

37 Henshaw Avenue  
Northampton, MA 01060  
28 October 1990

James Foudy, Editor  
*Daily Hampshire Gazette*  
115 Conz Street  
Northampton, MA 01060

Dear James Foudy:

As I was reveling in the glorious day of leisure provided by the time change this weekend, I fantasized about a world in which an hour was gained every weekend. Then it occurred to me that if daylight savings time can be legislated, an extra hour every weekend is within the power of Congress. All that Congress has to do is to pass a law requiring every week to have 169 hours, rather than the usual 168. Of course, since the earth's rotation rate is unlikely to obey such a law, it will be necessary to shorten every hour by about 21.3 seconds to keep in weekly synchronization with the celestial clock. But wouldn't most people give up the requisite 21.3 seconds out of the 3600 in every hour to get them back all together on the next Saturday night? It would take about 14 minutes out of a 40-hour work week, but this investment should be more than repaid by cancellation of the Monday morning blues.

We would not have to keep track of fractions of seconds and minutes per week in order to enact this "leap weekend" plan. By law the second would be redefined to be 0.994082840236686 or so of its present value. Then a minute would be 60 and an hour would be 3600 of these new seconds. The extra hour each weekend would follow logically from this change. Our timepieces would have to be adjusted or replaced, but I'm sure that the digital watch industry could rise to this challenge. We and our children should be able to adjust easily to shortening the day by a mere 8 and a half minutes. And if the natural tendency toward living 25-hour or longer days puts us behind, our schedules can easily shift to being early again every Sunday.

Lots of people talk about time and the shortage of it, but very few ever do anything about it. Let's get Congress to move on this issue and make people think that they have more time each week, rather than less.

Sincerely,

John B. Brady

# Opinion

## Letters

### Pastor writes first letter to president

To the Editor:

I cannot imagine that this week for the first time in my life I wrote to the President of the United States. I wrote because I am deeply concerned at the escalation of armed forces in the Middle East in a strategy called "Operation Desert Shield" and the rhetoric which seems to be orienting us toward a preparation for an offensive war. I think that such a war would be catastrophically devastating and morally unjustifiable, certainly as morally unjustifiable as Iraq's invasion of Kuwait.

As pastor of Saint Brigid's Parish in Amherst, I am frightened at the prospect of someday celebrating a Liturgy of Christian Burial for some young man or woman killed in this fiasco if we should ever engage in an offensive war in the Gulf. The sadness I would experience would be intensified and exacerbated by a tremendous sense of guilt if I sat back and did nothing to protest such a possibility in the strongest possible language.

I hope that all citizens who are frightened and saddened at the prospect of welcoming perhaps thousands of our young men and women home in body bags to say nothing of the thousands of others, even innocent civilians, who will shed their blood on the soil of Kuwait and Iraq, will likewise register their objection in the strongest possible language.

May every effort be made to resolve this conflict in a negotiated peaceful way so that we, as a nation, can begin to rebuild the infra-structures of our Society and heal the many ills that afflict us as a nation.

Rev. John A. Roach  
Pastor  
St. Brigid's Church  
Amherst

### Doesn't consider war a good Christmas gift

To the Editor:

As the do-nothing Congress (which we re-elected) whines in impotent self pity, it becomes obvious that, whether we like it or not, whether the Constitution likes it or not, George is going to get his war.

### Rearranges time

To the Editor:

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Of course, since the earth's rotation rate is unlikely to obey such a law, it will be necessary to shorten every hour by about 21.3 seconds to keep in weekly synchronization with the celestial clock. But wouldn't most people give up the requisite 21.3 seconds of the 3600 in every hour to get them back all together on the next Saturday night? It would take about 14 minutes of a 40-hour work week, but this investment should be more than repaid by cancellation of the Monday morning blues.

We would not have to keep track of fractions of seconds and minutes per week in order to enact this "leap weekend" plan. By law the second would be redefined to be 0.994082840236686 or so of its present value. Then a minute would be 60 and an hour would be 3600 of these new seconds. The extra hour each weekend would follow logically from this change. Our timepieces would have to be adjusted or replaced, but I'm sure that the digital watch industry could rise to this challenge. We and our children should be able to adjust easily to shortening the day by a mere 8 and a half minutes.

Lots of people talk about time and the shortage of it, but very few ever do anything about it. Let's get Congress to move on this issue and make people think that they have more time each week, rather than less.

John B. Brady  
Northampton

### Appreciates light thrown on malpractice

To the Editor:

Dr. Jay Fleitman's article Nov. 19 on malpractice suits is welcome for being filled with common sense.

# Metro Region

Also Inside

Deaths 16

Comics 18

Learning 20

Metro/Region news,  
13-15, 17, 20

THE BOSTON GLOBE • SATURDAY, OCTOBER 30, 1993

## Second shaves the goal of Brady Time

By David Arnold  
GLOBE STAFF

People fed up with springing forward or falling back between daylight-saving and standard time might want to consider a modest proposal put forward by professor John Brady of Smith College.

He suggests making each of the 604,800 seconds in a week just 6/1000ths shorter.

This will shave 21.3 seconds off an hour, 8½ minutes off a day, and sixty minutes, or one hour, off the week.

To take up the slack, every Sunday at 2 a.m., clocks will automatically "fall back" an hour — just like tomorrow. And not incidentally, provide for an extra hour's sleep.

Got it? [At 2 a.m. tomorrow, by the way, clocks should be turned back an hour.]

But on Brady Standard Time, every Sunday would be a leisurely 25-hour day, although the 5-minute mile would be tougher to run and the 40-hour work week would shortchange the boss by 14 minutes.

"The immediate impact on industry will be impressive, what with all the clocks that need to be speeded up just a hair," Brady said yesterday during a 20-minute interview — 19 minutes and 53 seconds in Brady Stan-

dard Time. A clock on BST would automatically retreat one hour at 2 a.m. every Sunday.

Brady is a professor of geology, a science that deals in billions of years. He, therefore, modestly considers himself an authority on time.

But Collier Smith, a spokesman for the National Institute of Standards and Technology in Boulder, Colo., where atomic clocks keep the nation's time, was less than enthusiastic about the proposal.

"Our clocks provide coordinated universal time shared by many countries. To shorten the second would be more trouble than getting an act of Congress

TIME, Page 20

## New time scheme is proposed

■ TIME

Continued from Page 13

passed," Smith said.

Brady's proposal would, however, dispense with the need to ever again bounce between standard and daylight-saving time. The beginning of every week would start on standard time, then creep toward a Saturday on daylight-saving time with every tick of a Brady second.

While his proposal may take some mental adjustment, the record shows that the current "spring ahead, fall back" system is no day at the beach.

Consider the folks in DeLand, Fla., who several years ago dutifully set their clocks ahead in the spring, only to find themselves running one hour late on Sunday. This was because a Florida Power Corp. substation lost power at exactly 2 a.m. that Sunday — for one hour.

Then there was the week in Gowrie, Iowa, back in 1982 when many of the town's 1,100 residents went one hour up on the rest of the nation because the Gowrie News, a weekly, advised people to advance their clocks one week too early.

And life has never been simple in Indiana, where 76

of 92 counties don't observe daylight-saving time at all. Figuring out the time can be an outright mind-bender in Union City.

Half of Union City is in Ohio, which advances the clock every spring. The other half of Union City is in Indiana, where residents stick to standard time — they call it "slow time." For instance, employees at Aukerman's Garage on the Ohio side of the line break for lunch at noon, but descend on the Pizza King across the street at 11 a.m., Pizza King time.

"We do so much falling back and springing forward in these parts that I'm just about sprung out," said Ann Swabb, a dispatcher in City Hall.

Back in New England, Webster Burnham of Dunbarton, N.H., said he's had it with "the whole foolish business" of changing clocks, which is why he hasn't changed a clock on his 238-acre farm in the past quarter-century.

It's all "nuisance time" to Burnham, 85, and "makes no sense. Why change a clock and kid yourself in the summer by getting up at 6 when it's really 5?"

The only time he knows in the summer is mosquito time, he added. "When the mosquitoes come out, it's time to quit."

# Want an extra hour? Just cut the minutes

By MICHAEL McAULIFFE

NORTHAMPTON — John Brady wants to alter time.

He says his plan will bring great things for millions of people: less work, more play and a better national economy.

And he is serious.

Brady, a geology professor at Smith College, wants to reduce the minute by six-thousandths of a second. That would slice 21 seconds off the current hour, about 8½ minutes off the day and an hour off the week.

Brady wants to cash in the newly created extra hour on Saturday

night, having everyone turn back their clocks as was done last night for the end of daylight-saving time. Then, every weekend, when everyone turned their clocks back, there would be an additional hour for sleep or shopping. Combine the additional shoppers with the need for those who sell time to manufacture millions of new watches and clocks and the slumbering economy would get a big boost, Brady predicts.

"We already change twice a year. We set the clock forward or back, and if we do that it seems to

Continued on Page A-9

Sunday Republican, October 31, 1993 A-9

## Professor proposes extra hour each week

Continued from Page A-1

me (people) could do this on a weekly basis," Brady said.

"Time is really quite arbitrary. . . . So we can get used to this. We can get used to having an extra hour every weekend. Imagine it."

### Shave 3 minutes

For the millions of Americans working the standard eight-hour day, Monday through Friday, Brady's change would shave almost three minutes off the current workday. For children who now spend six hours a day in school, it would mean about two minutes less class time.

"It's almost like getting something for nothing," Brady said.

Brady, 45, who has been teaching at Smith since 1975, doesn't giggle or snicker as he speaks, as if he's about to burst out laughing at any moment and admit it's all a joke. This Harvard graduate is no fish-eyed Mr. Limpet or mumbling mad professor. This is, by all indications, a normal man: blue eyes, thinning brown hair, wire-rimmed glasses, warm smile, pleasant voice, rational explanations.

Brady, whose work with rocks billions of years old makes him acutely aware of time, said the idea to change the minute struck four years ago like a chiming Big Ben.

### He liked it

It was late October, the first day after the switch from daylight-saving to standard time, and Brady, in the midst of a relaxing day with his three children, really liked the idea of having an extra hour.

"It was a Sunday that was so nice because I got an extra hour of sleep when we set the clock back and I said, 'Why can't we do this more often?' he remembered.

The rest was a matter of doing the mathematics for changing the minute.

Time is really quite arbitrary. . . . So we can get used to this. We can get used to having an extra hour every weekend. Imagine it.

John Brady  
Smith professor

But the movement to convince Congress to make the change has yet to take hold.

"Every person I talk to thinks it's a good idea," Brady said. "Then they walk away and that's the end of it."

The idea of overhauling the watch and clock industry to make the Brady plan work is hardly universally accepted.

Richard Fredette, owner of Clock Service Center in Springfield, said the gear mechanisms on time pieces are now based on the 60-second minute and could not be adjusted to a shorter minute.

"What he ought to do is try it himself on one of his own watches," Fredette said.

### Minute reviews mixed

Even on the Smith campus, reviews are mixed on creating a new minute.

"That's OK, I'm fine with my classes the way they are," said Denise Scherer, a senior math and computer science major who was not taking to the idea of shorter classes.

"I mean, we can all use an extra hour but it's just too confusing," she said.

"I don't know if it really makes a lot of sense to change the way everybody functions. . . . We have



Nancy Palmieri photo

FIDDLING WITH TIME — John Brady, a geology professor at Smith College, wants to reduce the minute by six-thousandths of a second, to give everyone an extra hour over the weekend, not just once day a year.

enough problems with the metric standard," said freshman Eliza Brown.

"Weird idea," said sophomore economics major Alice de Callatay. "I think it'd be neat in a way. I'd get some more sleep."

Like other students, de Callatay had not considered a new time measurement.

### Out of her ken

"It would never have occurred to me to add an extra hour of time," she said.

For Heather Stone, changing

time to get more sleep sounded great Friday afternoon. At 4:45 p.m. on a mild fall afternoon, when it seemed a good idea to be out and about one more time before the long winter arrived, the sophomore government major was walking across campus on her way to bed. She had been awake since 9 a.m. Thursday.

"I just pulled an all-nighter last night and that sounds like the most beautiful thing I ever heard," she said of Brady's proposal. "I think you should do two hours."

# Time Warp!

BY STACEY SCHMEIDEL

**T**he end of Daylight Savings Time on Sunday, Oct. 31, pleased millions of Americans who reveled in the annual extra hour. Smith College geology professor John Brady so enjoys the extra time that the end of Daylight Savings brings each year that he's found a way for Americans to turn the clock back *every* Saturday night.

Brady suggests that Congress pass a law giving every week 169 hours, rather than the current 168. ("If Congress can legislate Daylight Savings Time," Brady says, "it can certainly legislate the number of hours in a week.") Every day would still have 24 hours, except for Sunday, which would have 25.

Since the earth's rotation is unlikely to obey the laws of Congress, every hour would need to be shortened by about 21.3 seconds to keep in weekly synchroniza-

tion with the celestial clock. To accommodate a shorter hour, the second would be cut to approximately 0.994082840236686 of its current value, Brady explains. A minute would be 60 and an hour would be 3,600 of these new seconds.

Brady's plan would shorten each day by about 8-1/2 minutes. The 40-hour work week would be reduced by about 14 minutes. (The loss in productivity should be more than repaid by the elimination of the Monday morning blues, Brady says.)

Of course, Brady's plan wouldn't *really* alter the amount of time in a week, since a week made up of 169 of the

new shorter hours is exactly as long as the current week made up of 168 "regular" hours. But since our watches would be running faster than the celestial clock, we'd have to synchronize the two by turning back our clocks one hour each Saturday night. "You're borrowing time from

the work week and giving it to the weekend," Brady says. "This is bound to go over well with just about everyone who works a standard Monday-to-Friday shift," he adds.

Watch companies, too, would welcome the plan, Brady says. "Our timepieces would have to be adjusted or replaced," he says, "to accommodate the newly defined time units. But I'm sure watch manufacturers would rise to the challenge."

Brady says his plan is a positive step toward effective time management. "Lots of people talk about not having enough time," he adds, "but very few people ever *do* anything about it. This plan is a way to make people think they have more time each week, rather than less."

Brady acknowledges that his plan may seem whimsical and far-fetched, and says he's "realistic" about its chances for adoption. But, recalling the extra hour he spent with his family on the day after the end of Daylight Savings Time ended in October, he can't help but relish the possibility. "I don't expect that my plan will ever be implemented," he says. "But I'd do it in a minute": 59.005917159763314 seconds, to be exact.

## Professor's Plan

### Provides 25

### Hours a Day



Geology professor John Brady, inside College Hall's clock tower, proposes turning our clocks back *every* week. Now all he needs is an Congressional okay.

A geology professor has a bold theory that, he says, would make our lives more pleasant. Maybe.

# It's About Time (Or Is It?)

BY  
MICHAEL RYAN

**T**WO WEEKS FROM TODAY, most Americans will enjoy the annual luxury of an extra hour's sleep, having turned their clocks back. "Why only once a year?" says John Brady, who believes he has found a formula to give us that extra hour of sleep every Sunday.

Before you dismiss him, consider his credentials: Brady holds a Ph.D. from Harvard and is a tenured professor of geology at Smith College in

Northampton, Mass. "In some respects, I am an expert on time," he says. "The rocks I was working on last summer were over 3 billion years old."

Brady's idea is relatively simple. "It occurred to me about five years ago, on the weekend when we set the clocks back," he explains. "It was such a long and wonderful day. I had time to do more with my children and still do some work. Wouldn't it be grand if we could do this every weekend? I calculated that, if we made each second 6/1000ths shorter, each day would be about 8 1/2 minutes shorter. If you add that up over a week, it adds up to an hour." That



Eric Pappas/Smith

Beat the clock: Prof. John Brady, who wants a permanent time-out on setting the clocks back.

extra hour would be tacked on to each Sunday.

Now, you might say there is a slight flaw in this argument—the prospect of spending that precious hour resetting every clock, your VCR timer, your watch. But Professor Brady argues that technology could make his idea whose time has come: "Most of us wouldn't be adjusting our clocks and watches," he says. "We'd find them doing it automatically. It's a small bit of programming for modern watches that have little computers in them."

So far, there is no hint that Congress will adopt Brady's plan. But he still feels it's high time we changed over to his system. "Best of all, it would forever eliminate the spring time-change—when we all lose an hour of sleep," Brady points out. "That's a very distressing weekend."

"People who want more light in the morning would have it in the early part of the week," he adds. "People who want more light in the afternoon would have it in the later part of the week. It would satisfy both camps."

Well, not Collier Smith of the National Institute of Standards and Technology in Boulder, Colo., one of the two agencies that provide the official time to the nation. He notes that most of the world's measurements depend on time. Changing the length of the second, Smith argues, would mean recalculating equations and resetting instruments all over the world. "We don't hear any outcry demanding such a change," he says drily.

Brady concedes that change would be difficult: "It would require a lot of effort. But we could convince people that the comfort would be worth the discomfort of the change."

It's just a matter of time.



SUNDAY, OCTOBER 16, 1994

Boston Sunday Globe

# PARADE

*Kevin Kline went into show business because he had a big crush on an actress and couldn't think of any other way to meet her...*

**'It All Started With Hayley Mills'**

*An Interview By Dotson Rader*

**INSIDE: Meet The Police Officer Of The Year**