

# City Of Sickness

*Composed by Theo Power*

## Instructions for listening

1. Sit in a pitch-black room, or as dark as you can make it.
2. Play through a set of monitors or headphones to a volume that suits you best. Listening from other external devices such as a tape machine is welcome!
3. Think about your experiences with these sounds in real life, and how they may affect you.

The city is killing us slowly, it's killing both me and you.

The persistent wall of noise is affecting you, and you may not even know it.

London exposes it's residents to upwards of 86db of noise. The average human ear should be taking up to 50db of noise, which is considered safe.

The monolithic wall of noise that greets you could start a domino effect of illness starting in your body .

Type 2 Diabetes, Depression, and Anxiety. Depression and Anxiety can lead to Heart problems, circulatory problems and mental health problems. Which can lead to your death.

Beneath the chaos of the roads, we find ourselves sitting in a long-cramped train, which we know as the tube. The tube is one of the most popular forms of transport in London. The tube can expose your ears to upwards of 110 DB of noise. This is the same volume of a gig. Hearing this noise of extended periods of time, could be affecting you in drastic ways.

The city is killing you, and you may not even know it.