The Advantages and Disadvantages of Using Mobile Phones to My Life

Smart phone likes a personal computer with an independent operating system. Users can install their own software, games, navigation and other procedures from the third-party service providers. These programs can continue to expand the functions of mobile phone. Through the mobile communication network, these programs can achieve wireless network access.

Between the different operating systems, mobile software is incompatible. In the same system, mobile software is compatible. It is very convenient to use. Because users can install the procedures from the third-party service providers, the smart phone has a wealth of extensions.

The use of smart phones has been covered worldwide. Smart phone has an excellent operating system, installs all sorts of software freely, and sports a touch-screen-only interface. Because these three features, it completely replaces the keypad phone a few years ago.

With the coming of 3G era, making phone calls, sending text messages, taking pictures, listening to the music and other functions have been unable to meet the needs of people in life and spirit. Browsing information on the internet, making video calls, watching television on their mobile phones, shopping by mobile phone will be no longer a dream of the remote.

In summary, smart phone has five characteristics.

(1) Smart phone has the ability to access with wireless internet.

(2) Smart phone has the function of the palm computer.
However, just as everything has two sides, smart phones also have many disadvantages. Although there is no conclusion, we know that using mobile phones will cause eye disease and other health problems.

Staring at smart phones for a long time can lead to a variety of ailments, including headaches, eyestrain, blurred vision, dry and irritated eyes. The professor gives us some advice on protecting the eyes:

1. Between the eyes and the smart phone, we are told to keep a distance of about 30 cm.
2. Light should not be too strong or too dark, and shine from the front left, in order to avoid shadows hinder sight.
3. The time of looking at the mobile phone should not too long. Every 40 to 50 minutes have a break.
4. Do not lie down. When resting, do eye exercises and look out into the distance to prevent eyes.
5. Make sure you eat foods that have a lot of vitamin B and minerals in them. They are essential for eyes development.
6. Suggest that young people under the age of 18 do not use smart phones. In this age of youth, the vision is very important.