Nowadays, cell phones have become an everyday part of life. It is very difficult to imagine our live without a cell phone as most of our work is done using cell phones. Furthermore, modern cell phones are capable of more advanced computing capability. They affect not only how people communicate but also how people run the errands. While I accept that cell phones can sometimes have a positive effect on the user, I believe that they are more likely to have a negative impact.

My cellphone usage-----

On the one hand, the most advantage of using mobile phone is the ability to communicate with loved ones, colleagues, and friends [1]. In a world made small by mobile phones, people can easily and instantly contact their friends who live abroad by just calling or sending messages. In addition, mobile devices help in education, especially in children [2]. Learning via mobile is one of the preferred methods of learning. With easy access to course materials and contents, children are not confined to a physical location or a set schedule. They can attend online classrooms at their convenience [3]. They also can have a more interactive learning content such as videos and applications. In the long term, this probably results in students feel more enjoyable by the learning process instead of just getting through the day in school.

However, I would argue that these benefits are outweighed by the drawbacks. Mobile phone overuse can harm your physical and mental health, especially teenage and children. Bad effects like dizzy, blood-brain barrier, or eye problems can be seen in those who use a lot mobile phone [4]. A lot of children spend hours a day on mobile screen and end up having a number of different physical problems such as digital eye strain, Eye fatigue, and neck problems [5]. The growing use of mobile devices may also cause the increase in mental health issues [6]. Young people who spend less time doing sports, homework, socializing with friends in real life have a higher risk for depression and suicide [7]. Those who communicate through emoticons can also become socially awkward when being so engrossed in their phones. They probably have less face-to-face time interaction and difficulty in accurately read how people are feeling in real-life [8]. Furthermore, smartphone addition, particularly texting while driving, can lead to a catastrophic accident in just a few seconds. People know it is unsafe but they believe that they can multitask and check their cell phones while driving. By doing that, the attention is away from a very difficult task for over ten seconds [9]. That means people are gambling with their life. In comparison with normal users, people who find themselves addicted to cell phones are more likely to have experienced any accidents [10].

In conclusions, it seems to me that the potential risks of cell phones are more significant than the possible benefits.

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Accident risk associated with smartphone addiction: A study on university students in Korea

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It is true that video surveillance has become commonplace in many cities in recent years. While I understand that critics may see this as an invasion of privacy, I believe that the benefits do outweigh the drawbacks.

There are two main reasons why people might disapprove of the use of video cameras in public places. The first objection is that these cameras invade our privacy, in the sense that we are constantly being watched by the authorities or by private security firms. Many people find this intrusive and feel that the recording of their movements is a form of state control that curtails their individual freedom. The second argument against the proliferation of CCTV cameras is that they are being used as an alternative to police officers patrolling the streets. If this is indeed happening, then it is unlikely that members of the public will feel safer.

In spite of the drawbacks mentioned above, I believe that the use of video cameras to monitor public areas is a positive measure. The key objective of video surveillance is to deter criminals and to prevent crime. For example, petty criminals like shoplifters and pickpockets are less likely to operate in parts of cities where they know that they are being watched. At the same time, when crimes are committed, the police can use video evidence to catch and prosecute offenders. Therefore, in my view, video cameras offer valuable support to police officers, and they make cities safer for inhabitants, workers and visitors alike.

In conclusion, it seems to me that we gain more than we lose from the enhanced security that CCTV cameras bring to our cities.

Many people, and children in particular, enjoy playing computer games. While I accept that these games can sometimes have a positive effect on the user, I believe that they are more likely to have a harmful impact.

On the one hand, video games can be both entertaining and educational. Users, or gamers, are transported into virtual worlds which are often more exciting and engaging than real-life pastimes. From an educational perspective, these games encourage imagination and creativity, as well as concentration, logical thinking and problem solving, all of which are useful skills outside the gaming context. Furthermore, it has been shown that computer simulation games can improve users’ motor skills and help to prepare them for real-world tasks, such as flying a plane.

However, I would argue that these benefits are outweighed by the drawbacks. Gaming can be highly addictive because users are constantly given scores, new targets and frequent rewards to keep them playing. Many children now spend hours each day trying to progress through the levels of a game or to get a higher score than their friends. This type of addiction can have effects ranging from lack of sleep to problems at school, when homework is sacrificed for a few more hours on the computer or console. The rise in obesity in recent years has also been linked in part to the sedentary lifestyle and lack of exercise that often accompany gaming addiction.

In conclusion, it seems to me that the potential dangers of video games are more significant than the possible benefits.