

Put Down That Phone



Most people will not agree with me, but life was better before the introduction of mobile phones. I'm not trying to return to the dark ages. I just think these phones make our lives more hectic and complicated. I believe we need to put down our phones. We need to take the time to interact with those around us.

I am a grandmother now. But I remember the days when talking on the phone was something that we did only in our own homes. We did it when we had the time to talk to the person on the other end of the line. The phone cord was attached to the wall. We didn't even have the choice of walking more than a few feet away from where the phone was connected. When you spoke to a friend, you sat down and relaxed. But those days are gone forever. Today, we can take calls anywhere and anytime.



Now, it seems like everyone has a phone. Even I have one, although I don't use it very often. What astonishes me is that children have been swept up in the mobile phone craze. I understand it increases safety when kids have phones. They can check in with their parents at any time. But children don't need their own smartphones. Instead of being glued to a screen, I think children should be playing board games and running around outside.

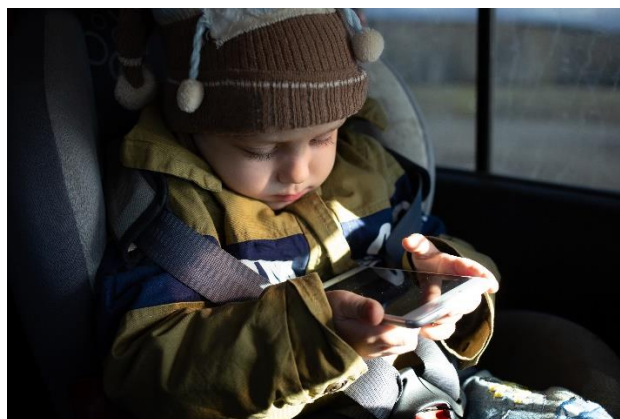
One of the issues I have with mobile phones is their use in public places. I think it is rude and impolite! I have no idea why people feel the need to take calls while they are waiting in line at the store. I don't want to listen to a complete stranger's conversation, yet I am forced to do so. I have seen customers in restaurants, talking on their phones, rather than speaking to the people at their table. They even talk on their phones while ordering their meals! Something is terribly wrong with this picture. These phones are interrupting our lives instead of adding to them. If you are waiting for an important phone call and don't want to miss it, perhaps you should just stay at home.



Text messaging is another reason I don't like mobile phones. When I was younger, teens would have conversations in person. Now, you can get in touch with someone as quickly as your fingers can type a message. While texting does make it easier to stay in touch, I think it has caused people to feel more isolated. We don't know how to talk to each other anymore.

In addition, these products have taken over our society like a plague. They cause unnecessary injuries and deaths. Mobile phones distract us when we are driving our cars. Many car accidents occur because people are on their phones. When you are driving, all your attention should be on the road. Walking while texting is dangerous, too. More and more people are suffering serious injuries because they are looking down and typing.

Maybe I shouldn't complain about mobile phones. They are good for playing games, listening to music, and watching videos. A smart phone is a great way to keep a child busy in a restaurant or on a long car ride. I remember we used to have to bring coloring books and toys to keep my children occupied. Not anymore!



Of course, there are other benefits to having technology at your fingertips. You can snap a quick picture of a memorable moment and send it to someone immediately. You can call someone if you are lost or late. You can navigate through strange cities or towns. You can even translate words into another language! The possibilities are endless, and the advances are fascinating. When I was a child, I never could have imagined that we would one day have devices such as these.



But think about what we miss when we rely on our phones for constant entertainment. We miss the sights of nature on a summer day when we are too busy looking down at our phones. We miss the companionship of good friends when we ignore them to use our phones. Simply put, people miss out on relationships with the world and each other, all due to their unhealthy relationships with their phones.

Even though I long for the days when things were simpler, I realize that these phones aren't going away. So, I have decided to speak up about the damage these phones are doing. Take it from someone who has seen both sides. Change your behavior. Put down your phone. You won't regret it!

