

My Life in Daylight

Every year on the rack,
I spring forward, fall back
In the dance of the Daylight Savings.

And this time of year
Is a barometer
Of how my life is going.

When I'm down and blue,
I'm happy to lose
An hour in the march of time.

And when I'm up and glad,
I'm happy to add
An hour to the autumn of my life.

Every equinox,
We reset the clocks.
Easy the analogues but oh those digitals!