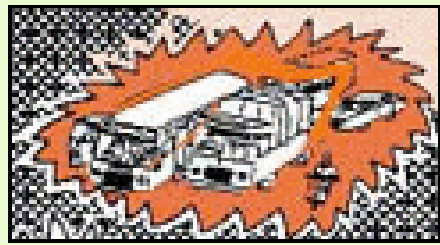


## BASIC

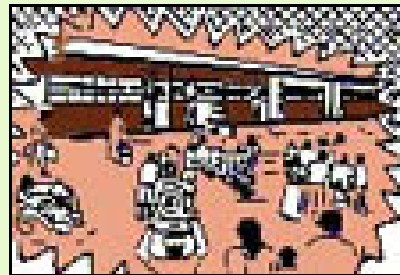
- Constant noise causes the blood vessels and muscles to contract. This causes a gradual loss of hearing, tension, nervousness and psychiatric illness. High intensity sounds emitted by many industries and supersonic aircraft, when continued for long periods of time not only disturb but also permanently damage hearing.
- Noise has harmful effects on non-living materials too. Numerous examples can be cited where old buildings and even new constructions have developed cracks under the stress of explosive sounds.

### Sources of Noise

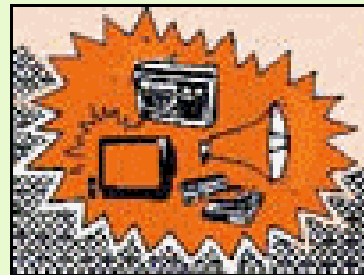
The major sources of noise are



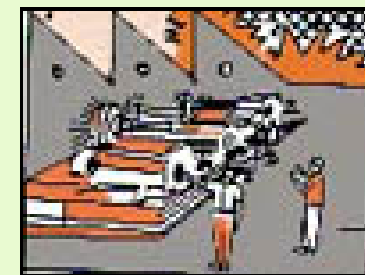
Road traffic



Railways



Use of loudspeakers,  
radio and television



Industrial activities



Aircraft

### WHAT CAN YOU DO?

Are you really concerned about noise? If the answer is yes, be prepared to act when necessary. If you yourself are involved in making noise, be critical about it. Stop it. How can you enforce laws which contradict your own life-style?

The first step is to recognise that everybody is making noise. You cannot control noise from all sources, but you can, at least, control the noise emanating from your radio, television, car, etc. Try and persuade your neighbours to play electronic gadgets softly. Do not buy fire crackers that are noisy. These are simple steps to curb noise pollution at an individual level. Even if a hundred people in a locality follow these steps, the beneficial effects on the general health of the people will soon be felt.