

How far do you agree that the use of mobile phones can be addictive and bad for your health?

I think that usage mobile phone makes things easier. Walking is healthy, but only few people go into post-office instead of using some chatting app. But on the other hand, there are also healthy apps that make you walk more, remind you to drink enough, or can tell you what you eat and how many calories, proteins and vitamins it has, so it's much easier for you to eat healthy.

Although applications like "Pokémon GO" aren't unhealthy, but because of attention to it, somebody can knock you down on the road or because he/she is calling while driving. Also in some countries services are like message and chat monitoring and when you write something, e.g. an anarchist, the police can arrest you or, in extreme situations, kill you.

You can call for an ambulance when something happened to you or somebody else. In situations like this every second is important and it's very likely that an injured person will die without having a mobile phone.

In some places in America, there are services which will send you the message about the upcoming danger like fire, earthquake or tornado so you have enough time to hide in a shelter or leave the city.

There are many researches showing that mobile signal can cause cancer and it is more likely in children. I personally don't believe it, but only time can show if it's the true danger, but in that moment will be too late for my health.