

Time

Time as we know it is a human-made concept, that we depend on every day. It's hard to imagine a world in which we don't structure our days into 24 pieces, but instead just into morning, afternoon, evening and night. But what are the downsides of time as we know it today? First of all, why are there 24 hours and not a more practical number like 20 or 25 or even 50? Aside from that, doesn't it bring a lot more stress into our daily life? Live in 24 hours, where we get up at seven o'clock, eat lunch at 12 and dinner at six, isn't for everyone. Is it fair to have fewer chances in school as well as in jobs, just because you are not a morning person and struggling to get up in the morning?

One day, 24 hours, 60 minutes, 60 seconds, 1000 milliseconds. That's already the first thing there is to criticize about our system. We live in such a modern world, where we try so hard to make everything simpler, but why is nobody asking themselves, why we have such a complicated time system? The first time we notice this problem we are all really young. It's when we start simple calculations in elementary school, where every other unite follows the same principle, except for time. At this point, we went to our teaches or parents and asked them for the reason, why time was ordered differently. The only reason they could give us was, that it just was that way, that we should accept the fact and just get used to it. Now that we

got used to it we hardly think about it, but if we really do we still notice that a senseless concept it is.

Apart from that, we have to ask ourselves, is it really worth stressing about time and being on time just to give life a surreal sensation of organization and system? Everyone knows the feeling of having too little time or a day having not enough hours. One of the main reasons for that is our strict time system, it's tempting to fill up every hour with another activity and believe that we can manage it all. But at the end of the day, there will always be unexpected factors, that we can't influence and that make time management so impossible. Swiss people have a specially big problem with accepting, that life isn't as structurable as we think. But who says that it's better to have such overstructured lives? Maybe it's worth to take a look at some countries in South America, where they don't take time as seriously as we do here. Studies show that people there are less stressed in general, because they are not constantly running from one appointment to the next. Maybe our whole society should work to reach such a simpler lifestyle again.

Here in Switzerland, our whole community has a very time-based system. Everything and everyone has to be on time. The day almost seems to start at the same time for everyone. A usual schedule would be getting up between six and seven, eating lunch around one and two and finish working around five or six and it's a pretty good system. But what about the people that have problems getting up in the morning? In school, they are always too tired to listen and in

their future jobs, they are too tired to do good work. Maybe they would work better in the evenings, but only little jobs and no schools leave your schedule up to you so much. It makes it unfair for people that would function better at other daytimes. In the end, they are usually just as good workers as all the others, they just don't get to live as they want to. But fairness isn't the only problem, it can even be unhealthy because we eat at times we are not hungry and forget what hunger really feels like. A lot of doctors say that this is another reason why so many people are overweight nowadays.

In conclusion, we have to realize, that with all the upsides time brings into our lives, we are probably taking time way too serious and sometimes ask ourselves, what these 24 hours of a day are also just a weird unite to split a day and that they shouldn't rule our lives. Maybe we shouldn't hold on to our persice swiss watches as much and also don't judge others that are struggeling with our way of life. At the end of the day, a simpler, less structured lifestyle may also a much healthier lifestyle.