing says we can't change it. Losing 1/3 of a second per minute would hardly be noticed. If we made the change by slightly shortening the length of each second (by the blink of an eye), there'd still be 60 seconds per minute and 60 minutes per hour. The sun would seem to go down a little later each day as the week progresses, but we'd scarcely notice that—especially in the summer and fall when the sun sets a little earlier every day anyway. What we would notice is this: Every Sunday morning we'd all have an extra weekend hour for catching upon sleep, relaxation or whatever we want, an extra hour to soothe our stresses and mellow our outlook.

Downsides? Not much. We'd need to get new clocks, of course. We'd want clocks that are built to show the slightly shortened minutes, hours and seconds, and are able to do the one-hour "fall back" every weekend. But most clocks today are computer-chip driven anyway, so we'd just have to make our new ones with reprogrammed chips. And, old clocks wouldn't be totally useless, just a little slow. People who use their phones to get the time, now a growing majority, wouldn't notice the change at all—except that we'd all surely notice the pleasure of having an extra hour in the best part of the week.

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11/05/2023