The Internet has developed rapidly over the past decades. Some people believe that the development of Internet enables us to enjoy a better quality of life, but some other people argue that the Internet also has a negative effect on our daily lives. In my opinion, there are more advantages than disadvantages .

Some people worry about that the Internet can have a negative influence on a daily basis.People may spend much time in playing computer games or watching movies on the Internet, because of this, they have difficultly in concentrating on their work or achieving career success.In addition, these people addicted to the Internet may prefer to look at a screen rather than come with their friends or take part in some social activities. This means that they are less likely to build a good personal relationship and to be sociable.

Some other people claim that the Internet have brought many convenience for us.For example,the Internet enables us to work at home instead of traveling to and from work every day.As a result,this can allow us to have more flexible working hours and to live comfortably. we might lose contact with many friends,but the Internet can help us keep in touch with them Because we can use some tools of Internet ,such as email .

In conclusion, the development of Internet may not be entirely positive, but advantages still outweigh/disadvantages. The Internet is beneficial to our working time more flexible and human interaction .At the same time, we should use the Internet properly to avoid those negative effects.