

---

## EDITORIAL

### Stop the clock changeovers!

The editorial titled *Time out* in *Nature* on 31<sup>st</sup> March 2016 (1) concluded that "artificial fixes to make the most of summer time may do more harm than good". It was a welcome call on behalf of flexibility in our attitude to the time displayed by the clock. But, it missed a point.

Having already said in a brilliant satire by Benjamin Franklin (1706-1790) as a subscriber of *Journal de Paris* in 1784 (2), that "the ancients knew not the sun would rise at certain hours; they possibly had, as we have, almanacs that predicted it; but it does not follow thence, that they knew *he gave light as soon as he rose*", it is currently known that the earlier the dawn and exposure to light via the eyes, the greater the effect and benefit to the human circadian clock (3-5).

The current summer-time arrangements which put clocks forward indeed drive in the wrong direction. If anything, the clocks should be put back. Better still would be no changeovers took place at all. Considering sleep and mood for the majority of any population (6-8), more light in the morning all the year round, but especially during winter, is better than more light in the evening.

An online service ([www.kansalaisaloite.fi](http://www.kansalaisaloite.fi)) of the Ministry of Justice brought into use in Finland in 2012 offered citizens the possibility of having their initiatives considered by Parliament to start a bill drafting process. Since then there has been more than one initiative to stop the summer-time arrangements. None has passed through the eye of the needle. Even the one most supported managed to collect 33,829 statements of support within the six-month period that ended on 8 April 2016, but still missed by 16,171 in order to proceed. It appears that people do tend to complain about the use of daylight saving time, as adopted by the Directive 2000/84/EC (9), but are not active enough to challenge the rationale and break this ossified habit.

Once a silent toast was raised to William Willett (1856-1915) by Winston Churchill (1874-1965) in 1934 (10), which should have been to George Vernon Hudson (1867-1946) who invented daylight saving time, but anyhow, the current data speaks against. Please, tell me how the clock changeovers "facilitate transport and communications". I imagine they usually do the opposite, but people do not mind. The directive seems a real pearl of wisdom with the statement that "for geographical reasons" the common summer-time arrangements "should not apply to the overseas territories of the Member States". Nor should they apply to most northern member states where they serve no purpose. I am, &c.

Timo Partonen  
Editor-in-Chief, *Psychiatria Fennica*

## References

1. Editorial. *Nature* 2016; 531: 549-550.
2. Letter to the Editor. *Journal de Paris*, 26 April 1784. [www.webexhibits.org/daylightsaving/franklin3.html](http://www.webexhibits.org/daylightsaving/franklin3.html)
3. Czeisler CA, Kronauer RE, Allan JS, Duffy JF, Jewett ME, Brown EN, Ronda JM. Bright light induction of strong (type 0) resetting of the human circadian pacemaker. *Science* 1989; 244: 1328-1333.
4. Roenneberg T, Kumar CJ, Merrow M. The human circadian clock entrains to sun time. *Curr Biol* 2007; 17: R44-R45.
5. Wright KP Jr, McHill AW, Birks BR, Griffin BR, Rusterholz T, Chinoy ED. Entrainment of the human circadian clock to the natural light-dark cycle. *Curr Biol* 2013; 23: 1554-1558.
6. Randler C. Differences in sleep and circadian preference between Eastern and Western German adolescents. *Chronobiol Int* 2008; 25: 565-575.
7. Borisenkov MF, Petrova NB, Timonin VD, Fradkova LI, Kolomeichuk SN, Kosova AL, Kasyanova ON. Sleep characteristics, chronotype and winter depression in 10-20-year-olds in northern European Russia. *J Sleep Res* 2015; 24: 288-295.
8. Olders H. Average sunrise time predicts depression prevalence. *J Psychosom Res* 2003; 55: 99-105.
9. Directive 2000/84/EC of the European Parliament and of the Council of 19 January 2001 on summer-time arrangements. *Official Journal of the European Communities*, 2 February 2001. [eur-lex.europa.eu/legal-content/EN/TXT/?uri=uriserv:OJ.L\\_.2001.031.01.0021.01.ENG&toc=OJ:L:2001:031:TOC](http://eur-lex.europa.eu/legal-content/EN/TXT/?uri=uriserv:OJ.L_.2001.031.01.0021.01.ENG&toc=OJ:L:2001:031:TOC)
10. Churchill WS. A silent toast to William Willett. *Pictorial Weekly*, 28 April 1934. [www.winstonchurchill.org/images/finesthour/pdf/Finest\\_Hour\\_114.pdf](http://www.winstonchurchill.org/images/finesthour/pdf/Finest_Hour_114.pdf)

---

## PSYCHIATRIA FENNICA 2016

### Table of contents

Theme: Traumatic experience

Partonen T. Editorial. <i>Psychiatria Fennica</i> 2016;47:5-6	5
Haravuori H, Marttunen M. Something old, something new: disorders specifically associated with stress in the ICD 11th revision. <i>Psychiatria Fennica</i> 2016;47:9-16	9
Lehti V, Antas B, Kärnä T, Tuisku K. The assessment of traumatized refugees: clinical practices at the Cultural Psychiatry Outpatient Clinic. <i>Psychiatria Fennica</i> 2016;47:17-31	17
Haravuori H, Suomalainen L, Marttunen M. Quality of life in adolescents and young adults after traumatic experience. <i>Psychiatria Fennica</i> 2016;47:32-49	32
Tuisku K, Haravuori H. Psychiatric visual expression interview in dissociative disorders. <i>Psychiatria Fennica</i> 2016;47:50-75	50
Anis NK, Isomaa R, Kaltiala-Heino R. Adolescent psychiatric inpatients with first hospitalization due to anorexia nervosa: can rehospitalization be predicted by clinical features? <i>Psychiatria Fennica</i> 2016;47:76-94	76
Seppälä A, Molins C, Miettunen J, Hirvonen N, Corripio I, Juola T, Isohanni M, Koponen H, Moilanen J, Seppälä J, Jääskeläinen E; for the m-RESIST GROUP. What do we know about treatment-resistant schizophrenia? A systematic review. <i>Psychiatria Fennica</i> 2016;47:95-127	95
Reponen E, Väänänen J, Kaltiala-Heino R. Adolescents with their first episode of schizophrenia spectrum psychosis: a comparison with adolescents suffering from other severe mental disorders. <i>Psychiatria Fennica</i> 2016;47:128-148	128
Lehti J. Prescriptions in telepsychiatry. <i>Psychiatria Fennica</i> 2016;47:149-154	149

