

- Gadgets

This Gift of Modern Technology

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Among young people especially, the subject of modern technologies revolves only around handheld gadgets, social media, and, well, internet games. Perhaps the most they can think of is a mobile phone that can switch on home appliances while they're still on the road. Hey, there is already a technology that does just that!



Various new technologies are already put together in the mobile phone – highdefinition display, music player, video player, Bluetooth technology, electronic alarm clock and organizer, and so much more – over all basic features of a mobile phone. And there is now a modern watch that comes with most of these enhanced functions of a mobile phone. This new innovation sure simplifies the way people communicate, no more need to worry about losing or misplacing their mobile phones.

This advancement in communication technology makes many people wonder if mobile phones will eventually be replaced by watch phones. For those who hate carrying mobile phones all the time, this is a great option; the watch phone can be easily connect via Bluetooth to a headset, and no business or any important call will be missed. The watch phone itself has built-in microphone and speaker to allow for a conversation without a headset.

And yet, mimicking the functions of a mobile phone is not the best that a watch phone can do. Recently, there have been watch phones coming out that do what a mobile phone and a fitness tracker band do separately. These new watch phones track the number of steps and distances the wearer has taken – including taking measurements of one's blood pressure, heartbeat, and blood oxygen.

The list of the beneficial impacts of technology in modern life can go on and on. Most homes today are equipped with at least one appliance that takes care of doing a chore that used to be done by human hands. It is safe to say that, overall, technology works to allow humans to rest and enjoy more

There is a downside, though. The advent of modern technology has somewhat upset the natural course of life. As people are becoming more and more sedentary, their health is compromised.

The incidence of so-called 'lifestyle illnesses' is on the rise – obesity, diabetes, heart disease etc. Amid the pleasures that technology brings, people tend to lose their sense of responsibility. Everyone has to take the responsibility of taking care of oneself, the community, and the environment.

Human bodies are getting bloated because of too much rest and food intake. Communities are flooded after a few minutes of light rainfall, because people are preoccupied with gadgets and television with no time to clean their drainage. Too much waste is produced that pollutes the air and suffocates the environment.

Technology no doubt is meant to enrich the human life experience – and it sure does. But it's not a one-way street. It is up to people to see to it that technology works for them as intended. Too much technology is not good – most electronic equipment emit electro-magnetic fields or radiation that can be ultimately harmful.

Young people who are most engaged in technological frills shall study how technology works. They shall strive to acquire different technological skills, in order to understand the threats of too much technology or invent something to contain those threats. It really takes some effort to make technology a friend, not a foe.