

Intermediate 1 (I-1)  
Nature  
Article 19



## The Amazing Sun

<http://islamic-creed.com/2007%20screensavers/Amazing%20Sun%20Rise.jpg>

Alberta, Canada. Everyone loves a sunny room. But did you know that a bright room can make you healthier, happier, and more hard-working? Amazing new research is teaching us about the effects of natural light.

Daylight is important in schools. Canadian research suggests that students do better on tests in sunny, bright schools. Students are absent less often in these schools too. Even more surprisingly, children seem to grow taller in schools with lots of natural light.

Sunlight is also good for business. The use of natural light instead of electric light makes customers spend more more in stores. One popular American store put skylights and as a result, business is up to 40 percent. In offices, workers who have windows near their desks work harder than those who don't. They also miss fewer days work.

Sunlight is good for your health. In his book, Sunlight, DR. Zane Kime advises readers to get plenty of it. According to Kime, the sun's light gives you more energy and causes your heart rate to go down. And with more windows, you use less electricity, which is good for Mother Earth. So open up your curtains and let the sun shine in!

Jann Huizenga and Linda Huizenga. Totally True; Building Vocabulary Through reading Book 3

### ***Let's Talk !***

What are the advantages of sunlight?  
Do you think there is enough sunlight in your life?  
How does sunlight makes you feel?