

В данном методическом пособии, предназначенном для учащихся 10 и 11-х классов, а так же студентов высших и средних образовательных учреждений автор представил, как правильно написать эссе "за и против" (Argumentative essay) на английском языке. Также в качестве образца к подробным указаниям и рекомендациям по написанию эссе приведены 29 образцов (моделей), написанных автором на наиболее злободневные темы.

Материал пособия будет полезен преподавателям английского языка общеобразовательных школ, гимназий, лицеев при целенаправленной подготовке учащихся старших классов к ЕГЭ по англ.яз., олимпиадам, проведении факультативных и кружковых занятий, элективных курсов. Пособие может быть использовано как справочное издание.

ПРЕДИСЛОВИЕ

Настоящее методическое пособие написано с целью оказания помощи учащимся 10-11 классов общеобразовательных школ, гимназий и лицеев, а так же студентам высших и средних образовательных учреждений в написании эссе "за и против" (Argumentative essay) на английском языке.

Данное пособие подробно описывает что такое эссе «за и против», его структуру; особенности и основные правила написания данного вида эссе; вступления и заключения, особое внимание уделяется аргументации «за» и «против», приводится необходимый для работы лексический минимум. Также автор предлагает разработанные им модели эссе на наиболее злободневные темы и список тем для самостоятельной тренировки.

По замыслу автора данное пособие поможет учащимся подготовиться к олимпиадам по английскому языку разного уровня и к поступлению в вузы с повышенными требованиями к знаниям языка.

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Что такое эссе «за и против»?

Эссе «за и против» (Argumentative Essay or For and Against Essay) - это особый вид эссе, в котором представлена не только информация по данному вопросу, но и аргументация «за» (в подтверждение/доказательство данного вопроса) и аргументация «против» (идеи противоположной точки зрения). Данное эссе направлено на проверку и оценивание способностей и навыков учеников (студентов) мыслить логически связно.

Argue: v. 1. to persuade someone to do or not do something.

2. to give the reasons for your opinion, idea, belief, etc.

Argumentative: adj. someone who is argumentative often argues or like arguing.

Argument: n. a set of reasons that show that something is true or untrue, right or wrong etc.

Сложность написания данного вида эссе заключается в том, чтобы убедить противную сторону в объективности ваших взглядов или точки зрения на ту или иную проблему. Равное внимание следует уделять как положительным, так и отрицательным аргументам, рассматривая их объективно и по – возможности детально. Чтобы правильно выбрать тему для эссе «за и против», что является довольно нелегкой задачей, следует руководствоваться следующими правилами:

	Правильный вариант темы	Неправильный вариант темы
1. Сделайте тему максимально узкой	Selling and using marijuana in public places should be considered illegal.	Marijuana should be considered illegal. <i>Not a good topic because it is too general. In some medical cases, marijuana is prescribed by the doctors and the patients are encouraged to use it in case of suffering from too much pain.</i>
2. Тема должна включать себя аргумент	If we are under the age of 30 and want a healthy life, we should definitely get a bicycle instead of a car. Cheating helps students learn. Considering its geopolitical role, we can clearly say that the EU cannot be without Turkey.	We should decide whether we want a bicycle or a car. <i>Not a good topic because our stand is not clear: do we support having bicycles or cars?</i> Are you one of those who thinks cheating is not good for students? <i>Not a good topic because a question cannot be an argument.</i> Considering its geological position, Turkey has an important geopolitical role in the EU. <i>Not a good topic because facts cannot be arguments.</i>

3. Тема должна подтверждаться конкретными фактами (статистическими примерами, ссылками на различные достоверные источники информации и т.д.)		I feel that writing an argumentative essay is definitely a challenging task. <i>Not a good topic because feelings cannot be supported; we cannot persuade other people.</i>
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В том случае, если вам кажется, что вы не можете найти достаточное количество аргументов для доказательства своей точки зрения или для опровержения противоположной, вы можете осветить один из наиболее спорных вопросов, например: *Cheating is beneficial for students. Студентам полезно списывать.*
Stress is good for the human body. Стресс положительно влияет на человека.
Polygamy is quite natural. Полигамия – естественная человеческая потребность.
For women, there is no need for men. Женщины не нуждаются в мужчинах.

Структура написания эссе «за и против».

Данное эссе состоит из следующих параграфов:

1. **Вступления**, в котором вы четко формулируете проблему спорного вопроса, не освещая при этом своего личного мнения.
2. **Основной части**, в которой представлена аргументация «за» и «против», с подтверждающими фактами, примерами и доказательствами.
3. **Заключения**, в котором вы выражаете непосредственно свою точку зрения и подводите итог всему ранее сказанному.
*Выражения **I think, I believe, In my opinion, From my point of view** могут использоваться автором только в заключении, где он выражает свою точку зрения по данной проблеме.*

Перед вами три возможных варианта структуры написания эссе:

Вариант 1.	Thesis statement: PRO idea 1 PRO idea 2 CON(s) + Refutation(s) Conclusion	<i>Постановка темы (спорного вопроса, проблемы)</i> <i>Аргумент «за» 1</i> <i>Аргумент «за» 2</i> <i>Аргумент(ы) «против» (опровержение)+ доказательства</i> <i>Заключение</i>
Вариант 2.	Thesis statement:	<i>Постановка темы (спорного</i>

		<i>вопроса, проблемы)</i>
	CON(s) + Refutation(s) PRO idea 1 PRO idea 2	<i>Аргумент(ы) «против» (опровержение)+ доказательства Аргумент «за» 1 Аргумент «за» 2</i>
	Conclusion	<i>Заключение</i>
Вариант 3.	Thesis statement:	<i>Постановка темы (спорного вопроса, проблемы)</i>
	CON idea 1 => Refutation CON idea 2=> Refutation CON idea 3=> Refutation	<i>Аргумент «против»1=> Опровержение Аргумент «против»2=> Опровержение Аргумент «против»3=> опровержение</i>
	Conclusion	<i>Заключение</i>

Примеры данных вариантов:

Вариант 1.	Thesis statement:	It is a good idea for students to work part time while they are going to school.
	PRO idea 1 PRO idea 2 CON(s) + Refutation(s)	Students need money of their own. Students have time both to work and to study. Students have less time to communicate with their parents and relatives.
	Conclusion	In conclusion it can be claimed that...
Вариант 2.	Thesis statement:	Young people should continue to live with their parents after they finish their education.
	CON(s) + Refutation(s) PRO idea 1 PRO idea 2	Young people should have a right to have a private life. Parents can help young people in difficult situations (in a case of illness, having lack of money, etc). Young people learn to value family traditions.
	Conclusion	All things considered, I am convinced that...
Вариант 3.	Thesis statement:	Do Reiki instead of taking medicine.

	CON idea 1 => Refutation	People should trust medicine since it is effective and scientifically proven. => Reiki is also scientifically proven and does not have side effects. Serious illnesses such as HIV/AIDS and cancer cannot be treated without medicine. => Medicine also cannot treat serious illnesses if not diagnosed at an early stage. Reiki, like alternative healing methods, requires a lot of time. => Reiki requires less time if done regularly.
	CON idea 2=> Refutation	
	CON idea 3=> Refutation	
	Conclusion	To sum up, I am inclined to believe that...

Чтобы правильно рассчитать количество слов в эссе, требуемое на экзамене, **200 – 250 слов**, следует использовать следующие структуры количества предложений:

- 35553**, то есть
Вступление – 3 предложения, в каждом в среднем 7-8 слов.
Основная часть – 5 предложений на каждый аргумент (всего 15).
Заключение – 3 предложения, в каждом в среднем 7-8 слов.
- 3773**, то есть
Вступление – 3 предложения, в каждом в среднем 7-8 слов.
Основная часть – 7 предложений на аргументацию «за», 7 предложений на аргументацию «против» (всего 14).
Заключение – 3 предложения, в каждом в среднем 7-8 слов.

Основные правила написания эссе «за и против».

Особое внимание следует уделять следующим правилам:

- Перед тем, как приступить к написанию самого эссе, вам следует составить список аргументов «за» и «против». Например, тема эссе “Drug Abuse Ruins the Human’s Health” *«Наркозависимость разрушает человеческое здоровье»:*

Increased individual freedom and choice. Cheap drugs available on street. Peer pressure to take drugs. Rebellion against parents, authority. People are looking for quick solutions to problem. Dealers are pushing drugs. Lack of police or customs control. Lack of parental control. Children and young people have money. Some people feel trapped in dead-end jobs or social problems. Poor relationship between parents and children.	<i>Возрастающая свобода личности и выбора. Доступность дешевых наркотиков на улицах. Давление сверстников принимать наркотики. Знак протеста родителям, властям. Быстрый уход от проблем. Продажа наркотиков дельцами. Слабый таможенный и полицейский контроль. Недостаток контроля родителей. Карманные деньги у детей и подростков. Чувство безысходности от работы или социальных проблем. Плохие взаимоотношения детей и родителей.</i>
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<p>Poor relationship between children and other older family members or friends. Lack of role models. Insufficient punishment from police.</p> <p>Ordinary medications are widely available.</p> <p>Some drugs are highly addictive. Cultural aspects or leisure activities (music, dance etc) associated with drugs. Not enough alternative activities. Paranoia and incorrect information creates reaction in favor of drugs. Urge to experiment is greater. People are less conservative now than before. People travel widely, and experience different cultures. More knowledge about drugs from movies, novels, songs, etc. Curiosity.</p>	<p><i>Плохие взаимоотношения детей с другими членами семьи или друзьями. Недостаток самовыражения. Недостаточность и неэффективность полицейских наказаний. Широкодоступные в повседневной жизни медицинские препараты простого назначения. Лекарства, вызывающие привыкание. Направления культуры или повседневных развлечений, ассоциируемых с наркотиками. Недостаток различных видов деятельности. «Зацикленность» или навязчивые идеи. Непреодолимое желание попробовать. В наши дни люди менее консервативны, чем прежде. Знакомство с обычаями различных стран во время путешествий. Доступность информации о наркотиках через СМИ. Любопытство.</i></p>
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Если идей слишком много, следует выбрать только 3 кажущиеся на ваш взгляд наиболее убедительные идеи (35553), или 6 небольших аргументов (3 «за» и 3 «против») для эссе 3773. Выберите наиболее подходящие:

- ✓ Наиболее широко освещаемые идеи;
 - ✓ Идеи, которые можно подтвердить конкретными примерами. Неважно, насколько очевидной кажется вам сама идея, она должна быть подтверждена конкретными примерами (1/2 предложения);
 - ✓ Выбирайте идеи, распространенные не только в вашей стране, но и за ее пределами;
 - ✓ Располагайте аргументацию в порядке убывания: самые сильные аргументы или доказательства, менее сильные, слабые.
 - ✓ Сразу исключайте идеи, которые могут оскорбить или задеть читающего – избегайте юмора, острых политических или откровенно критикующих замечаний при приведении тех или иных примеров.
2. Каждый параграф должен начинаться с предложения, которое резюмирует идею данного параграфа, например: ***In addition, many people feel reading is a relaxing and worthwhile activity.** Помимо прочего, многие люди находят, что чтение – развивающая и расслабляющая деятельность.*
 3. Не используйте неофициальный стиль речи (сокращения и разговорные формы) или безапелляционные выражения для выражения своего мнения, такие как ***I know, Nobody does this, It is impossible to disagree with me*** и другие. Используйте ***In my view, It seems to me that, In my opinion, I tend to believe, etc.***
 4. Известные цитаты и выражения, имеющие отношения к теме вашего эссе, сделают его более интересным. Например, если вы работаете над эссе по теме образования, вы можете включить поговорку: “Education is a progressive discovery of our own ignorance” «Образование – это постепенное осознание нашего собственного невежества» (Will Durant).

5. Не забывайте, что основная часть эссе тоже разбивается на параграфы, каждый из которых начинается с красной строки согласно структурам **35553** и **3773**.
6. Используйте обобщения в узком смысле этого понятия: *Children assume/regard* вместо *All children assume/regard that*, *People say/believe/consider* вместо *Everybody believes that, etc.*
7. Выражайте свою точку зрения беспристрастно, избегая проявления эмоций, например: *It seems that, I therefore feel, etc.* вместо *Everybody hates, It is absurd to believe, etc.*
8. Используйте специальные слова и выражения для логической связи письменного текста, например: *Even though, On the other hand, Yet, Therefore, Although, However etc.*
9. Используйте упорядочение при перечислении идей: *First, Then, finally, etc.*
10. Ссылайтесь на достоверные источники и факты: *Police officials believe that, The government claims that, etc.*
11. Приводите в доказательство своим аргументам конкретные примеры, а не личные мысли: *Excessive intake of alcohol can damage the liver.*
12. Если вы ссылаетесь на статистические данные, следует указать достоверный источник, например “*According to statistics, my statement about students is precise*”. Согласно какой именно статистике вы это утверждаете?
13. Избегайте клише, например: *Since the old days, This topic has been important since ancient times, etc.*
14. Чтобы эссе получилось качественным, следует *всегда* придерживаться следующего плана работы:

1	Постановка темы (спорного вопроса, проблемы): <i>Thesis statement:</i>	An apple a day is better than a candy bar.
2	Составьте список аргументов	Have a paragraph that focuses on both items’ nutritional content, research from a dental publication showing the detrimental damage candy does to teeth, and one about obesity and contributing factors of obesity. You could also have a paragraph about the USDA food groups and how candy does not fit in the food pyramid, but apples do.
3	Убедитесь, что все аргументы имеют доказательства и вам есть что сказать по каждому пункту данного вопроса	Apples contain approximately 60 calories per serving, where as candy bars contain approximately 240 calories per serving. At the end of this statement, if your instructor or teacher requires citations, you can place them there.
4	Внимательно прочитайте написанное	Does it sound like a convincing argument to you? If so, good job! Should it not sound “strong” enough, go back and make more points for

		your belief and more negatives for what you are against. In the last paragraph summarize and bring to a close. Remember to incorporate your thesis idea as close to the end as possible, as you will leave your reader with that as their lasting impression.
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Особенности написания вступления и заключения.

Чтобы привлечь читателя на свою сторону и полностью завладеть его вниманием, следует руководствоваться следующими правилами:

Вступление . Introduction. При написании вступления разрешается:	
1. Начать с постановки проблемы, требующей решения.	As time passes, our lives will be controlled by computers...
2. Начать с цитаты или постановки риторического вопроса	Do you feel threatened by computers?
3. Обращаться непосредственно к читателю	Has it ever occurred to you that computers will one day organize your life?
4. Ссылаться на различные ситуации и события	A watch – style monitor will soon allow everyone to keep in touch with...
5. Выражать общую точку зрения	It is believed that by the year 2010 every home will have a computer...
Заключение. Conclusion. При написании заключения следует:	
Выразить свою собственную точку зрения.	In my view, I believe, etc.
Предоставить читателю почву для дальнейших рассуждений.	Life would be more convenient if anyone had access to the Internet...
Подвести итог всему вышесказанному.	To sum up...
Закончить эссе цитатой или риторическим вопросом.	“Progress is a comfortable disease” or What does the future hold for us?

Аргументация «за» и ее особенности.

Самой важной задачей при написании эссе «за и против» является убедить своих оппонентов. Для этого мы должны привести в подтверждение своей точки зрения такие факты, примеры статистических данных или ссылки на авторитетные источники, которые ни при каких обстоятельствах не смогут вызвать сомнений читающего. Приведем несколько типичных ошибок, которых следует избегать автору:

Ошибки	Thesis: Leaving the university and starting to work is good for the adolescent because ... Тема: <i>Подростку лучше бросить университет и начать работать,</i>
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	<i>потому что...</i>
Чувства и эмоционально – окрашенные аргументы	... it makes one feel much better. ...от этого каждый почувствует себя лучше.
Неуместные, неподходящие, не относящиеся к данной теме примеры	...he would then be able to take his girlfriend to expensive restaurants. <i>...у него будет возможность повести свою девушку в дорогой ресторан.</i>
Упрощенчество в аргументации	...only then would he understand what it means to be an adult. <i>...только тогда он поймет, что означает «быть взрослым»</i>
Поверхностные суждения и обобщения	it is a widely known fact that all adolescents look forward to earning money. <i>...это широко известный факт, что все подростки стремятся зарабатывать деньги на личные расходы.</i>
Ссылка на ненадежные, даже недостоверные источники информации	according to www.doubtme.com , 80% of working men wish they quit school when they were at university and started working at an earlier age. <i>...согласно www.doubtme.com, 80% работающих людей жалеют, что не оставили свое образование, и не начали зарабатывать деньги в более раннем возрасте вместо учебы в университете.</i>

Аргументация «против» (противоположная точка зрения) и ее особенности.

Перед тем, как начать убеждать оппонентов в том, что их точка зрения не совсем верна, следует точно определить и представить себе, в чем заключается положительная аргументация по данному вопросу и каковы ее возможные опровержения.

Правильный вариант опровержения идеи	Неправильный вариант опровержения идеи
Some people may say that adolescents should not leave university education because they are not physically and psychologically mature enough to cope with the problems of the real world. However, they forget one fact: adolescents can vote or start driving at the age of 18 (in some countries even before that age!), which proves that they are considered physically and psychologically mature at that age.	Some people may say that adolescents should not leave university education; however, they are wrong. <i>What they say is not wrong. Maybe their supporting idea is wrong /irrelevant /insufficient. We should state their supporting idea specifically to be able to refute it.</i>

Чтобы эффективно представить отрицательную аргументацию по спорному вопросу, следует принимать во внимание следующие правила:

1. Пойдите на компромисс, но докажите при этом, что аргументация оппонентов не достаточно	They have a point in thinking like that. To a certain extent they are right.
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убедительна.	
2. Полностью опровергните данную точку зрения.	After seeing this evidence, there is no way we can agree with what they say.
3. Докажите, что аргументация оппонентов не относится к теме или неуместна.	What we are discussing here is not what they are trying to prove. Their argument is irrelevant.

Лексический минимум, необходимый для грамотного написания эссе «за и против».

Вступление. <i>Introduction.</i>	Put forward the main idea of your topic.		
Аргументы «за». <i>Arguments “for” (PRO ideas).</i>	One major advantage of/ one point of view in favour of, One/Another/A further/An additional (major) advantage of... is ... The main/greatest/first advantage of... is ...		
	It is...	often... widely... generally...	claimed/suggested argued/maintained/ felt/believed/held that...
	Some/many/ most people/experts/ scientists/sceptics critics...	claim/suggest/argue/feel that... maintain/believe/point out/agree/hold that...	
		advocate (+ing/noun)/support the view that oppose the view that... are in favour of/against... are of the opinion that/convinced that... are opposed to...	
Аргументы «против». <i>Arguments “against” (CON(s)).</i>	One/Another/ A further/An additional (major) disadvantage/drawback of... The main/greatest/most serious/first disadvantage /drawback of... Another negative aspect of... A further common criticism of... / It could be argued that		
Лексические средства логической связи. <i>Useful language and linking</i>	Firstly/ First of all/ in the first place/ first of all/ to start with/ to begin with/ secondly/ thirdly/ finally/ last but not least		
	what is more/ furthermore/ moreover/ also/ in addition to/ besides/ apart from this/that not to mention the fact that/ on the other hand/ however/ in spite of/ while/ whilst/ whereas/ nevertheless/ despite/ even though/ although/ regardless of the fact that		

<i>words/phrases</i>	It can be argued that/ one can argue that ... It may be said/argued/claimed that... There is another side to the issue/question/argument of... Opponents of... argue/believe/claim that... The fact that... contradicts the belief/idea that... While is true to say that..., in fact... While/Although..., it cannot be denied that...	
	On the other hand / however / still/ yet / but/ nonetheless / nevertheless / even so...	others/ many people... oppose this viewpoint/ (strongly) disagree... claim/feel/believe this argument is incorrect/misguided...
	Введение примеров	or example, for instance, such as, like, in particular, particularly, especially, This is (clearly) illustrated/shown by the fact that... One/A clear/striking/typical example of (this)... The fact that... shows/illustrates that...
	Придать особое значение	Clearly/ obviously/ it is obvious/ naturally/ of course/ needless to say/ indeed
	Подчеркнуть реальность	In fact/ the fact (of the matter) is/ actually/ in practice/ it is a fact that/ in effect
	Обобщение	as a (general) rule/ generally/ in general/ on the whole/ by and large/ in most cases
	Введение относительно/частично верных высказываний/	to a certain extent/degree, to some extent/degree, in a way/sense/ this is partly true (but)/ to a limited extent/ there is some truth in (this)/ in some cases/ up to a point
	Дать объяснение	in other words/ that is to say/ this/which means that
	Выражение причины	owing to/ due to fact that/ on account of/ on the grounds that/ given that/ because/ as/ since
	Выражение результата/ влияния	therefore/ thus/ as result/consequence/ consequently/ so for this reason, if... were to happen,... the effect/ result would be ...
Выражение цели/ стремления	To/ so as to/ in order to/ so that/ with the intention of (+ing)	
Заклучение. <i>Conclusion.</i>	to sum up/ all in all/ all things considered/ in conclusion/ on the whole/ above all/ as was previously stated/ For the above-mentioned reasons, therefore, I (firmly) believe that... Taking everything into account, I therefore conclude/feel/believe (that)... All things considered, the obvious conclusion to be drawn is that...	

There is no absolute answer to the question of... In the light of this evidence, it is clear/obvious/etc that...						
In conclusion/ On balance/ All things considered/ Taking everything into account/consideration/ To conclude/ To sum up/ all in all/ Finally/lastly...		...it can/must be said/claimed that... ...it seems/appears that... ... It would seem that... ...it is likely/unlikely/possible/foreseeable that... ... It is clear/ obvious that... ... there is no/little doubt that... ...the best course of action would be toachieving a balance between ... would beit is true to say that... ...although it must be said that... ...it may be concluded/said that...				
In conclusion/ All in all/ To sum up...		It is	Clear/ apparent/ obvious/ evident...	from the...	above/ forgoing ...	evidence/ points/ arguments ...
In conclusion/ On balance/ All things considered/ Taking everything into account/consideration/ To conclude/ To sum up/ all in all/ Finally/lastly...		...It is my believe/ opinion that... ...I (firmly) believe/ feel/think that... ...I am convinced that... ...I do not agree that/with...			<i>Более категоричное высказывание своей точки зрения</i>	

Модели эссе «за и против».

All Young People Should Try to be Fashionable Whatever the Cost.

The first impression we make almost fully depends on what we wear and how we wear it. Manners and speech are noticed next and character only later. So, “to present” yourself skillfully is a talent. It is helpful to have some “clothes sense” to know and feel the types of things that are your style. So, to be a little different from the others you should adapt the fashion to your personality, but the problem is many young people try to be fashionable whatever the cost.

One of the main advantages of fashion is that sometimes it’s very important to wear the right thing. For instance in offices business people wear quite formal clothes: men usually wear suits and ties, for women it is more sensible to put on dresses and skirts. Some boys and girls usually prefer to dress like the other members of their group, as if wearing the uniform. They say that if they do not dress like the others, they feel left out like a fish out of water.

A further advantage of fashion is that it helps young people to express themselves and their art of living, what is the inseparable part of teen’s character development. Teenagers prefer to wear things which show off their ideas and feelings about life. They use fashion like a kind of uniform. For example, a boy who wears a leather jacket covered in bits of metal will probably ride a motorbike. A girl who wears Laura Ashley dresses will probably have middle – class ideas. Moreover, some young people have fun with the latest “street styles”, cutting their hair into strange shapes, wearing lots of cheap jewelry, cutting off their trouser legs to make them shorter, or painting their lips blue. But a lot of young people try to look as clean and tidy as possible. When you are looking for a job, you want to show possible employers that you’ll be a good worker. Clothes with a sporty look are popular. They make people look healthy and energetic.

On the other hand, there is one more issue we shouldn’t forget as many people think that fashion has nothing to do with the problems of our environment and there is no connection with animals, plants and fashion. Unfortunately, only few do realize how much animals or plants suffer because of our whims. In other words, the truth is that we use animals or parts of them for jewellery, clothes, soaps and cosmetics. At the moment we are using thousands of animals every year for tests of things like shampoos to find out if they cause any irritation. Furthermore, who are just keen on wearing furs behave themselves simply reckless, wiping out entire species.

Another disadvantage of fashion is that it changes teen’s attitude to life. For example, young people listening to rap music prefer to dress “ghetto style”. Boys wear oversized hoodies and oversized pants that are pulled down low. Girls wear tight, short tops and low jeans. They also wear baseball caps backwards and leave shoelaces untied. Wearing the same clothes as rappers, who often sing violent or offensive lyrics, can make a person in such clothes feel very cool and rebellious, too. So, some people say rap glamorizes crime; rap songs and fashion affect teen attitudes toward women, and talk about guns, sex and money all the time. All things considered, it can be concluded that fashion is an abstract thing, and it’s hard to determine it exactly. But what everyone should understand is that it is not necessary to follow the latest fashion trends in order to look fashionable. And one shouldn’t be ashamed of wearing one and the same clothes day after day because of people’s opinion. We are all free in our choice, but fashion is the thing that will be in demand in all times (652 words).

Older Employees Shouldn't Be Forced to Retire.

For many old people the latter part of their life is not a time to relax and enjoy retirement, but rather a difficult and unhappy period, owing to financial problems, worries, failing health and loneliness. Other people, however, despite being fit and highly talented, are forced to retire earlier because of company or national regulations. This essay will examine whether people should be allowed to continue working for as long as they want or whether they should be encouraged to retire at a particular stage.

There are several arguments for allowing older people to continue working as long as they are able. First of all, older employees have an immense amount of knowledge and experience which can be lost to a business or organization if they are made to retire. A second point is that older employees are often extremely loyal employees and are more willing to implement company policies than younger less committed staff. To force someone to resign or retire at 60 or 65 indicates that the society does not value the input of these people and that effectively their useful life is over.

On the other hand, allowing older people to work indefinitely is not always a good policy. Age alone is no guarantee of ability. Many younger employees have more experience or skills than older staff, who may have been stuck in one area or unit for most of their working lives. Having compulsory retirement allows new ideas in an organization. In addition, without age limits, many people would continue to work purely because they did not have any other plans or roles. Another negative aspect is that although older people should be rewarded by society for their life's labor by being given generous pensions and the freedom to enjoy their leisure, they are in most cases not.

Taking everything into account, I therefore conclude that being forced to retire can affect the older individual's freedom - and right - to work and can deprive society of valuable experience and insights. There should be several measures which could be taken to give workers more flexibility, and choice over their retirement age will benefit society and the individual (361 words).

Is Abortion Wrong or Good Decision?

For years thousands of people from many different spheres of life have had various opinions about abortion. For some abortion is never wrong, for others under certain circumstances it is O.K., and for still some others it is never right. Abortion is considered to be more wrong than good not only because it goes against what God has said, but also because most women are so rushed into and unsure about their decision they regret it later in life.

To begin with, the average age at the time of the abortion is 21 years old. Out of the 252 women being asked about their life experience, 45% said that they were not satisfied with their choice at the time of the abortion. Almost all of the women, 95%, are not satisfied with their choice now. Most of those surveyed, 84%, felt their decision was not well thought out. More than half of the women, 54%, felt they were forced by outside circumstances to have the abortion. Knowing in advance their present circumstances 94% said they would not have had the abortion. When asked what condition they felt the fetus was in, 70% felt the fetus was either non-human or other before the abortion. After the abortion 97% of the women felt it was human. The other 3% did not answer. Almost all of them had negative feelings toward the abortion, 99%, today and the others were unsure. These results show the regret that accompanies an abortion. Most felt they would have kept the baby had they known what they know now. A lot of the women felt uninformed about the abortions and the alternatives.

Women also felt unsure about their decisions before and after the event. Moreover, many women claim, that their abortion is still vividly clear. Some feelings the majority felt after the abortion included guilt, depression, anger, sorrow, grief, and remorse. Shame, loneliness, self-condemnation, and self-hatred were some more feeling expressed by the women. The majority also experienced a loss of self esteem, a general sense of loss, and emptiness. The majority of the women regretted having the abortion.

One of the advantages of abortion is that if woman can't afford herself to have a baby or she was raped, she can avoid financial or psychological problems in future making the proper choice.

All things to be considered, I believe, that whether to have an abortion or not is never an easy decision. I feel sorry for anyone who has to go through that. The gift of life is a precious gift and should not be wasted. There are many options other than abortion such as adoption that can spare these women of year's guilt and regret. These feelings of regret do not just come. They come because deep down women know it is wrong to kill their unborn fetuses (479 words).

Pros and Cons of Extreme Sports.

Nowadays there are many "extreme" sportsmen – the adventurers who take sport to its most dangerous limits. They are people who leave their offices and businesses to spend their free time doing extremely dangerous things and of course it can have both positive and negative influence on their lives.

One advantage of doing extreme sports to satisfy your need for adventure is that you can completely forget about your everyday problems. For example, one can't be concerned about business phone calls or examination results when you are jumping out of a plane. Some people find it very exciting to fly jets across deserts or go diving in unexplored caves, while others explore unknown nature and want to experience something more than their normal lives can offer. People, who are fond of extreme sports, are fond of risks and the thrill of their hobby. Furthermore, the difference between extreme sport and "normal" sport is that, although there are organized competitions for these sports, most extreme sports people are more interested in testing their own abilities than in winning prizes.

But on the other hand, going for extreme sports can have several disadvantages. First of all, it can take you years of training before you feel confident enough to perform some tricks. There are also some risks involved in this job. Sometimes you need to work with a partner you can depend on and you must be sure he can help you in difficult or unexpected situation. What is more, such kind of activity is very tough and dangerous, you have to be courageous. Not all people have this necessary quality to risk their lives.

To crown it all we can consider that there is an element of risk in all extreme sports. If you don't do things right, you are asking for a trouble. But I believe that training and proper equipment help to make these sports safer (323 words).

Shopping: Hobby or Addiction?

For a lot of people, shopping is a chore, something tedious, yet necessary – like housework. For others, shopping is fun and relaxing, a release from the world of work. For a minority, however, shopping can be as dangerous as consuming too much alcohol or abusing drugs that is why the issue of shopping still remains debatable.

One of the main disadvantages of shopping is that sometimes the constant need to buy new things starts interfering into person's life. People who become addicted to the excitement of shopping believe that buying something new will make their lives happier and more fulfilling. Unfortunately, many shopaholics don't realize that they have a problem until it is too late. They end up with huge overdrafts or in court, filing for bankruptcy. Moreover, unlike a dependence on alcohol or drugs, an addiction to shopping and spending money is less easy to detect but, as with other forms of addiction, the "shopaholic" is also in need of professional help.

On the other hand, shopping can serve as the form of therapy for those whose lives are emotionally empty and prevent the signs of chronic depression. In this case it helps them to struggle with their own unhappiness.

All things to be considered we can say that the solution to the problem lies in shopaholics themselves. Getting to the root of the shopaholic's depression and helping them to face up and cope with the real problems that trigger their shopping mania is the only practical approach (254 words).

The Pros and Cons of using the Internet

Advertisements for the Internet promise you a world of information, entertainment, on – line shopping and e – mail services. However, the real world of the Internet may not be as perfect as the advertisements suggest.

Using the Internet offers many advantages. Firstly, all of the latest information is available to you, in your home at any hour of the day or night. It is much faster and easier to surf the net in search of information from all over the world than to travel to libraries in dozens of countries. Finally, on – line shopping makes it possible to search through catalogues to find exactly what you want at the best price, saving both time and money. By joining a news group, you can share your hobbies and special interests, and perhaps make friends all over the world. For example, e – mail is popular because it is faster than sending a letter and cheaper than a telephone conversation.

On the other hand, the Internet has several disadvantages. Also, with so much information available, finding what you want can take you hours. Multimedia web pages with photographs, music and video are attractive, but they make downloading slow and boring. What is more, there is too much advertising instead of real information. As for Internet friendships, sitting at home in front of a computer, making "chat friends" is not the same as actually meeting people.

In conclusion, the Internet obviously has both good and bad points. Fortunately, the system is improving all the time, and any problems which still exist can be solved. Whether we like it or not, the Internet is here to stay, so we have to make the best possible use of it (291 words).

Advantages and Disadvantages of Animal Testing in Medical Research

Medical research involving animals has dramatically improved the health of the human race. Without animal testing, the cure for polio would not exist and diabetics would suffer or die from their disease. Despite these benefits, some people believe that animals should not be used for testing medical techniques and drugs.

One of the most strongest argument for animal testing is that it allows scientists to test and create new drugs. Animals such as monkeys or rabbits have similar physical processes to humans. This allows scientists to test the effects of certain drugs. If a drug produces adverse effects in animals it is probably unfit for human use. Moreover, animal testing is cheap. There is a large supply of animals for medical research. Animals are easily bred, and maintained safely in controlled labs. The costs of testing in humans would be extremely high.

But animal testing has also got some drawbacks. Many people argue that animal testing is cruel. In some cases this is true. However it would be much crueler to test new drugs on people or children, or to let people die because there was not enough information about a drug. Furthermore, legislation in most countries sets standards for animal treatment, and laboratories have guidelines to prevent cruelty.

To crown it all we can consider, that animal testing is needed in the world we live in. Our responsibility is to manage the animals in our care and balance their suffering against the good that comes from them (258 words).

Are You Against or in Favour of Mothers in the Workforce (Mothers Working)?

Throughout this century, the role of women within society has changed, and the majority of people feel that this change is for the better. More women work than ever before, and it is accepted in Western culture that many women now have careers. Although the position of women in society today has improved, many people would argue that mothers in the workforce has led to increased social disorder and sometimes even personal dissatisfaction.

Firstly, it is true that women are now more at liberty to choose how to live their lives. The problem is there is the increase in the number of families that are headed by one person, usually the mother. About 80 % of women who support their children without a help of a man, work. They always have financial difficulties – such families are called low – income families and poverty affects the way in which the children in these families grow up. They feel unhappy and depressed because their mothers can't afford themselves buying whatever their children want to possess. Besides they don't find understanding in families, because their mothers think that their duty is only to dress and to feed their children and don't care for their soul. That's why many young people run away from home, trying to escape reality by turning to alcohol or drugs, some of them turn to crime and become juvenile delinquents in order to earn some money committing crimes.

On the other hand, there are some advantages to be mentioned speaking about mothers in the workforce. If the mother has got a good job, she can afford her family to have more leisure time in which to enjoy a wider range of recreational activities. Moreover, working makes her economically active, more pragmatic and develops individual survival patterns. One of the main advantages of the topic is that if the mother's profession is prestigious and interesting, in this or that way it influences the future profession of her children, and the properly chosen career makes a person happy and successful for the rest of his life. Children having such mothers are better motivated to work hard and find a good job, because they have clearly set goals.

To conclude, there is evidence both to support and refute the view that mothers should work, that it makes them having more opportunities to raise their standard of living. Although some people still oppose the view that mothers can be career women too, earning money will still remain a problem which makes them find themselves doing two jobs: one at home and one at the office (444 words).

It Is All Right for Old Women to Have Children: For and Against

In our days population is increasing thanks to a big birth rate. There are a great number of young families which would like to have children: but not only have such kind of families wanted to give life to a new generation. There are also a lot of women who want to have children too even if they are old. This issue frequently generates great debates.

Those, who support old women claim that in the life of each person such circumstances can take place that they can't bear children, for instance because of the lack of money. But when the opportunity appears they must give life to new people because they have rights to be happy as the children always brings happiness. It is always good for old people to have children who will never leave them alone. One more advantage is that adult women have strong feeling of responsibility; they know how to handle babies properly.

But there is also another point of view. The opposite camp claims that old women shouldn't bear children because of their age. First disadvantage is that it's very dangerous for their health. Moreover, when the old women have children who are too young, they can be ill and even die, what will cause their children's unhappiness and loneliness. And it is very important for all the children to have mother because nobody can replace her.

All things to be considered, I believe that all women should bear children in time if they have got an opportunity and desire as they must always take into consideration their age and future life of their children, not to give them a chance to stay alone in early childhood (296 words).

Pros and Cons of Genetically Engineered Food.

The genetic engineering is the laboratory techniques used by scientists to change DNA of living organisms. Genetic engineers believe they can improve foodstuff which we eat, but it's still rather debatable question.

One of the strongest disadvantages of genetic engineering is that its effects on our health are not known. Many of the genes which are used – such as those of scorpions, rats, mice and moths – are not part of our diet so we do not know how dangerous they may be. For example, people can develop allergies to food which has been genetically engineered. Furthermore, the effects of genetic engineering on the natural world may be disastrous. The engineers may create life forms – monsters – that we cannot control. The new life forms have no natural habitat or home. They will have to find one, fight for one – or kill for one. Moreover, the effects of these experiments can often be cruel. For instance, In America pigs were given human genes to make them bigger and less fatty. The pigs became very ill and began to lose their eyesight.

On the other hand some people believe, though, that genetic engineering could be the solution to the problem of famine. Plants which grow faster, or cows which produce more milk, can save the lives of starving people.

In conclusion it can be mentioned that if we would like a better, healthier and longer life, the genetic engineering might give us this. On the contrary it may be a dangerous experiment with nature. In the story, Frankenstein created such a terrible and dangerous monster that he had to destroy it. We must make sure that it remains a story – and no more than that (289 words).

Should Countries Encourage Tourism?

In trying to analyze tourism or to formulate a conceptual framework of tourism, several images come to the mind. Tourism can be looked at in the abstract: namely, as the phenomenon involving the movement of people within their own country (domestic tourism) or across the national borders (international tourism). Nowadays it's an issue which generates debates, with supporters claiming that it's necessary for the development of society, whilst opponents claim it has got too many disadvantages.

Firstly, tourism can help to build a communicational bridge among peoples of various nations. Tourism in particular may be used as a tool in reducing the understanding gap between developed countries which are usually the generators of tourism or "givers" and developing countries are tourist receiving or "takers". Considering the political, economic, social and technological relations between nations, tourism once properly planned and orderly functioning, can serve to rationalize and enhance these relations, furthering understanding between nations. Moreover, tourism is one of those industries that are capable of providing rapid economic growth in jobs, income standard of living and in activating their productive sectors in the receiving country. Furthermore, it includes, as a complex sector, industries in the classical sense of the term such as handicraft and souvenir industries. Lodging and transport are also economically viewed as industries.

On the other hand, people, who move to a foreign country may be regarded with suspicion and treated unfairly. That's why the problems of adapting during the trips cannot always be overcome. For example, war, political or religious intolerance and natural catastrophes are among the reasons for countries, which don't support tourism.

To sum up, it is true to say that tourism does provide some benefits, because from my point of view some of the barriers between countries can be broken down, helping to create a more peaceful world. Needless to mention, better diplomatic relations would be of benefit to all (320 words).

What Can You Say For and Against Censorship?

Censorship is certainly something which is often discussed in today's world. However, it is highly debatable whether it is important in modern life or not.

One of the main arguments for censorship is that today's mass media seems to have completely abandoned the issue of ethics. This is more than apparent in the films and programmes which are intended to entertain, as they bombard the viewer with explicit language, sex and violence. Furthermore, newspapers, especially the tabloids, have come to depend on overly – explicit articles and pictures in order to guarantee sales. It is commonplace nowadays to see, for instance, photographs of celebrities' most private moments or horrific scenes of death occupying the front pages of daily publications. Such mass media production should be kept under control.

In contrast, opponents of censorship point out, that when it is abused by governments, censorship becomes an instrument used to misinform society a maintain power. Opponents also claim that freedom of expression is one of the main basic, inalienable rights. People should be allowed to publish books containing all their beliefs and ideas, for instance. It is considered, that freedom of speech is a basic right of every individual, regardless of race or creed.

In conclusion, it's my opinion, that people should know what programmes to choose and how to take responsibility for their actions, because a highly – developed sense of responsibility provides the ideal foundation for personal development. The best cause of action would be to attempt to achieve a balance between the requirements of the country and the public on the one hand, and individual rights on the other (276 words).

Should Parents Pay If Their Children End Up In Trouble With the Law?

Many crimes and social problems are caused by children, because of the poor family relationships, bad neighbourhood conditions and misunderstanding between the family members. Despite the damage these teenage criminals cause, parents are not held responsible in most countries.

There are many reasons why parents should not be responsible for crimes committed by teenage children. First of all, teenagers today are independent. They often move out of the parent's house at 18 years of age or younger. They are expected to learn to take care of themselves and make their own decisions, and not stay like small children attached to their parents. Secondly, parents usually work. They cannot watch their adolescent children all the time. A third point is that even children from good families can sometimes commit crimes. Parents should not be responsible if they have worked hard to raise their children properly.

However, because of the many problems young troublemakers cause, parents should be responsible. Firstly, most juvenile crimes are committed by adolescents whose parents do not care or make any effort to control their children. If parents had to pay fines, they might make more effort. Another point is that even though the children may seem mature, they are not really able to make good decisions. Parents should be responsible for raising and teaching their children until they are fully grown. Furthermore, if children know that their parents will have to pay, they will think carefully before committing crimes.

To sum up, there are good reasons both for and against making parents pay for acts committed by their children. However, I feel strongly that if we want to reduce the number of such crimes, we need to make parents take more responsibility (299 words).

Advantages and disadvantages of Too Much Money Spending on Sport

In modern society there are a lot of people who needs the help of government. For instance, there are a lot of young sportsmen who are full of life and ambitions to do their best in achieving the best results. That is why the government tries to support sports games and supply the development of sports industry with necessary money. But there are a number of people who form the opposing camp according to the issue.

One of the main disadvantages of too much money spending on sport is that there are also other very important spheres of life demanding government's support. For instance, there are a great number of families who can't afford themselves to pay for their children's education, while large sums of money are often paid to event organizers to promote products such as cigarettes, which are harmful for one's health. Sometimes, poor families can't even provide their families with proper Medicare in the case of somebody's illness. As a consequence many people start drinking and their children have no upbringing, what can cause serious social problems. Moreover, sport can divide people, as it is often demonstrated by crowd violence at football matches.

On the other hand, sport is an important part of today's society and plays a large role in many people's lives. From a social standpoint, sport plays a positive role in uniting people from different social backgrounds in support of their favourite team. This can aid people's understanding and tolerance of each other. As far as education is concerned, sport is an important part of every child's schooling, as it plays a big role in both their physical and mental development. It teaches children how to work as part of a team and cooperate with others, while at the same time improving physical condition. From an economic point of view sport can be profitable, as it attracts sponsors sponsorship and advertising.

To crown it all we can consider, money on sport should be paid as much as possible only to encourage people to lead a more healthy and peaceful life instead of being used to promote unhealthy products and cause disorder between people (370 words).

Human Cloning Is Immoral.

"And the lord god formed man from the dust of the ground and breathed in to his nostrils the breath of life; and man became a living soul. The lord god then took one of his ribs and closed up his flesh instead thereof: and with the rib from which the lord god had taken from man he created woman." Is cloning necessary for advancements in improving the quality of life? People often question whether or not we as a scientific nation are trying to play the role of god by the diverse issue of human cloning.

Opponents of human cloning often argue that it is immoral and unethical to clone human beings for both religious and humanitarian reasons. Moreover others describe human cloning as a luxury for the wealthy and as a tool for the Organ Market Development. Conversely, it is considered that cloning is immoral and a bad idea for the following reasons. First of all cloning may reduce genetic variability. Producing many clones runs the risk of creating a population that is entirely the same. This population would be susceptible to the same diseases. That means that one disease could devastate an entire population. One could easily picture the human race being wiped out by a single virus. Moreover, cloning is currently a very expensive process. It requires large amounts of money and biological expertise. Money that could otherwise be spent on things such as social security, Medicare, defence, roads, education, and towards our environment. Any research would eventually need to be tested on human beings. The ability to clone humans may lead to the genetic tailoring of offspring. It is conceivable that a scientist will be able to determine a baby's eye and hair color. In most cases even the baby's gender, or its' resistance to a certain disease.

On the other hand, all the things that cloning might be used for, is to create a genetic underclass in order to produce humans with sub normal intelligence and above normal strength that could someday rule the world.

All things to be considered, I believe that a person cannot change what has happened in the past. Although they can influence what will happen in the future. If government would decide to legalize cloning the results on our nation could be catastrophic to the future generations (391 words).

Keeping a Pet Influences the Health of Their Owners.

When man began to domesticate animals he took one of his greatest steps forward on the road to civilization. A new kind of treatment designed to stimulate people who are withdrawn or uncommunicative has recently been given a new name: pet therapy. It has given difficult children, lonely old people and even anti – social prisoners a completely new outlook on life.

One of the main advantages of keeping a pet is that people living with pets really are living longer. It was discovered that stroking a cat or dog lowers a human being's blood pressure and reduces anxiety. Just having an animal around you can lower your heart rate. Moreover, cats and dogs aren't the only pets that can help you to relax either. A dental school in America has discovered that gazing at fish in a tank helps patients relax before undergoing dental treatment. A further advantage of keeping a pet is that pets can not only prove to be good companions, but also teach children a sense of responsibility and make them more sociable. They can also comfort and help to overcome depression, and make mentally – disturbed or old people avoid becoming obsessed with their problems.

The main drawback of keeping a pet is that they need proper food, training and treatment and sometimes veterinary bills can be extremely expensive. Another disadvantage is that pets can mess everything around the house, spoil furniture and other owner's possessions. Some of them may also aggravate health problems such as asthma or allergies. Furthermore, some pets can become very aggressive and if you corner them so, that they cannot escape, then they may attack you.

All things considered, it may be concluded that pets make our life more fulfilling and bring us much good than harm (305 words).

Pros and Cons of Gun Control in Crime Prevention

Gun control has been a controversial issue for years. A vast majority of citizens believe that if gun control is strictly enforced it would quickly reduce the threat of crime. Many innocent people feel they have the right to bear arms for protection, but to enforce gun control throughout the nation, means violating a person's Constitutional rights.

One of the most serious drawbacks of guns is that they are evil to some, because of the violence that they create. It is a proven fact that handguns have been the murder weapon of choice. Guns are involved in half of all homicide cases. People believe that society has relied on weapons that create harm and criminals. Therefore, these weapons should be outlawed. However, law abiding citizens have the right to protect themselves against danger. Due to the ownership of guns, burglaries have reduced considerably. A gun is a tool, guns don't kill people.

People kill people. The matter depends on who is using the gun, and what situation it is involved in. Purchasing a handgun legally is a complex procedure. The consumer must go through a two month waiting period. These procedures guarantee the innocence and reliability gun owner. Furthermore, enforcing gun control is not going to have an effect on the crime rate, because it will not keep criminals from purchasing weapons. If guns are outlawed, only outlaws will have guns. If a person is willing to pay a price they will get what they want. Gun owners have to protect themselves from these criminals, and all gun owners must be informed of their second amendment right to keep and bear arms.

On the other hand, freedom to possess arms is a guaranteed citizen right. If the constitutional rights of a citizen are violated, it can be a complex issue. This is why all citizens should be aware of all of their constitutional rights.

All things to be considered, we can come to a conclusion that to arm ourselves is not a correct decision – more guns lead to more violence in my view – but we do need to be more aware and have a systematic approach to crime prevention if we want to reduce the crime rate (376 words).

The Old and Young Should Live under The Same Roof.

As the family is the basic social unit in the world, most people expect to marry and have a family. But housing nowadays is difficult to obtain and young couples often live with their parents for some time. Living under the same roof has its advantages and disadvantages.

One of the main advantages of living together with parents is that in most cases parents attempt to help their children to overcome hardships, difficulties and complications of their lives. If the family is friendly, if the interrelations are warm, if children honour their parents and vice versa the atmosphere becomes hospitable and welcoming. Moreover, grandparents teach their grandchildren to see the world around them and to value everything they have. They usually want their grandchildren to become honest and kind men, devoted to the family traditions and to be loyal and faithful to their friends. One more advantage of living together is that housekeeping becomes easier and if women are going back to work after the birth of their children they don't have to find someone to look after them during the day, especially when childcare is available, but women can't afford it.

On the other hand, urban flats are very small and it's common for a family of four or more to live in one room. This can cause misunderstanding between the family members, poor family relationships, teasing and constant interfering of parents with their children's lives. Frequently parents become addicted to the experiment of putting their children under a lot of pressure and it leads to chronic depression and can even cause emotional crisis. Furthermore, if the family income is low and it suffers from lack of money, spending can get out of control and the debts will pile up. Unfortunately, not all the families are able to face up and cope with financial problems.

To sum up, it is true to say that we can only feel sorry for those people who have to live with their parents, but feel lonely and distressed in their own families and can't be in good terms with their relatives. Not for nothing one of the ten Christian commandments says: "Honour your father and mother so that you can live long in the world" (382 words).

What Can You say in Favour of Advertising and What Are Its drawbacks?

A recent international study has shown some surprising and apparently contradictory results on the question of the priorities of advertising. While the survey showed that some virtues of advertising are universally prized, there can be also defined some disadvantages of it. But the humanity, however, enjoys the variety of goods which this highly creative industry brings to everyone.

One of the main arguments for advertising is that all the latest information on goods and services is available to you in your home, at any hour of the day or night because of Internet. It's much faster and easier to surf the net in search of goods from all over the world than go shopping and here advertising can be very useful. Moreover, it's much easier to find a job with the help of Internet and this can reduce the problem of unemployment, which is also a great advantage for a county's economy.

On the other hand, there is advertising, that should be banned, for example, cigarette advertising, because in this case an unhealthy product is being promoted. Another disadvantage of cigarette advertising is the fact that it targets young people. It shows young, beautiful, successful people smoking and having fun. This is an image which is appealing to teenagers. In other words, they become attracted to this glamorous representation of smoking, which leads to them taking up the habit.

In conclusion, I believe, that advertising companies are only interested in making money, as their campaigns are unethical and aimed at teenagers. But it is not good to promote an unhealthy product, so in my opinion, such advertising as cigarette should be banned (286 words).

Modern Society Will Be Affected By the Growth of Telecommuting -

Workers Doing All or Part of Their Work from Home and Communicating With Their Office by Computer

Through the centuries people have continued to develop faster and more efficient ways of communicating. These various methods have developed to the level that we can communicate with people anywhere in the world at a touch of a button. However, the biggest effect of telecommuting will be in the area of individual freedom, responsibility, and time management.

The first point in favour of telecommuting is that work and workplaces will alter dramatically. Offices may become smaller, as fewer desks are needed. There will be greater need for high-bandwidth connections to link the office and the home, and even homes to other homes, as other employees and supervisors also begin working at home. Hours spent commuting, traffic jams, and fights for parking should diminish, as workers make fewer journeys or work staggered hours. The further advantage is that family life will also change. Workers, both husbands and wives, can arrange their work around family commitments such as taking children to school, cooking, enjoying leisure activities.

However, although the ideas of more time at home and less time traveling are attractive, there are some drawbacks to telecommuting. People may feel unable to escape their work, and may even work longer or more unsocial hours. The quality of work may suffer because of the reduced face-to-face interaction with other employees. There may be delays if other workers are not immediately available. Telecommuters may feel isolated or unmotivated, or insecure about decisions. A major change will be in the way people think about work as a place or an institution. Instead, they will focus on the task or product. Workers may feel less loyal to a company and more inclined to change jobs or work part-time or on contract.

For the above - mentioned reasons, therefore, I (firmly) believe that the effects are difficult to predict because they depend on the extent to which telecommuting becomes popular. However, telecommuting could be the start of a major societal shift, possibly as big as the Industrial Revolution which created our present ideas of work (367 words).

Is Chocolate a Healthy Food?

Nowadays we can hear a lot about the advantages and disadvantages about the chocolate. It is said that chocolate rises mood, rises efficiency of brain, prevents caries, is used in medical treatment. Perhaps, it is one of the most popular and delicious foods available today, because we eat it in sweets, cakes and desserts and even drink it.

The main advantage of chocolate supports a good health, because it is an instant energy booster. Chocolate is a good combo of nutrients, proteins as well as vitamins. No wonder this makes chocolate a must for ration packs in the army, for trampers/hikers, mountain climbers. Besides the nutritional constituents chocolates also contain Flavonols. Flavonols are antioxidants, also presented in apples, onions, peanuts, cranberries and red wine. In fact 50 gm bar of dark

chocolate is equivalent to six apples, two glasses of wine and seven onions in its flavonoid content. Moreover, according to a study done at the University of Michigan in the United States, chocolate contains chemicals called opioids. Opioids are also found in opium, and they serve to dull pain and give a feeling of well – being to people who ingest them. According to the study, people who eat chocolate produce natural opiates in their brains that soothe their nerves and make them feel good. Another greatest advantage is that even sniffing a chocolate bars can boost up your immune system by raising the level of antibodies in the body. The addition of as little as 15 to 20 grams of dark chocolate in the daily diet has been shown to provide the necessary benefits. Furthermore another healthy component of this delicacy is theobromine. It helps you to cure cough without any side effect of drowsiness as in the case of codeine. The best part of your favourite chocolate bar is its tryptophan content. Tryptophans, an essential amino acid, its consumption triggers the release of serotonin, a feel good neurotransmitter, in the brain that stimulates the central nervous system and makes you feel happy. The fat boosts other ‘feel good’ brain chemicals called endorphins and may have the same effect as marijuana.

The main disadvantage of chocolate is that it does contain high amounts of saturated fats and sugars that can cause health damage and obesity if you take it too much. However, when eaten in moderate quantities, chocolate truly can be a miracle food. Even better, it tastes wonderful. It’s hard to find anyone who doesn’t like some kind of chocolate, whether it’s white, dark, or milk, Hershey or Belgian. So the next time you have to give up something for Lent or take up a new diet, think twice before giving up chocolate. It not only tastes good, its health benefits give you a great excuse to keep on enjoying it.

Taking everything into account, I can conclude that about a benefit and harm of chocolate was said and written very much. For this time scientists again found confirmation to that that a chocolate is rendered by positive influence on the organism of man. From my point of view people who prefer a chocolate feel healthier and happier than other people. They do not suffer of loneliness, are less affected to depressions, feel better and more confident (545 words).

The Necessity of Vitamins Use In Everyday Meals.

Vitamins are substances necessary to maintain life. These substances are formed by plants or animals which must be supplied to the body in tiny quantities so that the vital processes can continue as they should. But there is a contradictory point of view if vitamins affect us good.

First of all, if a person consumes too much vitamins they can make lots of harm to our health. Secondly, some vitamins are produced illegally, what can influence people’s health in a bad way.

On the other hand, vitamin A helps prevent infection. It is found in milk, egg yolk, liver, cod liver oil, and in lettuce, carrots, and spinach. Vitamin B1 is necessary for the prevention of certain nervous diseases, and its absence causes a disease called “beriberi”. Vitamin B1 is found in milk, fresh fruits, whole grain cereals, and fresh vegetables. Vitamin B1 must be constantly replaced in the body. Furthermore, another important vitamin is vitamin C. Absence of this vitamin causes scurvy. The joints become stiff, teeth become loose, and the bones become weak. Oranges, cabbage, and tomatoes are rich in Vitamin C. The body is unable to store Vitamin C so it must be replaced constantly. Besides this, vitamin D is important for infants in proper bone development and for teeth. This vitamin is found in great quantities in cod liver oil, liver, and egg yolk. Sunlight provides our body with vitamin D, too. If you eat a well – balanced diet, you are probably getting enough of the vitamins you need.

Taking these points into consideration, I would say that the role of vitamins is rather important and valuable if the person knows how to take them properly. The attention to right doze and the peculiarities or individuality of organism should be paid (304 words).

Are Dogs the Best Pets?

Dogs have been domesticated longer than any other animal and man has developed more than 200 breeds of dogs to serve him in different ways for different purposes. If you have decided to add a pet to your family, is dog the best choice? Some people claim that the dog is man's best friend but of course keeping a dog as a pet has its advantages and disadvantages.

First of all, dogs make wonderful companions. They always show their happiness as soon as their owner walks through the door, by wagging their tail and jumping up and down excitedly. They like to play; they are extremely loyal to their owners that are why they are a good company for the elderly and for children. Moreover, trained dogs are useful to their owners. They are easy to train as watchdogs to guard your house and family, making you feels safe and secure. They can also be trained as guide – dogs for the blind. They can be taught all sorts of tricks – even to collect the morning newspaper. Today the Internateonal Rennel Club divides dogs into 6 main classes: sporting dogs, which hunt by scent in the air; hounds, which hunt by ground scent; terriers, which hunt by digging into the earth; working dogs; toy dogs, for companions; and non – sporting dogs, which have many uses. You can choose one according to your tastes and purposes.

On the other hand, dogs need a lot of attention. They need to be fed and brushed, and taken to their daily walk or regular visit to the vet. However, this is a small peace to pay in exchange for their friendship and loyalty.

All things to be considered, it is not an easy job to bring up a dog, having a dog as a pet can even be tiring sometimes. But I believe dogs are the best pets. Spending a little time with your dog every day will certainly win you a “best friend” for life (337 words).

Is Your Home a Safe Place for Your Children.

A recent international study has shown some surprising and apparently contradictory results on the question of the priorities parents around the world have when raising their children. One of these priorities is the safeness of the homes. Every year, thousands of children are injured in accidents in the home – accidents that could be prevented.

As children usually spend 5 years of their lives at home before they even go to school and this circumstance may cause serious danger. First of all, sometimes in a case of fire children are injured because of careless attitude of their parents. Children play with matches, what might start a fire and burn themselves. Only when the accident takes place, parents start to keep matches out of reach of children. Another problem is that not all parents keep cleaning products in a safe place. The children may drink them and poison themselves. If knives and other sharp objects are not put away after use, children may cut themselves. Secondly, when children play with pots and pans on the stove they can scald themselves. If the electrical sockets are not covered when they are not in use, the children can give themselves an electric shock. Thirdly, if safety gates at the top and bottom of the stairs are not fitted, the children may fall and hurt themselves. Lastly, if a fence around any ponds or pools in your garden is not put the children might fall in and drown.

One of the advantages of being home is that children learn from their parents and parents can watch their children raising. Furthermore, parents can record a video not only of funny or memorable events but also of everyday children's lives, watch how they develop and become grown – ups.

Taking everything into consideration I can honestly say that it's a great responsibility for parents to make their houses safety – proof. If parents try hard, do not leave their children alone and are always near the danger can be avoided (341 words).

Should Smoking be Banned Completely?

British doctors are demanding that smoking be banned in public places in Britain, following the example the example set by Ireland and many US cities. They argue that most public places are “somebody's workplace” and the employers have the duty to protect employees from harm. However, although I feel that smoking can be harmful, I do not think it should be banned completely.

Firstly, smoking undoubtedly helps many people to relax, what can be considered as one of its main advantages. For some, it even improves concentration. Many people like to smoke before exams or when they are relaxing with friends. A further positive argument is that governments throughout the world make huge profits from levying taxes on cigarettes. This provides funds which are used for building schools, hospitals and other public facilities. Moreover, the tobacco industry also employs tens of thousands of people throughout the world, particularly in poorer countries like Zimbabwe or India. Without cigarettes, these people would have no jobs.

The arguments against smoking are the following: smoking has been shown to be dangerous to health. The British Medical Association strongly believes that a public ban on smoking will dramatically reduce levels of heart disease, lung cancer, bronchitis, pneumonia and asthma, which are all related to passive smoking also. Because of the problem that non-smokers can suffer health problems if they spend long periods of time among people who do smoke, British doctors are urging a public ban on smoking because employees have the right to work in a healthy environment. Furthermore, smoking costs governments millions of pounds because of the large number of people who need treatment in hospitals for smoking related problems.

In general, I think the world would be a better place without cigarettes. However, the decision whether to smoke or not should be for each person individual to make. From my point of view, people should have the right to choose whether they smoke or not. People should not smoke in a room where there are non-smokers but surely they should be free to smoke elsewhere (349 words).

Governments Should Have a Responsibility to Spend Money on Art for Their Citizens, Because Art is a Basic Human Need.

Visual art is a vast subject, including all kinds of pictures and sculptures. Artists make art for many reasons. Hundreds of years ago – when many people couldn't read - paintings were often designed to illustrate stories, especially bible stories. A lot of paintings were made to decorate churches. More recently, artists have begun to paint to express their own feelings or explore ideas, or just to create something beautiful. However, some people feel that governments should be spending money on housing, medical care, or defence, instead of on art. This essay will discuss whether governments should or should not spend money on the arts.

There are several reasons why governments should not finance artists. First of all, artists should have to follow the same rules as the rest of the market. If there is a demand for their music or sculpture, then they will be rich. Secondly, politicians generally do not have good taste. They will waste public money on popular art or on their own preferences. But the main reason why

governments should minimize spending on the art world is that there are more important areas like housing, roads, hospitals, and factories which need the money first.

However, it would be wrong to say that governments should not spend any money at all on art. Everybody needs some beauty in their life, but not everyone can afford a Picasso or a piece of music. Governments should provide money for museums or concert halls for everyone. Another point is that art allows people to express themselves and this is good for society, culture and thought. Thirdly, artists can be good for the economy by producing music, films, and attracting tourists.

All things to be considered, governments should prioritize their spending carefully, but they should also allocate some of their budget for art. It is part of their duty to society and to future generations (335).

Medical Marijuana Should Be Legal

Medical scientists and doctors in some countries have recently discovered that marijuana, an illegal drug is an effective medicine for severely ill patients who cannot get relief from their usual prescription drugs. In my opinion, marijuana should be legal for medical uses because it can improve the quality of life for some people with serious illnesses.

First of all marijuana can help cancer patients who must use chemotherapy or take anticancer drugs that cause serious side effects. It can also help AIDS patients to regain their appetite and therefore to gain weight. Moreover, it might effectively stop the spread of glaucoma, which can cause blindness, and it can relieve joint pain and relax muscles in certain other illnesses. Unfortunately, because marijuana is an illegal drug, it cannot be purchased even with a doctor's prescription at a pharmacy.

On the other hand it could be a serious problem and cause lots of troubles if

people addicted to drugs will have a chance to get marijuana legally. That is why the government should take into the consideration all the pros and cons of the problem before legalizing the medical marijuana.

In brief, smoking marijuana is effective enough to help seriously ill people who live with constant pain. Therefore, marijuana for medical purposes should be legal (220 words)

The Problem of Police Corruption and Pros and Cons of Being a Policeman

Nowadays it is certainly believed that crime control is entirely the responsibility of the police force. But the level of crime increases dramatically not only because television and films make crime look exciting and romantic and even modern music glamorizes it, but it is also the corruption in the police force which makes things worse.

The main disadvantage of being a policeman is that police should be paid a better salary. They need enough income to run a house and finance a family without having to take a second job. A higher income would help to take away some of the money pressure for policemen. Local police officers make about \$19,200 a year. The salary may vary from location to location. The further disadvantage is the problem that more and more of the police become the criminals. Corruption affects us in many ways from driving to feeling safe. The public may not know the causes for the problem, but there is no reason for the corruption to continue. The law enforcement system may never be

perfect, but improvements may promote public support and cooperation. The public, government officials and law enforcement departments must work together to combat the problems of corruption. What is more, miscommunication between the police and citizens cause many problems. Sociologists claim that racial and social classes have become a difficult problem because of communication. Because of this fact new officers can not deal with many problems that they face in the field. Finally, screening of officers needs to be done more often. More psychologists and criminologists are needed to spot those officers who are in trouble or on the brink of mental illness. A good start would be to teach the superior officers to recognize warning signs like lateness or angry mode swings.

The greatest advantage of the job is that policemen are a selected few who do a dangerous job and keep the area around us safe. In addition to this, police have done many great things to help improve communities, help people during their off duty hours and stand strong in face of many fears. Furthermore, the police do their best to enforce the law on the streets in all types of weather. Instead of being at home with their families on holidays they are working to keep peace. Everyday, they step out in a world where violence is considered appropriate.

To sum up, it seems to me that police corruption is a problem that everyone needs to address. I'm convinced that crime prevention is the key to success and that all of us must work together to prevent crime and help policemen in their difficult job (457 words).

Should the Zoos Exist: Keeping Zoos Js Useless?

“Zoo” is short for “zoological garden”. And a zoological garden is a place where living animals are kept and exhibited. This essay will discuss whether governments should or should not spend money on zoos.

First of all the most important reason is that everyone is interested in animals. Another reason is that scientists are able to learn many important things by studying living animals. By watching the things animals do, what they eat and how they grow, much can be learned not only about them – but about human beings too. Secondly, a zoo is a kind of school for learning about both animals and people. And this probably explains why the first zoo we know anything about was called an “intelligence park”. It was started as long ago as 1150 B.C. by a Chinese emperor, and it had many kinds of deer, birds, and fish in it, Even though it was somewhat like our modern zoos, there was one big catch to it. It was not open to public but was kept for the amusement of the Emperor and his Court.

On the other hand, it costs a great deal of money to put together a zoo and maintain it , zoos in modern times are assembled and owned only by reach people. Opponents of keeping animals in zoos argue, that it is not humane. Moreover, not all zoos have good conditions for the various species of wildlife and animals may suffer because of bad treatment of zoo – workers.

I am inclined to believe that if a zoo have all the necessary equipment and is run well, when the animals are treated carefully and patiently, the zoo can be a very good place to get acquainted with wildlife (296).

Наиболее злободневные темы эссе «за и против».

Согласны ли вы со следующими утверждениями?

Use specific reasons and examples to support your opinion.

- Boys and girls should attend separate schools.
- Should there still be colleges and schools just for men/boys and some just for women/girls?
- Technology has made the world a better place to live.
- Advertising can tell you a lot about a country.
- Modern technology is creating a single world culture.
- Teachers should be paid according to how much their students learn.
- Classmates are a more important influence than parents on a child's success in school.
- Grades (marks) encourage students to learn.
- The best way to travel is in a group led by a tour guide.
- Children should begin learning a foreign language as soon as they start school.
- Telephones and email have made communication between people less personal.
- Dancing plays an important role in a culture.
- People behave differently when they wear different clothes. Do you agree that different clothes influence the way people behave?
- There is nothing that young people can teach older people.
- Reading fiction (such as novels and short stories) is more enjoyable than watching movies.
- Only people who earn a lot of money are successful.
- A person's childhood years (the time from birth to twelve years of age) are the most important years of a person's life.
- Playing a game is fun only when you win.
- High schools should allow students to study the courses that students want to study.
- It is better to be a member of a group than to be the leader of a group.
- Watching television is bad for children.
- Playing games teaches us about life.
- A zoo has no useful purpose.
- Parents are the best teachers.
- Television has destroyed communication among friends and family.
- Universities should give the same amount of money to their students' sports activities as they give to their universities libraries.
- Scientific Progress is always good.
- With the help of technology, students nowadays can learn more information and learn it more quickly.
- Face-to-face communication is better than other types of communication, such as letters, email, or telephone calls.
- The most important aspect of a job is the money a person earns.
- A person should never make an important decision alone.
- Games are as important for adults as they are for children.
- Police are unnecessary because they aren't reducing crime.
- Wars are always wrong.
- All required university courses are boring.
- Exams are not useful.
- Inflation is the only problem of our country.
- Motor racing should be banned.
- The country should only be run by women.

- Moslems make better human beings than Christians.
- Divorce is sometimes a solution to marital problems.
- Women, not the government, have the right to make their own decisions about abortion.
- Marijuana should (not) be legalized.
- Capital punishment. Explain the reasons that people give for and against this particular point.
- Animals should not be used as laboratory tools.
- Governments should not organize lotteries.
- Public should require uniforms in order to benefit both the student and the society as a whole.
- Vicious and dangerous sports should be banned.
- All genetic engineering should be banned.
- Women shouldn't work.
- Should we do more to deal with the problem of domestic violence, or is the problem exaggerated?
- We are becoming overwhelmingly dependent on computers. Is this dependence on computers a good thing or should we be more suspicious of their benefits?
- Is there too much of commercialism in the Internet?
- Technology makes communication easier in today's world. Many people choose to work at home in front of a computer screen. What danger does the society face depending on computer screens rather than face-to-face contact as the main means of communication? Are we the prisoners of the progress?
- Should the animals be used for scientific research? Is it humanly? Should animal experimentation be permitted?
- Should the cigarettes smoking be banned as heroin consumption?
- Should drivers of automobiles be prohibited from using cellular phones?
- Should restrictions be placed on the use of mobile phones in public areas like restaurants and theaters?
- Shall we integrate from Marketing to E-Marketing?
- Should the death penalty be mandatory for people that kill other people? Should the "Right to Die" be Considered a Right?
- What are two sides of the death penalty? Is it a cruel murderer or a just punishment? Can it be a deterrent to crime?
- Euthanasia as a way of relieving ill people's pain and save them from the tortures of their illness. Do we have the right to take people's life, if after all life is the greatest charisma?
- Forests are the lungs of the earth. Should the rain forests destruction be prohibited?
- Should sex education be increased in schools in an attempt to curb problems such as teenage pregnancy?
- Human beings do not need to eat meat in order to maintain good health because they can get all their food needs from meatless products and meatless substances.
- A vegetarian diet is as healthy as a diet containing meat. Argue for or against the opinion above. What do you think about vegetarians? Are they people who care for animals and want to protect them or people lacking the adequate ration?
- What are some of the best ways to welcome and then assimilate immigrants into American life? What are the pros and cons of each of these?
- Domestic workers: How these women are treated or mistreated by their employers. The problems they face with inequality in the workplace, most of these women come from different countries and do not speak the language or know their own rights.
- Advertising: Information or Manipulation?
- Education is an indivisible part of the prosperity of the nation. The more educated and cultured people there are in the country the more flourishing and thrifty the country is. Comment on this issue, argument your decision

- Should society assume more responsibility for pregnant teenagers and children they bear?