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On visiting day at a junior high school near the Los Angeles airport, a teacher was speaking to a room full of parents. A plane flew overhead drowning out her voice. A few minutes later she was interrupted again. One mother decided to count the number of times this happened. By the end of the morning, the teacher had been stopped by the roar of planes sixty-five times.

Such noise is not only annoying; it is detrimental to students. A California study showed that reading-test scores of children in schools near freeways were much lower than those of students elsewhere in the state. And in one New York City elementary school, reading levels of children whose classrooms overlooked an elevated train track were three months to a year behind those of children in rooms on the quiet side of the building.

Noise is usually described as "unwanted sound," but a better definition would be "unsound sound." A child may want to hear the sound of a car pistol or disco music, yet still be harmed by it.

By LUCY KAVALET

Noise is experienced by the whole body. When you hear a loud, unexpected sound, there is an automatic "fight or flight" response. Hormones rush into the bloodstream and your heart beats faster. Fingers get icy cold; your mouth dries, your stomach churns. The reaction is the same whether the sound is a fire alarm that could save your life or your neighbor's power mower.

This violent response puts a strain on the nervous system, heart and other organs. As a result, hearing loss, heart trouble, high blood pressure, stomach upsets, ulcers and nervous disorders are all more common among workers in noisy factories than those who work in quieter places.

Noise in school or at home can produce the same results. A recent study showed that children from noisy neighborhoods who went to noisy schools had higher blood pressure than those who grew up in quieter surroundings. And according to Dr. Jack C. Westman, professor of psychiatry at the University of Wisconsin, "The stressful atmosphere (continued on page 14)
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A NOISY WORLD
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produced by noise in the home is a significant factor in headaches, stomach problems and nervous tension."

Noise is much more harmful to our physical and mental well-being than most people realize. Loss of hearing is the most obvious effect, but one that is often overlooked. "People don't realize in time that they are losing their hearing," warns Charles L. Atkins, director of the national noise control program for the Environmental Protection Agency (EPA).

That's because the loss of hearing is very gradual. Certain sounds disappear first: the fax, the 
shriek of crickets, the hissing melody of the fan. This process, long associated with aging, often begins early in life today. From 50 to 60 percent of 4,000 incoming college freshmen tested in two years at the University of Tennessee in Knoxville, for example, could not hear perfectly. "I suspect the reason is many youngsters listen to rock and roll, go dancing, ride motorcycles," says Dr. David M. Lipscomb, who conducted the tests.

Fewer women than men develop hearing loss, possibly because men are likely to work in factories, drive trucks, use construction equipment and otherwise surround themselves with loud noise. As more women enter traditionally male fields and as the world outside keeps getting noisier, however, the difference in hearing loss between the sexes may begin to even out.

How loud must a sound be to damage your ears? That depends on several variables, including the strength of your ears, the length of time you're exposed to the sound and its decibel level. The difference between decibel levels is much greater than it seems. The loudness doubles with each multiple of 10. In other words, 60 db is twice as loud as 50 and four times as loud as 60. Normal dinner table conversation generally reaches 60 decibels, and a screaming baby may get up to 90 decibels. The noise in a disco reaches 110 to 120 decibels of sound, which is nearly that of a jet plane at takeoff. (For the decibels of other common sounds see box on page 150.)

The clearest indication that noise is loud enough to damage your hearing is pain in the ears. If your ears ring or you can't hear normally for more than a few minutes after a sound stops, that also means it's dangerously loud. But even sounds that aren't loud enough to cause pain can be harmful if heard long enough. According to Dr. Luther Terry, president of the Hearing, Educational Aid and Research Foundation, "Noise heard repeatedly over a period of time can produce a permanent hearing deficiency."

The federal legal limit of noise at a work place is an average of 90 decibels over
an eight-hour period. Listening to 90 decibels of noise steadily, however, has been found harmful; 40 or 65 decibels would be safer, according to the EPA. The EPA has also identified an average of 70 decibels over a twenty-four-hour period as the dividing line between safety and danger. That doesn't mean it's unsafe to listen to rock music for an hour or to the garbage disposal for a few minutes; it does mean that the noise you're exposed to throughout the day should not average more than 70 decibels. Thus, a person who works in a noisy factory all day should spend time off in quiet surroundings in order to keep the average daily exposure at a safe level.

Excessive noise can do more than damage hearing; it's also disturbing and emotionally upsetting. It can make even normally calm people feel nervous and irritable, and can be the last straw for those close to mental illness. Examples of bizarre behavior triggered by noise are numerous. Sanitation workers, whose trucks make up to 100 decibels of sound, have been assaulted by angry homeowners. Valets have faced stonewalling on maintenance crews, and noisy night workers have killed one of four boys playing on the street in front of his window. When arrested he explained that he couldn't stand the noise the boys were making while he was trying to sleep.

The stress caused by noise in the home can lead to emotional outlets that create friction and contribute to marital conflicts. Noise also generates tension between parents and their naturally noisy children. A mother who shouts at or hits a child for no apparent reason may simply be reacting to too much noise.

As unpleasant and even dangerous as noise can be, it's one problem we can do something about. Here are some suggestions for making your home quieter and protecting you and your family from noises outside your home:

- Be sure windows fit tightly. Place weather stripping around the edges. If your neighborhood is especially noisy or you live on a busy street, consider installing storm windows or double panes of regular glass.
- Keep windows closed as much as possible, particularly during the noisiest hours of the day (when the traffic is heavy, construction is going on, or airplanes are flying overhead, for example).
- Replace hollow wooden doors with solid ones.
- Install any cracks inside or outside your house. Builders say that if a crack is wide enough for an ant to pass through, noise can pass through.
- Add insulating material or an extra layer of plywood paneling to thin walls and under the floor.
- Cover your ceilings with acoustic tile. This can reduce high-pitched sounds (the
(continued on page 110)

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**Make this light fruity pie in just 8 minutes with fresh fruit, COOL WHIP® Topping, and any flavor JELL-O® Gelatin. Delicious, refreshing, easy.**

1. **JELLY FRAPE™**
   - Dissolve gelatin completely in boiling water, stirring about 5 minutes. Add ice cubes and stir until gelatin is thickened, about 2 to 3 minutes. Remove any unscooped ice.

2. **Fruit Topping
   - Blend in Cool Whip® non-dairy whipped topping; then whip until no trace.

3. **Light a Fruity Pie
   - 1 pkg. (3 oz.) JELL-O® Brand Gelatin or any other flavor
   - 1/2 cup boiling water
   - 2 cups ice cubes
   - 1 container (8 oz.) COOL WHIP® Non-Dairy Whipped Topping, thawed
   - 1 cup fresh fruit (sliced strawberries, peaches, bananas, or whole raspberries or blueberries)*
   - 1 package graham cracker crust
   - Optional
   - 1 can (8 oz.) apricots, sliced peaches, or orange juice, drained and diced
   - 1 can (8 oz.) crushed pineapple, drained

- *Grapefruit or pineapple can be substituted for the fruit.

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Viva Italian!

"Tastes splendid because it's blended."

The Shaker Top perfectly blends the delicious flavor as you shake it on.

SSHHH... HOW TO LIVE IN A NOISY WORLD

continued

most annoying by five to ten decibels. (Even putting tile just in the corners of the ceiling provides almost as much noise reduction at much less cost.)

- Furnish rooms with heavily upholstered sofas and armchairs with plush cushions. They absorb the sounds of voices and footsteps, which bounce off hard surfaces and get louder.
- Carpet your floors—the thicker the better—and use underpads of felt or rubber. If you don't want carpeting throughout the house, at least carpet the upstairs rooms.
- Hang lined draperies on walls as well as windows. Cloth wall hangings also absorb sound.
- Partition large, open living spaces. Modern houses in which the living, dining and kitchen areas flow into one another are often noisy. Dividing up the area divides the noise too.

<table>
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<th>DECIBELS OF SOME COMMON SOUNDS</th>
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<td>Decibels (dB)</td>
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- Soundproof one room, such as a playroom in the basement, with acoustic tile, carpets and drapes. You can then keep the television, stereo, musical instruments and other noise-producing equipment there.
- Put a soft rubber or foam rubber mat under large appliances to absorb vibration and sound. A folded towel can be placed under small appliances used infrequently. Fasten down appliances if possible.
- Avoid using several appliances at the same time. The sound in a typical kitchen can reach one hundred decibels when all appliances are on.
- Replace worn-out appliances with quieter models. Mr. Elkins expects noise-level labels to be required for vacuum cleaners and air conditioners within the next two years, and for other appliances thereafter.
- Decorate with as much fabric as possible in the kitchen, the noisiest room in the house. Carpet the floor, use heavy fabric coverings, and hang draperies over the window sash; put cushions on the chair.
- Plan your schedule so you can leave

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SSSHHHH... HOW TO LIVE IN A NOISY WORLD continued

- Plan your schedule so you can leave the kitchen after you turn on the dishwasher or washer-dryer.
- Arrange to be out of the house when your husband or someone else is using powerful tools or is engaged in other noisy activities.
- Keep the television and stereo at low volume. Earphones and headphones are useful when only one person wants to listen, but should not be used regularly. Both direct the sound into the ear of the sleeper, which can be damaging. (Keeping the volume at a moderate level reduces the risk, however.)
- Consider covering up unpleasant noises with pleasant background music—such as soft music, the whir of an air conditioner or fan, tapes of the soothing sounds of waves at sea or of white noise. White noise isn't a sound you can identify; it's a hum that blurs out louder sounds. (Many people find, however, that such background noises get on their nerves more than the noise they conceal.)
- Turn your telephone down so it rings more quietly.
- Teach your dog to bark for a good reason only. The Humane Society of the United States recommends squirting water on the animal with a plant mixer and saying "no" every time he barks needlessly.
- Wear ear protection whenever you are in a noisy place. Muffs that go over the ear or plugs that fit inside can be bought in drug or sporting goods stores. (Putting cotton in your ears doesn't help.)
- Keep the windows of your car rolled up when you drive through noisy traffic.

Join with others in your community to solve noise problems. A PTA group in Montgomery County, Maryland, hired engineers to determine suitable noise limits for the local bands in the junior high and high school, according to Dr. George W. Fellendorf, executive director of the National Information Center for Quiet. Students were then taught how to work the noise meters that measure the amount of sound as the music could be kept at safe levels.

In many communities, citizens' groups have succeeded in getting noisy night landings and takeoffs banished at local airports and in getting planes rerouted away from residential areas.

Laws against much of the most annoying noise are already on the books. In many cities, for example, it is against the law to honk a car horn except as a warning, to drive cars without mufflers and so have noisy late-night parties. If you're disturbed by noise in your community, it's important to complain. The National Information Center for Quiet (Box 5717, Washington, D.C. 20007) can help you find out what laws apply to your area and where to complain.

Sometimes the complaint of one person can be effective. A young mother caring for a sick child was annoyed by the din of street repairs in front of her house all day. When dusk came and the blaring continued, she marched up to the foreman and said, "We can't stand this any longer. You have to stop, or I'll report you." She expected an argument, but the man replied, "OK. The boss told us to keep working until someone objected.

Perhaps we should all stand up and shout against noise more often.

GOT'S AND DASHES: See General Directions. For dash, cut 5 strips of bands about 1" 1/4" and 1 3/4" long. Press them flat and down on stamp, as shown in pattern, leaving about 1/4" free at one end of stamp. For dots, cut 5 small square pieces of band and cluster them at end of stamp. Apply all bands in one direction, as shown in patterns; printing is reversed.

1. Use a pointed tool, follow the individual directions, cut rubber bands, if necessary, for design. When cutting long pieces, use circle saw or scissors and make sure the long cut ends are in same direction of any adjacent edges.

2. Rubber bands should be covered entirely with a layer of rubber cement. Cover rubber cement evenly. When cement is dry, use a thin tool to remove excess cement. Once cement is dry, the remainder can be trimmed with a knife or scissors and the edges can be trimmed with a pair of scissors. Apply cement and let it dry before use. When printing is made, the rubber layers will print, regardless of the rubber cement underneath. When using rubber bands, always apply all bands in one direction, as shown in patterns; printing is reversed.

3. Use a pointed tool to apply bands to the surface of a stamp. Apply bands until the design is completed. When the bands are applied, the first band should be applied with a slight overlap of the previous band. The bands should overlap each other by about 1/8". When the design is completed, the bands should be trimmed with a pair of scissors. Apply a thin layer of rubber cement to the surface of the stamp. When the cement is dry, use a thin tool to remove excess cement. Once cement is dry, the remainder can be trimmed with a knife or scissors and the edges can be trimmed with a pair of scissors. Apply cement and let it dry before use. When printing is made, the rubber layers will print, regardless of the rubber cement underneath. When using rubber bands, always apply all bands in one direction, as shown in patterns; printing is reversed.

STAMP IT STATIONERY

For bands 4 and 5 into wide loops and apply. (Note: Stamps 7 are shown in broken lines to distinguish them from bands 4 and 5.) Press down one loop at a time. Apply bands around lower section, leaving about 1/4" of space to distinguish bands 4 and 5. Then turn over band inside out, and attach at end of band in liked indicated in arrow form, and turn. Bands 8 and 9 in like pattern. Apply band 3 in same manner, reversing position.


circles

STEREOsehen on page 142

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CIRCLES: See General Directions. Trace actual-size pattern, below, with thin black lead. Cut pointed bands to size and join with double edge of cement. Remove cover from sides and press circles edge down on stamp.

Butterfly

Form bands 4 and 5 into wide loops and apply. (Note: Stamps 7 are shown in broken lines to distinguish them from bands 4 and 5.) Press down one loop at a time. Apply bands around lower section, leaving about 1/4" of space to distinguish bands 4 and 5. Then turn over band inside out, and attach at end of band in liked indicated in arrow form, and turn. Bands 8 and 9 in like pattern. Apply band 3 in same manner, reversing position.