

Text 3

A brief history of British Summer Time

We move to British Summer Time (BST) in the UK this weekend, when the clocks should be advanced one hour forward of Greenwich Mean Time (GMT) so that evenings have more daylight and mornings have less.

BST begins at 1am on the last Sunday in March and ends at 1am on the last Sunday of October.

BST was first established by the Summer Time Act of 1916, after a campaign by builder William Willett. In 1940, during the Second World War, the clocks in Britain were not put back by an hour at the end of summer time but in the following years clocks continued to be advanced by one hour each spring and put back by an hour each autumn until July 1945. During these summers, therefore, Britain was two hours ahead of GMT and operating on British Double Summer Time. The clocks were brought back in line with GMT at the end of the war.

Campaigners in more recent times, including the Royal Society for the Prevention of Accidents (RoSPA) and environmentalists, have made recommendations that British Summer Time be maintained during the winter months. They would like the UK to adopt the same time zone as European countries such as France, Germany and mainland Spain. This is called Central European Time. RoSPA suggests that this would cut the number of accidents in the winter because the evenings would be lighter.

21. British Summer Time means that the time on clocks is moved
- One hour forward
 - One hour back
 - One minute forward
22. In which month does British Summer Time end?
- August
 - October
 - September
23. In which year was British Summer Time first introduced?
- 1901
 - 1916
 - 2015
24. When were the clocks 2 hours ahead during the summers, in Britain?
- During the winter
 - During the First World War
 - During the Second World War
25. Which countries have Central European Time, according to the text?
- Britain, France and Italy
 - France, Germany and Spain
 - Britain, Germany and Greece
26. Why would RoSPA like the UK to adopt Central European Time?
- There would be more accidents in the winter
 - There wouldn't be so many accidents in the winter
 - There would be more snow in the winter