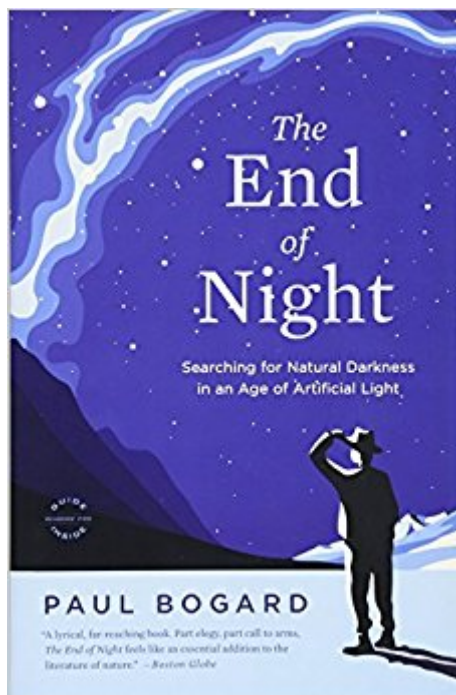




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# The End Of Night: Searching For Natural Darkness In An Age Of Artificial Light



## Synopsis

The "terrific ... moving, poetic, immersive, multifaceted, and thought-provoking" book (Publishers Weekly) that will open your eyes to the night. A brilliantly starry night is one of nature's most thrilling wonders. Yet in our world of nights as bright as day, most of us no longer experience true darkness. Eight out of ten Americans born today won't ever live where they can see the Milky Way. And exposure to artificial light at night has been cited as a factor in health concerns ranging from poor sleep to cancer. In his gorgeous debut, *THE END OF NIGHT*, Paul Bogard travels the globe to find the night, blending personal narrative, natural history, health, science, and folklore to shed light on darkness. Showing exactly what we've lost, what we have left, and what we might hope to regain, he attempts nothing less than a restoration of how we see the spectacularly primal, wildly dark night sky.

## Book Information

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## Customer Reviews

In this artful blend of environmental and cultural history, Bogard manages to make a book about light pollution pure reading — a pleasure. As he travels the world looking for dark spaces that best reveal the night skies, Bogard considers our affinity for artificial light, the false sense of security it provides, and its implications. He studies the skies of Las Vegas and Paris, Walden Pond and Mantua, Italy. He walks with lighting designers, naturalists, and astronomers while pondering the best way to embrace the night. Authors such as Thoreau and Henry Beston serve as hallmarks, while the thoughtfulness with which Bogard considers such broadly diverse issues as the impact of working the night shift and the persecution of bats, quintessential creatures of the night, is inspiring.

Bogard urges readers to weigh the ramifications of light pollution and our failure to address them, illustrating his arguments with photographs that prove his point (most staggeringly, a satellite shot of Europe's light pollution). Smart, surprising, and thoroughly enjoyable. --Colleen Mondor --This text refers to the Audio CD edition.

Shortlisted for the PEN/E.O. Wilson Literary Science Writing Award  
Finalist, Sigurd F. Olson Nature Writing Award  
Chosen as one of Gizmodo's Best Books of 2013  
An Best Book of the Month, Nonfiction: Editors' Pick, July 2013  
2014 Nautilus Award Silver Winner  
"A lyrical, far-reaching book. Part elegy, part call-to-arms, *The End of Night* feels like an essential addition to the literature of nature." -- Boston Globe  
"A moving, poetic, immersive, multifaceted, and thought-provoking study... Terrific." -- Publishers Weekly  
"[Bogard] offers delightful insights from experts on the activities of nature during the night.... Bogard will leave readers in awe of darkness and in admiration of his book." -- Library Journal (starred review)  
"It's impossible to read it without feeling the impulse to set out for the spaces beyond the city limits and spread out a blanket under the stars." -- Columbus Dispatch  
"Absorbing... *The End of Night* delivers a forceful...critique of our overexposed world." -- Wall Street Journal  
"Appealing.... An engaging blend of personal story, hard science and a bit of history." -- Kirkus Reviews  
"An enthralling reminder of the power and pleasures of the dark." -- The Bookseller  
"Introducing us to the pitch-black island of Sark, and groups such as Civil Twilight (designer of streetlights that shut off under moonlight) and Starlight Reserves (which considers freedom from light pollution a basic right), Bogard makes a solid case for hitting the national dimmer switch." -- Mother Jones  
"A paean to a type of deep darkness most Americans have lost." -- Wilson Quarterly  
"In this artful blend of environmental and cultural history, Bogard manages to make a book about light pollution pure reading pleasure.... The thoughtfulness with which Bogard considers such broadly diverse issues as the impact of working the night shift and the persecution of bats, quintessential creatures of the night, is inspiring.... Smart, surprising, and thoroughly enjoyable." -- Colleen Mondor, Booklist  
"A hymn to vanished darkness. A literary journey. This is a rich book. As you read it, you too will want to reclaim the night and perhaps rediscover the heavens of the Enlightenment." -- Nature  
"The most precious things in the modern world are probably silence, solitude, and darkness--and of these three rarities, true darkness may be the rarest of all. Many thanks to Paul Bogard for searching out the dark spots and reminding us to celebrate them!"--Bill McKibben, author of *The End of Nature*  
"Darkness is among the many things we have lost gradually, without mourning. Paul Bogard offers a brilliantly illuminating history and a badly needed reminder that we have been blind to the death of night."--Bill Streever, author of *Cold*  
"This is an important and

beautifully narrated journey into our endangered inheritance: the sleep-silvery dark of night."--David George Haskell, Professor of Biology at The University of the South, author of *The Forest Unseen: A Year's Watch In Nature*"Moving.... Peppered with illuminating insights.... A fascinating tale that combines history, science, sociology and the natural wonder of the night sky...." -- Nature Conservancy"Many of the words one might use to praise this book--lucid, illuminating, brilliant--are, ironically, metaphors drawn from light. Paul Bogard deploys his brilliance to seek out and celebrate the primordial darkness that surrounds our lit-up bubble. He shows how much we lose by living cooped up inside this perpetual glare, cut off from the beauty and mystery of the cosmos, lulled into thinking we are masters of the universe rather than members of the web of life. And he shows how we might reconnect to that original world."--Scott Russell Sanders, author of *Earth Works* and *A Conservationist Manifesto*"Bogard's exploration of what electrical illumination is doing to humans--biologically, culturally, and neurologically--is fascinating from cover to cover." -- Gizmodo"This intriguing book about darkness, light, cities, the starry sky, night, and migrations of birds is a masterwork about the beauties and the challenges of reclaiming naturally dark nights." -- Spirituality & Practice"It's impossible not to read this thorough and engaging survey of the subject and not be convinced [that light pollution matters]." -- Evening Standard "A soon-to-be-classic on the treasure of darkness and the poetry of our night sky. It's a manifesto on par with the greats, and is to the issue of light pollution what *Silent Spring* was to the modern ecology movement!" -- AstroGuyz"In the way of all truly interesting writing, *The End of Night* defies categorization--it's part environmental history, part social history, part literary history, and part travelogue... Throughout, Bogard's passion for poetry and literature shine through, as does his appreciation for "the necessity of the unknown", the wonder that real nights give us, and the mystery of darkness." -- Scope Magazine"Forget Brian Cox -- Paul Bogard is the kind of guy I'd want to go star-gazing with." -- Telegraph (UK)"To seek to let back in a little of the lost starlight and allow more of nature's shadow to reassert its balm seem to me both modest and wholesome aims, and Bogard's book does much to make a case for them." -- The GuardianA "poetic, rich book."â •Donna Marchetti, The Cleveland Plain Dealer "Bogard is at his best when he describes how wonder can make us more empathetic: the fact that the biggest thing we will see in our life is a star light-years away ought to create a sense of humility. *The End of Night* ... should be read, and its ardour is impressive." -- The Scotsman"Bogard's book reminds us of what we are losing." -- Las Vegas CityLife"Paul Bogard's book shines in its ability to weave scientific fact with interesting anecdotes that are relatable to readers." -- Elephant Journal"In inviting readers along to experience and fall in love with the night sky, Bogard is betting that beauty--the knowledge, appreciation, and love of it--will gradually prompt

us to reclaim the darkness of night as it was meant to be. His book is a reminder that we need to take the environment and beauty entrusted to us seriously, with reverence and love." -- Patheos

The End of Night: Searching for Natural Darkness in an Age of Artificial Light by Paul Bogard, follows Bogard's travels around the world, looking for the night sky. Among his first visits is the Vincent Van Gogh painting "The Starry Night." Van Gogh lived in a time before electric light, Bogard reminds us. Then he goes on with a description of what Van Gogh had seen, from a letter the painter wrote in 1888. "In the blue depth the stars were sparkling, greenish, yellow, white, pink . . . Amazed, I've never seen any color in the night sky. I wonder how many of you have seen the colors of stars. In doing away with darkness, what beauty do we lose?" Bogard asks. From beauty, which he often returns to, Bogard goes on to write about "disability glare." It's the reason drivers, especially older drivers like me "have a tough time at night." After describing the science behind this disability glare, he goes on to write that moving from a lighted area to a darker area actually decreases our ability to see. "If you go to darkness, the eye opens a lot, you get more focus, and even in a very dark environment you see very well." He admits that many people feel safer in a brightly-lighted environment, then goes on to demonstrate, with a pair of photos, how the opposite is likely to be true. He cites the case of towns and villages in the U.S. and Europe that have turned off some lights some of the time "to save energy. Instead of increased crime rates, they experienced a reduction, as much as 50 percent. He discusses the negative health effects of constantly lighted environments "and there are many. He interviews health professionals who research the relationship between light and disease. " . . . exposure to light at night is a completely unnatural and alien experience," said one of them. " . . . our brain has not evolved, ever, to see substantial amounts of light at night." Speaking with a sleep therapist, he hears that excessive use of night lighting "is the most important overlooked factor in our contemporary sleep and dream disorders epidemic." Bogard interviews lighting designers to learn what we can do to reduce light pollution, short of walking around in pitch blackness and learns some towns and cities have embarked on major energy- and light-saving projects with wonderful effects. Throughout the book, Bogard describes his visits both to the lightest places on Earth "Las Vegas, for example" and the darkest "like Death Valley. He asks us to imagine seeing a sky so clear it has depth, some stars closer and others farther away. Imagine noticing the colors of stars and planets. The End of Night, Paul Bogard, ISBN 978-0316182904: check it out.

Paul said so eloquently what I have often thought. I love the dark and it is disappearing. There is a beautiful dark place my wife and I found one moonless night while driving north in New Mexico. We were south of Grants heading toward the I-40. We stopped and got out and stared at the sky for an hour. There was no traffic to blind us. I wish Paul would write a similar book on noise pollution. Even the background music in movies is so loud you cannot hear the conversations. Motor vehicles with modified exhaust noise is unbelievable. I very much enjoyed the book. I read it on my kindle. I plan to buy some print versions for my friends. Thanks Paul Bogard.

As soon as I found out about this book I pre-ordered it. It has not disappointed! Immediately you can see the care and time that went into writing and organizing this book. The chapters are organized like the Bortle Scale to mimic that journey from the brightest places to the darkest. And when I found that out, it was a discovery that added even more to an already fantastic book. Each chapter holds unique experiences and interviews with people I never would have heard from otherwise. And each of them plays such an important part in this issue. The interviews share such insight into the problem of light pollution, but at the same time stresses the ease with which the problem could be solved. What's even more astounding is the way Bogard is able to make a connection with the night sky which in turn passes over to the reader, giving you an urge to drive out to the middle of nowhere to see those sights while at the same moment inspiring you to do something about the fact that you DO have to drive out so far. This book is not only informative and educational it is also inspirational and engaging to the point that you cannot stay seated after you read it. You have to do something about it! This is a book that will live on my nightstand. And most definitely a book that I will recommend every time I discuss books with others. A big THANK YOU! to Paul Bogard for writing this and sending it out into the world to be a wake-up call for the importance of dark and an inspiration to make some much-needed changes.

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