The passage claims the fact that many people tend to read and discuss negative news which may cause bad effect and therefore appeal the idea of finding optimism in various ways.

( Many people tend to read and discuss negative news, which is not a good thing, therefore, the author appeal to the idea of doing positive things to stay optimistic.)

In regard of reading negative news, I usually turn a blind eye to them, for it is useless to read. However, they always arouse hit discussions when it comes to chatting with friends and families. Unnecessary but unavoidable, we have to face negative news constantly.

(In regard of reading negative news, I usually turn a blind eye to them, for immersing myself in the negative emotion cannot help clear your head and proceed with my task. However, negative news always arouse heat discussions and unavoidably we have to face them constantly.)

As for me, negative news will never make people happy. On the opposite, they may throw people into confusion as well as panic. People who read this kind of news frequently may slowly gain anxiety because negative news exerts subtle influences on people’s mind. Therefore it might be a prelude to serious problems. On no account can negative news convey delightful emotions to human beings.

Obviously, it is of vital importance to reduce certain negative information in our daily life. First of all, the mass media acts an important role. Only when they reduce the amount of negative news can we have access to positive information. Secondly, it is our duty to exert all of our efforts to spread positive emotions as well as optimism throughout our daily life.