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A Quick Look at Land of the Midnight Sun and the Polar Nights by Cody

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When we wake up in the morning and peep out through the window, the first thing we see is the bright sunshine. There is nothing more refreshing than going out for a soothing walk or jog on a bright sunny morning. I hope you know what I'm going to discuss about. Yes, we are going to take a quick look at some facts about the Sun. Let me try and give you a mix of useful and interesting information about the Sun and some of its benefits to mankind.

The Sun is worshipped as a God in many countries. The Sun is a star and by far the largest object of the solar system. It's at the center of the solar system and all the nine planets revolve around it 24 hours a day throughout the year. The size of the Sun is about 109 times that of the Earth. It takes approximately 8 minutes for light from the Sun to reach the earth. Undoubtedly, the Sun is the most powerful constituent in the universe and no life on earth can exist without the Sun. We have studied a lot about the Sun and it's characteristics in our school days, haven't we? Okay, then why not we diversify our subject a bit and make it more newsworthy?

I think most of you know that Norway has a pretty different experience with the Sun. Norway is fondly referred to as 'the Land of midnight sun'. This is because; the Sun never sets in the summer months. In other words, the Sun can be seen 24 hours a day in the summer months mostly in the Northern parts of Norway, provided the weather conditions are favorable.

In contrast to the midnight sun, there is another interesting phenomenon called 'the polar night'. This term is used to refer to the processes when the night lasts for more than 24 hours a day. During the polar nights, there is also a twilight that lasts for about 2-3 months, though this varies with the region of Norway. Polar nights occur in places that are at the innermost center of the polar circle. Recently, I happened to glance through a few beautiful pictures of the midnight sun and polar nights with my Internet connection powered by Verizon FiOS Internet. The pictures were truly mesmerizing to say the least. If you wish to travel to Norway anytime in the summer months, don't miss to discover this incredible phenomenon. Midnight sun cruising or playing golf in the mid night in the presence of the midnight sun leaves a tranquilizing effect on our mind. Outdoor activities are very common during the polar nights.

Here are some the benefits of exposure to the Sun to mankind.

Sunlight is the richest source of Vitamin D. Direct exposure to Sunlight helps to produce Vitamin D in the body. Adequate vitamin D helps to reduce the chance of multiple sclerosis, reduce the risk of type 2 diabetes, prevent high blood pressure, and to prevent bone diseases. Exposure to sunlight helps in the absorption of essential minerals like calcium and phosphorous in the body. This helps to strengthen our bones, teeth and stimulate essential nucleic acids.

The physical benefits of direct exposure to sunlight are many. It helps to boost the body immunity, lower cholesterol, increases metabolism, and better functioning of the liver. Some of the mental benefits of exposure to the Sun are that, it helps to reduce stress and anxiety, and overcome depression.

According to doctors, regular exposure to the sunlight can cure diseases like pulmonary tuberculosis and lupus vulgaris (a form of cutaneous tuberculosis). Moreover, sunlight helps to stimulate the development of the thyroid and endocrine glands. Sun is also ideal for therapy purposes. The Ultraviolet rays of the sun can be used to treat skin diseases like psoriasis and vitiligo.

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