**LIGHT AND DARK**

**Light and dark associations**

Match the idioms and the definitions

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| 1. **be/go out like a light**
 | I was out like a light after all that fresh air.  |  | to become known or to be discovered |
| 1. **see someone or something in a new light**
 | After we had a little discussion, I began to see Fred in a new light. I can now see the problem in a new light. |  | to understand someone or something in a different way than before |
| 1. **come to light**
 | Many surprises have come to light since then. Nothing new has come to light since we talked last. |  | someone or something whose abilities, plans, or feelings are little known to others. (From a race horse about which little or nothing is known.)  |
| 1. **at first light**
 | We will be ready to leave at first light. |  | at dawn; when the first light of dawn appears |
| 1. **in the dark about something**
 | I can't imagine why they are keeping me in the dark. She's in the dark about how this machine works. |  | the negative and often hidden aspect of someone or something.  |
| 1. **dark horse**
 | t's difficult to predict who will win the prize—there are two or three dark horses in the tournament. |  | Uninformed |
| 1. **dark side of someone or something**
 | I had never seen the dark side of Mary before, and I have to tell you that I was horrified when she lost her temper. | 1. | to go to sleep very quickly |
| 1. **darkest hour is just before the dawn**
 | Jill: I feel like giving up. I don't have a job, my boyfriend left me, and they're raising the rent for my apartment. Jane: It's always darkest just before the dawn. |  | very dark |
| 1. **pitch dark, as dark as pitch**
 | I couldn't see anything outside because it was pitch dark. The room was pitch dark, and I couldn't find the light switch! |  | a very general attempt; a wild guess |
| 1. **shot in the dark**
 | It was just a shot in the dark. I had no idea I was exactly correct. Come on, try it. Even a shot in the dark may win. |  | When things are extremely bad, it may signal that they are about to get much better.  |

Are you or were you afraid of the dark when you were a child?

Why do you think people are afraid of the dark?

How would you help someone overcome their fear of the dark?

Do you ever get worried alone at night in your house in the dark?

When was the last time you sat alone in the dark?

Do people ever keep you in the dark about their plans?

What would life be like if it was never dark?

Is watching TV in the dark bad for your eyes?

Do you find there’s a difference between the dark of summer and the dark of winter?

Do you think the dark in other countries is different to the dark in your own country?

Can you imagine living in a country where it is dark for half a year?

Do you like light?

Can you think of a situation when light can be dangerous?

Can you sleep when it is light?

Do you like sunrise or sunset?

Have you ever heard of light pollution?

**LIGHT POLLUTION**

Less than 100 years ago, everyone could look up and see a spectacular starry night sky. Now, millions of children across the globe will never experience the Milky Way where they live. The increased and widespread use of artificial light at night is not only *impairing* our view of the universe, it is negatively *affecting* our [**environment**](http://darksky.org/light-pollution/wildlife/), our [**safety**](http://darksky.org/light-pollution/lighting-crime-and-safety/), our [**energy *consumption***](http://darksky.org/light-pollution/energy-waste/) and our **health**.

**What is Light Pollution?**

Most of us are familiar with air, water, and land pollution, but did you know that light can also be a pollutant?

Light pollution is the *inappropriate* or *excessive* use of artificial light.

Light pollution is a side effect of industrial civilization. Its sources include building exterior and interior lighting, advertising, commercial properties, offices, factories, streetlights, and *illuminated* sporting venues.

The fact is that much outdoor lighting used at night is *inefficient*, too bright, *poorly targeted*, *improperly shielded* , and, in many cases, completely unnecessary. This light, and the electricity used to create it, is being wasted by spilling it into the sky, rather than focusing it on to the actual objects and areas that people want illuminated.

**Effects of Light Pollution**

For three billion years, life on Earth existed in a rhythm of light and dark that was created only by the illumination of the Sun, Moon and stars. Now, artificial lights *overpower* the darkness and our cities *glow* at night, *disrupting* the natural day-night pattern and changing the delicate balance of our environment. The brightening night sky has measurable negative *impacts* including

* [Increasing energy consumption](http://darksky.org/light-pollution/energy-waste/)
* [Disrupting the ecosystem and wildlife](http://darksky.org/light-pollution/wildlife/)
* [*Harming* human health](http://darksky.org/light-pollution/human-health/)
* [Effecting crime and safety](http://darksky.org/light-pollution/lighting-crime-and-safety/)

Light pollution affects every citizen. Fortunately, concern about light pollution is rising dramatically. A growing number of scientists, homeowners, environmental groups and civic leaders are taking action to restore the natural night. Each of us can implement practical solutions to *combat* light pollution locally, nationally and internationally.

**Vocabulary:**

affect – ovlivňovat

impair – oslabit, narušit

consumption – spotřeba

inappropriate – nevhodný

excessive - nadměrný

illuminated - osvětlený

inefficient – neefektivní

poorly targeted – špatně mířený, cílený

improperly shielded – nedostatečně odstíněný

overpower - přemoci

glow – zářit

disrupt – narušovat

impact – dopad

harm - poškodit

combat – bojovat

**Video: Losing the dark**