Answer to the question no 1

It is never a good idea to store any data in the Segment registers because it is a very special purpose pointing at accessible blocks of memory. It works together with general purpose register to access any memory value. Segment registers are cs, ds, es, ss. If we access memory at the physical address then we should set the ds and si segment registers. So it is a offset. So we can add it for making 20 bit microprocessor. So it is never a good idea to store any data.

Answer to the question no 2

8086 CPU has 8 general purpose registers(gpr), they are AX, BX, CX. DX, SI. DI, BP, SP. Here 4 gpr ax, bx, cx, dx are separate 8 bit registers. Registers are located inside the memory so they are so much fast than memory. Accessing a memory location required the use of a system bus. But they are still a good place for storing the data.