

1: THE DARK BRIGHT WATER by Patricia Wrightson | Kirkus Reviews

The Dark Bright Water has 56 ratings and 1 review. Heidi said: a beautifully written book that keeps you reading. Natural fantasy with believable charact.

Copyright notice Publication of EHP lies in the public domain and is therefore without copyright. All text from EHP may be reprinted freely. Use of materials published in EHP should be acknowledged for example,? Reproduced with permission from Environmental Health Perspectives? Articles from EHP, especially the News section, may contain photographs or illustrations copyrighted by other commercial organizations or individuals that may not be used without obtaining prior approval from the holder of the copyright. This article has been cited by other articles in PMC. Since then, the world has become awash in electric light. Powerful lamps light up streets, yards, parking lots, and billboards. Sports facilities blaze with light that is visible for tens of miles. Business and office building windows glow throughout the night. What they were really seeingâ€”for the first timeâ€”was the Milky Way, long obliterated by the urban sky glow. None of this is to say that electric lights are inherently bad. Artificial light has benefited society by, for instance, extending the length of the productive day, offering more time not just for working but also for recreational activities that require light. But when artificial outdoor lighting becomes inefficient, annoying, and unnecessary, it is known as light pollution. Many environmentalists, naturalists, and medical researchers consider light pollution to be one of the fastest growing and most pervasive forms of environmental pollution. And a growing body of scientific research suggests that light pollution can have lasting adverse effects on both human and wildlife health. When does nuisance light become a health hazard? Richard Stevens, a professor and cancer epidemiologist at the University of Connecticut Health Center in Farmington, Connecticut, says light photons must hit the retina for biologic effects to occur. Almost all of us awaken during the night for periods of time, and unless we have blackout shades there is some electric lighting coming in our windows. It is not clear how much is too much; that is an important part of the research now. Light pollution comes in many forms, including sky glow, light trespass, glare, and over illumination. Sky glow is the bright halo that appears over urban areas at night, a product of light being scattered by water droplets or particles in the air. Light trespass occurs when unwanted artificial light from, for instance, a floodlight or streetlight spills onto an adjacent property, lighting an area that would otherwise be dark. Glare is created by light that shines horizontally. Overillumination refers to the use of artificial light well beyond what is required for a specific activity, such as keeping the lights on all night in an empty office building. Distracted by the Light The ecologic effects of artificial light have been well documented. Light pollution has been shown to affect both flora and fauna. This, in turn, has implications for the wildlife that depend on trees for their natural habitat. Research on insects, turtles, birds, fish, reptiles, and other wildlife species shows that light pollution can alter behaviors, foraging areas, and breeding cycles, and not just in urban centers but in rural areas as well. Sea turtles provide one dramatic example of how artificial light on beaches can disrupt behavior. Many species of sea turtles lay their eggs on beaches, with females returning for decades to the beaches where they were born to nest. When these beaches are brightly lit at night, females may be discouraged from nesting in them; they can also be disoriented by lights and wander onto nearby roadways, where they risk being struck by vehicles. Moreover, sea turtle hatchlings normally navigate toward the sea by orienting away from the elevated, dark silhouette of the landward horizon, according to a study published by Michael Salmon of Florida Atlantic University and colleagues in volume , number 1â€”2 of Behaviour. When there are artificial bright lights on the beach, newly hatched turtles become disoriented and navigate toward the artificial light source, never finding the sea. Jean Higgins, an environmental specialist with the Florida Wildlife Conservation Commission Imperiled Species Management Section, says disorientation also contributes to dehydration and exhaustion in hatchlings. Bright electric lights can also disrupt the behavior of birds. About species of birds fly their migration patterns at night over North America, and especially during inclement weather with low cloud cover, they routinely are confused during passage by brightly lit buildings, communication towers, and other structures. The estimates as to the number of birds dying from collisions across North America annually range from 98 million to close

to a billion. Fish and Wildlife Service estimates 5â€”50 million birds die each year from collisions with communication towers. Turtles and birds are not the only wildlife affected by artificial nighttime lighting. Frogs have been found to inhibit their mating calls when they are exposed to excessive light at night, reducing their reproductive capacity. The feeding behavior of bats also is altered by artificial light. Researchers have blamed light pollution for declines in populations of North American moths, according to *Ecological Consequences of Artificial Night Lighting*. On the other hand, controlled laboratory studies do show that exposure to light during the night can disrupt circadian and neuroendocrine physiology, thereby accelerating tumor growth. These processes include brain wave patterns, hormone production, cell regulation, and other biologic activities. Disruption of the circadian clock is linked to several medical disorders in humans, including depression, insomnia, cardiovascular disease, and cancer, says Paolo Sassone-Corsi, chairman of the Pharmacology Department at the University of California, Irvine, who has done extensive research on the circadian clock. Difficulties with adjusting the circadian clock can lead to a number of sleep disorders, including shift-work sleep disorder, which affects people who rotate shifts or work at night, and delayed sleepâ€”phase syndrome, in which people tend to fall asleep very late at night and have difficulty waking up in time for work, school, or social engagements. The sleep pattern that was the norm before the invention of electric lights is no longer the norm in countries where artificial light extends the day. Wehr, a psychiatrist at the National Institute of Mental Health, has studied whether humans would revert back to the two-shift sleep pattern if they were not exposed to the longer photoperiod afforded by artificial lighting. The subjects did indeed revert to the two-shift pattern, sleeping in two sessions of about 4 hours each separated by 1â€”3 hours of quiet wakefulness. Beyond Sleep Disorders Alteration of the circadian clock can branch into other effects besides sleep disorders. A team of Vanderbilt University researchers considered the possibility that constant artificial light exposure in neonatal intensive care units could impair the developing circadian rhythm of premature babies. In a study published in the August issue of *Pediatric Research*, they exposed newborn mice comparable in development to week-old human fetuses to constant artificial light for several weeks. The exposed mice were unable to maintain a coherent circadian cycle at age 3 weeks comparable to a full-term human neonate. Mice exposed for an additional 4 weeks were unable to establish a regular activity cycle. The researchers concluded that excessive artificial light exposure early in life might contribute to an increased risk of depression and other mood disorders in humans. Schernhammer and her colleagues found an association between breast cancer and shift work that was restricted to women who had worked 30 or more years on rotating night shifts. In another study of the NHS cohort, Schernhammer and colleagues also found elevated breast cancer risk associated with rotating night shift work. Discussing this finding in the January issue of *Epidemiology*, they wrote that shift work was associated with only a modest increased breast cancer risk among the women studied. The body produces melatonin at night, and melatonin levels drop precipitously in the presence of artificial or natural light. The study involved female volunteers whose blood was collected under three different conditions: The blood was injected into human breast tumors that were transplanted into rats. The tumors infused with melatonin-deficient blood collected after exposure to light during the night were found to grow at the same speed as those infused with daytime blood. The blood collected after exposure to darkness slowed tumor growth. So we need to seriously consider it. We can attribute only about half of all breast cancer cases to known risk factors, says Brainard. The work in this area has just begun, but two studies in Israel have yielded some intriguing findings. Stevens was part of a study team that used satellite photos to gauge the level of nighttime artificial light in communities in Israel, then overlaid the photos with a map detailing the distribution of breast cancer cases. The results showed a statistically significant correlation between outdoor artificial light at night and breast cancer, even when controlling for population density, affluence, and air pollution. However, lung cancer risk was not affected. The findings appeared in the January issue of *Chronobiology International*. Clock genes carry the genetic instructions to produce protein products that control circadian rhythm. Research needs to be done not just on the light pollutionâ€”cancer connection but also on several other diseases that may be influenced by light and dark. Travis Longcore, co-editor of *Ecological Consequences of Artificial Night Lighting* and a research associate professor at the University of Southern California Center for Sustainable Cities, suggests two ways outdoor light pollution may contribute to

artificial light’s associated health effects in humans. In the direct impact scenario, the artificial light from outside reaches people inside at night at levels that affect production of hormones. In an indirect impact it would disturb people inside, who then turn on lights and expose themselves to more light. These photos were taken in Goodwood, Ontario, a small town about 45 minutes northeast of Toronto during and the night after the regionwide 14 August blackout. The lights inside the house in the blackout picture were created by candles and flashlights.

THE DARK BRIGHT WATR (BOOK OF WIRRUN, VOL 2) pdf

2: Missing the Dark: Health Effects of Light Pollution

*The Dark Bright Water Volume Two of the Book of Wirrun [Patricia Wrightson] on www.enganchecubano.com *FREE* shipping on qualifying offers.*

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5: The Dark Bright Water (Wirrun, book 2) by Patricia Wrightson

The Song Of Wirrun has 18 ratings and 3 reviews. Tabitha said: This is just the most awesome book. It's a sword and sorcery epic, but it's all Aboriginal.

6: Dark Days, Bright Nights - Wikipedia

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