The Advantages and Disadvantages of Using Mobile Phones to My Life

With the development of society, we can see around us that most peoples own a mobile phone. From NOKIA to SAMSUNG, from national to imported, from low price to high price, and so on. As we know, more and more peoples own more than one phone.

As a communication device, the mobile phone benefits us a lot. We can use it to keep in touch with our families, our friends and our colleagues wherever we are.

In festivals, we can send short messages to wish good luck to other peoples we known. It brings us a lot of convenience.

With the coming of 3G era, making phone calls, sending text messages and other functions have been unable to meet the needs of people in life and spirit.

To occupy this increasingly big market, the manufacturers are worrying their brains into making various types of phones, large or small, colored or black and white, multi-functional or with video cameras, to satisfy the needs. New fashions appear almost every day.

Recently, mobile games have become more and more popular for the young people, in particular teenagers. We can see that the young people hold a phone to play mobile games everywhere.

Some people think that it's bad for the young people. Others think it's good in some ways. In my opinion, it's not all bad for us.

Most of the young people study or work all time, so playing mobile games is one of the most popular ways to relax. It is no doubt that mobile games are good for
decreasing the stress.

However, they are also bad for our eyes and necks while we probably spend a long time playing mobile games. Therefore, people need to treat the games carefully. We can use it. But we shouldn’t spend too much time on it.

Another advantage is that mobile games can play anywhere. Because the mobile phones can be easy to carry, mobile game is easy to popularize. They do not occupy any position. As long as the mobile phones have the power, you can play the mobile games.

The mobile games are addictive. It can delay work, influence the rest, and even disturb us from our lives. Don’t let it disturb our lives. We must play them with a time limit.

Mobile games can pass the time in the boring time. The abuse of the mobile phone is wrong.

Mobile phones have radiation. It is clear to us that using mobile phones will do harm to our health and brain, according to the scientific survey. From the point of health, let’s stop using mobile phone to play games.