

ESSAY SAMPLE

LET THERE BE DARKNESS

Inside the cabin of my family in a lake in Minnesota, I knew woods in the dark that my hands often disappeared right before my eyes. I have always known that the night skies where meteors leave those smoky trails along sugary breaths of star. This time, however, when children in the modern USA will never see a sky that is dark enough for the actual Milky Way, I worry that we rapidly lose the natural darkness in the night even before realizing its actual worth. As we cheer for the gradual movement of the days back towards the light, let us also keep in mind the irreplaceable worth of darkness.

Our life evolved towards the steady rhythm of both dark nights and bright days. These days, however, as we feel the nearness of nightfall, we quickly reach for a light switch. With a little bit of darkness, there is too much artificial light at nighttime. This, on the other hand, can spell trouble for all people.

The World Health Organization classifies the need to work in the night shift as a possible reason for producing human carcinogen. At the same time, the American Medical Association has also voiced its support for reducing light pollution, as well as glare reduction efforts for both the state and national levels. It is natural for our bodies to require darkness, as this is what is needed for our body to produce the specific hormone melatonin, keeping certain cancers from possibly developing, with our bodies requiring darkness at sleep time.

Sleep disorders are usually associated with obesity, diabetes, depression, cardiovascular disease, with recent research studies suggesting that a primary cause for having a short sleep is having a long night. Whether we are part of a night working force, or simply indulged in our gadgets, there is not a place for too much exposure to artificial light in our personal lives.