

## **POSITIVE AND NEGATIVE SIDES OF TECHNOLOGY**

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Nowadays, we cannot imagine our life without technology. 100 years ago people didn't even hear about computers, cars and other electrical devices. But now we cannot live comfortably and easily without them. These different devices are necessary in our daily routine. Also, technology can solve problems of designing, inventing, building things such as products, houses, bridges and others. Technology affects us and the environment both positively and negatively.

On the one hand, with the help of technology, many works, for example, household chores can be done efficiently without human. Besides that, advanced technology can deal with works which are dangerous for human, such as mining. Second, technology exerts several effects on human's entertainment. Before the appearance of technology, the form of entertainment was poor, but today's world owns a great variety of recreation.

But on the other hand, many factories and cars pollute the air we breathe and it's unhealthy for us. Environmental pollution is one of the most harmful effects of technology. Therefore, environment became polluted very much. We should be careful and protect our health from this bad side of technology.

Technology can make us lazier. We don't need to move to get what we want. We just need to push the button and everything will go like we want. After that, we just need to sit and wait.

Lazy lifestyle will bring us to the unhealthy lifestyle. One example which is quite clear is fast food. Now, people can get their meals in a couple of minutes or even seconds. It is surely great, but it can lead to disaster for our health. That food is of low nutritive value. It can become a problem for many people.

In conclusion, technology can make our life more convenient and diverse. However it can affect people's health and relations negatively. Therefore, people should find solution for these problems. I hope, people will care about their health and live happily.

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