Noise sickness

Main idea: Noise is everywhere and affects our health negatively.

Supporting details:

Not just loud noises, even quiet traffic noises affect our heart

Low-level sounds that are ongoing can stress us

This can lead to consequences and affect out performance at school and how we view ourselves.

We associate noisiness with success and trust.

(My) Thesis: ~~agree/disagree~~ I think there is no cure

Response:

Do you ever consider noise’s effect on you? According to “Noise Sickness” by George Michelsen Foy, we are surrounded by too much noise and it is hurting us. Foy explains that it’s not just loud noises that are a problem. Even quiet traffic noises can negatively affect our heart healthy, and low-level sounds that are ongoing can cause us stress. This can lead to consequences and affect out performance at school and how we view ourselves. We as a society continue to embrace noise anyway, though. In fact, we associate noisiness with success and trust. Noise sickness is something I’ve never considered, but it occurs to me that this is something that likely has no cure in sight.

Noise sickness is something I’ve never considered, but living in NYC, I guess it must be a part of my life. That being said, since population is growing everywhere, I feel like it’s something we will just have to get used to and hopefully become immune to. As the article says, we associate noise with “parties, success, and ringing cash registers.” As long as we associate noisiness with success, the noise of our world will only get louder.

Additionally, since the population of Earth keeps rising, I imagine the noises will only get worse. The rising population means rising noise, and even if we begin to take noise sickness more seriously, I can’t imagine there’s a real sure to be had. Instead, perhaps we as people will just adapt to the noise in our lives.

In conclusion, I believe noise sickness is a problem, but one that we can’t do anything about. With the positive associations we assign to noise and the growing population of the world, I can’t imagine there’s anything we can do to lessen the din. Instead, we will have to adapt.