

There is a trend of an increasing amount of noise in our life. Why could this be a problem? What can be done to reduce it? Give your own opinion support it by examples.

Wondered and lost in the hectic pace of life, human beings today— today's human being -- is drawn in his inventions, sometimes called modernity. During the last 100 years that scientists have opened new horizons in our life, but regrettably the side effects of this achievements have has strongly deteriorated- aggravated our health and well-being from both physical and emotional points of view. Sounds produced by cars, planes, trains, factories and constructional activities in addition to poor urban planning are the common known source of noise that if we do not follow the specific methods to control them we definitely conduct our health at a high risk.

One of the main sources of sound disturbances in metropolitan areas is are means of transportations such as cars, motorcycles, buses, and trains. Not only do these vehicles produce air pollution, but also they are in-charge-ofcausing noise pollution. In a research done by school of medicine of UCLA, a reduction of 40 per cent was observed during the weekends when people did not use their cars, and the same result, about 37%, was recorded during a strike of drivers of public buses in New York during a working day. One of the best practiced ways to reduce sound pollution was proposed by one of the engineers of Toyota. He invented a horn with a specific low frequency which was not audible in ten to fifteen meter away. Although this is can be considered as an innovation in the car industry and most probably could lead to a new source of revenue for Toyota, CEO of Toyota has recently announced that they have shared the details of this new invention on their website to be used by people around the globe.

Constructions and factories are considered another two two other main sources of sound distraction. There is no doubt that the loud noises of constructional activities and machinery in factories are unavoidable, but officials can legitimate-introduce some practical rules to penalize oblige those who produce noise more than a specific level of standard. Another solution can be imposing a limitation for working hours of such factories and units. That urban design plays an important role in controlling the volume of noise is something undeniable, so another way to decrease the level of sound pollution is to ask urban designers to provide officials with new solutions.

In conclusion, people who prefer to live in cities than rural areas must be aware of the contribution of sound disturbances to diseases such as permanent hearing loss, cardiovascular diseases and inattention. Those who are exposed to high levels of noise must protect themselves by using double glazing windows at their home or special noise-cancelling headphones at their job.