What does the writer describe as an 'amusing old-fashioned source of noise'?

Pollution is the price we pay for an overpopulated, over-industrialized planet.

When you come to think about it, there are only four ways you can deal with rubbish: dump it, burn it, turn it into something you can use again, attempt to produce less of it.

We keep trying all four methods, but the sheer volume of rubbish we produce worldwide threatens to overwhelm us.

Rubbish, however, is only part of the problem of polluting our planet.

The need to produce ever-increasing quantities of cheap food leads to a different kind of pollution.

Industrialized farming methods produce cheap meat products: beef, pork, and chicken.

The use of pesticides and fertilizers produces cheap grain and vegetables.

The price we pay for cheap food may already be too high: Mad Cow Disease (BSE) in cattle, salmonella in chicken and eggs, and listeria in dairy products.

And if you think you'll abandon meat and become a vegetarian, you have the choice of very expensive organically-grown vegetables or a steady diet of pesticides every time you think you're eating fresh salads and vegetables, or just having an innocent glass of water!

However, there is an even more insidious kind of pollution that particularly affects urban areas and invades our daily lives, and that is noise.

Burglar alarms going off at any time of the day or night serve only to annoy passers-by and actually assist burglars to burgle.

Car alarms constantly scream at us in the street and are a source of profound irritation.

A recent survey of the effects of noise revealed (surprisingly?) that dogs barking incessantly in the night rated the highest form of noise pollution on a scale ranging from | to 7.

The survey revealed a large number of sources of noise that we really dislike.

Lawn mowers whining on a summer's day, late-night parties in apartment blocks, noisy neighbours, vehicles of all kinds, especially large container trucks thundering through quiet villages, planes and helicopters flying overhead, large radios carried round in public places and played at maximum volume.

New technology has also made its own contribution to noise.

A lot of people object to mobile phones, especially when they are used in public places like restaurants or on public transport.

Loud conversations on mobile phones invade our thoughts or interrupt the pleasure of meeting friends for a quiet chat.

The noise pollution survey revealed a rather surprising and possibly amusing old-fashioned source of noise.

It turned out to be snoring!

Men were found to be the worst offenders.

It was revealed that 20% of men in their mid-thirties snore.

This figure rises to a Staggering 60% of men in their sixties.

Against these figures, it was found that only 5% of women snore regularly, while the rest are constantly woken or kept awake by their trumpeting partners.

Whatever the source of noise, one thing is certain: silence, it seems, has become a golden memory.

Noise constantly invades our daily lives.

According to a recent survey, the worst noise is dogs barking at night, although the noise of lawn mowers, late-night parties, noisy neighbours, vehicles, planes and helicopters, and large radios all adds.

While the use of mobile phones in public places, it seems, is annoying, the survey revealed that one 'old-fashioned' source of noise is snoring, with men the worst offenders: only a small percentage of women snore, but they suffer most.

It has often been said that 'you are what you eat'.

But what does that mean?

It certainly does not mean that if you eat enough carrots, you will begin to look like one!

It means that you will be healthy if you eat healthy food, and your health will not be so good if you eat 'junk food'.

And obviously it applies to some people, but not to others.

A friend of mine is mainly a vegetarian, she eats mostly fruit and vegetables, with some fish, and she is extremely healthy.

She even has a meal occasionally with fried eggs, fried bacon, and chips, but it doesn't seem to do her any harm.

Basically she eats a diet which is 90% healthy.

So, I suppose, she is what she eats.

There is a problem, however, and it is this.

Your physical health is not simply the result of what you eat and drink: it is also partly a result of your own metabolism, the amount of exercise you take and the general way you live (your lifestyle, if you like) If you eat healthy food, but sit at a desk all day and then sit all evening watching television, then of course you can't expect to be really healthy.

I eat well, I think.

I eat fresh meat, fruit, and vegetables when I can.

I do not eat much fatty food, I do not eat much prepared food (frozen meals), and very rarely have a fried meal.

I take regular exercise, particularly walking and cycling, and I don't drink much alcohol.

But I still weigh 150 pounds, which is too much for my age and height.

The root cause of pollution in agriculture is the twin pressures to produce more food and at lower cost.

For most people, the most distressing form of noise pollution is dogs barking all night.

Snoring causes a severe noise problem for women of all ages.

We keep trying all of these four methods.

Burglar alarms that go off at any time of the day or night serve only to annoy.

A recent survey revealed that it is dogs barking incessantly in the night that we dislike most.

New technology has also played a role in noise pollution.

A lot of people take exception to mobile phones, especially in public places.

The noise pollution survey brought to light a rather surprising source of noise.

By comparison with these figures, it was found that only 5% of women snore.