**Means of communication**

Now that having entered the 21st century, we cannot imagine our lives without the Internet and mobile phones. Nowadays they have become the most important means of communication.

Mobile phones have changed people’s lives and now it’s difficult to imagine how people lived without mobile phones in the past. Today the idea of living without cell phones seems ridiculous. But this device has some disadvantages

I am absolutely sure that the benefits of mobile phones outweigh the disadvantages. Firstly, they give us an opportunity to be reachable everywhere.  If you are going to be late, you can just call your family or send them a text message. Secondly, they are very easy and comfortable to use, especially for the busy modern lifestyle. Cell phones enable people to work, to study, wherever they are and at any time of day and night. So, mobile phones make our lives easier, save our time and money.

However, some people believe that some mobile phones have negative health effects. They say that the microwave radiation cell phones emit can cause cancer. Moreover, mobile phones harm the environment because they contain heavy metals and toxic substances. When they are discarded, they contaminate soil and drinking water.

Another important source of communication is the Internet. The Internet has made it possible to communicate with people all over the world. Today, users do not have to visit or call someone to communicate. I am sure that social networking as online chatting has revolutionized the way people communicate. But what are the pluses of these ways of communication?

In my opinion, social networking sites and online chatting help people to overcome loneliness and improve their communication skills. Besides, many people use social networks to communicate and exchange personal information or to find a job.

However, some people say that these means have disadvantages. They cannot be a substitute for real world human interaction. People forget about their work, ignore their families. Those who use social networks often give out too much personal information that may be passed to third parties for different purposes.

To sum up, I’d like to say that these means of communication will continue to grow in popularity because more and more computer users find it easier to interact with others through electronic communication.