

# Many 'Hear' Sounds That Don't Really Exist

Millions "hear" sounds that don't really exist.

According to the last national health survey conducted by the Public Health Agency in this country, there are at least 36 million Americans who "hear something" when there's actually nothing to hear.

The "something" may be a ringing, a hissing, or a constant-level tone that ranges from lower pitches to very high-pitched frequencies.

This condition of subjectively hearing such sound when no external physical sound actually is present is known as tinnitus.

It's pronounced TIN-ni-tus, and it spells trouble for anyone who has it. The trouble may be only in the category of "occasional nuisance" or it may be an ever-present, unrelenting part of a person's life, a constant intruder into daily activities — even sleep.

## All types have it

While there are some Clinton employees who experience this condition, there's no indication of a relationship between working in the textile industry and having tinnitus.

People who work in all types of jobs — people such as college professors, fac-

## If You Have Tinnitus, Avoid These Hazards

As soon as a person is determined to have tinnitus, he or she is asked to avoid the following:

— Excessive use of alcohol. Almost all persons who have tinnitus and use alcohol report that the tinnitus seems worse following intoxication.

— Nicotine. All who experience tinnitus are asked to give up smoking because of the effects on the vascular system produced by nicotine.

— Caffeine. People with tinnitus are asked to give up caffeine in all forms for a period of one month to determine whether this substance has an effect on the condition. Caffeine is found in coffee, tea, cola drinks, chocolate and some drugs.

— Marijuana. This is known to heighten the effects of tinnitus.

— Loud noise. On the job or off, loud noise — such as that produced by some machinery, power mowers, chain saws, guns, music, motorcycles, and fireworks — can be especially harmful to the unprotected ears of a person with tinnitus. So, those who experience this condition are strongly advised to use proper hearing protection devices when they are exposed to loud noise.

tory workers, and housewives — and people who are not engaged in any work outside the home can experience tinnitus.

Sometimes an employee's tinnitus is discovered through the regular audiometric testing that's required by Clinton's Mandatory Hearing Conservation Program for those who are exposed to noise levels of 85 decibels and above on the job.

Sometimes, tinnitus is accompanied by dizziness, which usually makes it more difficult for the person to function and may cause him or her to seek help

sooner.

Tinnitus has a variety of causes, ranging from things as simple as a wax buildup against the ear drum to more complex situations, such as the development of a tumor within the head.

If the cause is a simple one, there's no need to put up with it any longer than necessary, and if it's more serious, early treatment is likely to be more effective.

Drugs, some kinds of therapy, biofeedback, hearing aids, tinnitus masking devices, and, in certain severe cases, surgery may be indicated to correct the

condition.

A hearing aid, for example, may enable a person to hear more of the "normal" noises around him or her and thereby block out some or all of the tinnitus sound. A tinnitus masker, which looks much like a hearing aid, substitutes an "external sound" for the tinnitus sound. This often works because most people can better ignore an external sound than one produced by tinnitus.

While medical science still doesn't know exactly what is happening within the body when a person is hearing the sounds of tinnitus, there are effective forms of treatment for this condition. Therefore, it's important to seek treatment as early as possible.

An employee who suspects that he or she has tinnitus should see the facility nurse for her to check the ear canal.

This condition is widespread among the general population in this country.

It's sometimes hard for the individual who's constantly bothered by a noise that really isn't even there to accept the fact that the noise doesn't actually exist except in his or her own head, but there are at least 36 million people who share this problem, so no one's in it alone and medical research is constantly being carried forward to develop better methods of dealing with it.

# Chrismons

## Tree Ornaments Are Symbols From Bible

The Clinton Mills' Women's Club had as one of their major projects this year the making of Chrismons for the Community Building Christmas Tree.

All of the tree ornaments are symbols from the Bible and are made of white felt decorated with white and gold sequens, pearls, and beads. The tree had white lights, which enhance the attractiveness of the decorations.

During the club December 10 meeting, Marie Madden gave a brief description of the symbols.

Chrismon is a word derived from Christ and monograms.



James D. Werts recently completed 40 years continuous service. James joined Clinton Mills November 16, 1943. He works in the Plant 1 and 2 Supply Room.

CHRISTMAS



*Blessings of the  
season to one  
and all at  
Christmas!*



EXPLANATION OF BIBLICAL SIGNIFICANCE— Marie Madden, left, explains the Biblical significance of the Chrismon to Claude Crocker, Vera Smith, Sadie Power and Bea McElhannon.



EXAMINING CHRISMONS— Eva Land, Margaret Blakely, Faye Barker, Vera Smith, Lucille Taylor, Sadie Powers, Bea McElhannon and Eva West examine the finished Chrismons.