

## What You Can Do About Noise

Earplugs and soundproofing can sometimes provide relief, but they are not a real cure any more than gas masks are a remedy for air pollution. We must work on reducing noise at the source.

Here are some things you can do to help:

- Most noise regulation is municipal. Write your council asking that more stringent bylaws be put in place, and that enforcement become a priority.
- Write the provincial and federal Ministers of Environment and Health urging them to address noise pollution as part of their jurisdictions.
- In public places and commercial establishments, make it known that music or television is not always welcome.
- Reduce your own noise. Read your local noise bylaw and stay within permitted hours for noisy activities such as lawn-mowing. Use hand tools as much as possible when doing work around the house or yard. Don't inflict radio or other amplified sound on your neighbours or work-mates. Keep your vehicle in good repair, drive considerately, and turn off the engine instead of idling at the curb.
- Insist on your right to quiet.

## The Right to Quiet Society

The Society was founded in 1982. It is a registered charitable organization.

Our objectives are:

- To promote awareness of the increasing problem of noise pollution and the dangers of noise to our physical, emotional, and spiritual well-being.
- To work for noise abatement through regulation and enforcement and by encouraging responsible behaviour.
- To foster recognition of the right to quiet as a basic human right.

We do not seek to create an absolutely silent world. However, we want to see a world where quiet is a normal and readily available part of life.

We want our homes to be havens from unwanted noise, and we ask that the soundscape of public spaces be respected.

We insist on our right to listen, or not to listen, to music and other audio according to our own tastes and moods, without having other people's choices forced on us.

We want to be able to attend movies, listen to speeches, and go skating or dancing without being deafened by unreasonably loud amplification.

We would like to see certain times and places set aside as "acoustic reserves" so that everyone has a chance to experience the healing powers of silence.

# NOISE



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## Work With Us On This Serious Global Problem

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for Soundscape Awareness and Protection

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