Reading Passage

The Restoration of Silence

A. In the modern world, quiet has become an increasingly scarce commodity. From the constant hum of traffic and airplane engines to the persistent pings of electronic devices, acoustic pollution permeates nearly every corner of daily life. Scientists and health professionals are now raising alarms about the pervasive nature of noise, warning that chronic exposure to ambient sound does not merely cause temporary irritation, but actively contributes to long-term physical and psychological strain on human populations.

B. The medical consequences of perpetual noise extend far beyond damage to auditory health. Neurological research indicates that elevated sound levels trigger the body's sympathetic nervous system, prompting the release of stress hormones like cortisol and adrenaline. Over time, sustained exposure to background noise—even at moderate levels, such as passing highway traffic—has been linked to elevated blood pressure, cardiovascular disease, impaired sleep quality, and heightened anxiety levels in both adults and children.

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C. Beyond its impact on personal wellness, noise pollution inflicts a measurable toll on economic productivity and educational development. In workplace environments, constant auditory distractions hinder concentration, slow cognitive processing, and increase error rates among workers. Similarly, studies conducted in schools situated near major highways or airports demonstrate that children exposed to relentless background noise score consistently lower on reading comprehension tests and experience delayed language acquisition compared to peers in quieter learning environments.

D. Recognizing these risks, urban designers and architects are adopting innovative approaches to reclaim peaceful spaces. Urban acoustic planning now incorporates noise-mitigation strategies such as planting dense tree belts along busy roadways, constructing acoustic barrier walls, and designing buildings with sound-absorbing facade materials. Furthermore, many major metropolises are designating official "quiet zones"—public parks, courtyards, and pedestrian precincts where noise levels are strictly regulated by municipal codes.

E. Concurrently, there is a growing global movement advocating for personal quietude as a form of wellness. Silence therapy retreats, digital detoxes, and noise-canceling technologies are seeing unprecedented market growth. As public awareness expands, experts suggest that quiet should no longer be viewed as an occasional luxury reserved for the affluent, but rather as a fundamental public health necessity vital for cognitive restoration and mental stability.

Questions

Questions 1–5

The Reading Passage has five paragraphs, ***A–E****.*

LIVEWORKSHEETS

Choose the correct heading for each paragraph from the list of headings below.

*Write the correct number, **i–viii**, next to the paragraph letter.*

List of Headings

i. The physical and psychological toll on human health

ii. Legislative bans on commercial noise sources

iii. The ubiquitous nature of modern sound pollution

iv. Reframing quiet as an essential health requirement

v. Architectural and urban planning solutions

vi. The economic burden of hearing aid production

vii. Negative impacts on learning and work performance

viii. Tech-free zones in elementary schools

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1. Paragraph A

2. Paragraph B

3. Paragraph C

4. Paragraph D

5. Paragraph E

LIVEWORKSHEETS