

Detailed Outline

Thesis: Although Dr. Mercola's explanations about the unrevealed dangers of cell phone use are reasonable, he ignores the positive effects of cell phones, provides inadequate support, and offers impractical solutions.

I. Introduction

- A. Attention-grabber: A day without modern technology has become unimaginable today.
 - 1. Electronic technology, in particular, has advanced to the point where it now allows us to obtain information from almost anywhere at an unprecedented rate.
- B. The invention of the iPhone has opened a new door to a world that humans had never seen before, where they can access the Internet and edit or view documents without the need for a computer.
- C. Cell phones these days have developed so much, and will continue to do so, that nobody would be surprised if computers became obsolete in the next ten years.
- D. However, despite the seemingly limitless functions of cell phones, several risks seem to underlie these devices that people should be aware of before using them.

II. In his article “Cell Phone Use Linked to Lower Grades, Anxiety, and Much Worse...,” Dr. Joseph Mercola suggests that mobile phones are a scourge of contemporary society.

- A. Dr. Mercola starts off by noting that health organizations in the U.S. should set up proper guidelines for safer cell phone use and that the biological effects of using cellular devices are being overlooked, just as the dangers of smoking were unrevealed until only a few years ago.
- B. According to the article, aside from degrading the students’ performance in school and their overall satisfaction in life by depriving them of both concentration and the opportunity to be more active, cell phones have shown to possess detrimental health effects.
 - 1. Dr. Mercola states that electronic devices that emit radio-frequency electromagnetic fields (RF fields) can cause various health problems such as brain tumors, depression, diabetes, infertility, and—in the worst case—cancer.
 - 2. In fact, further research has proven that these RF fields can be classified as “probable carcinogens.”
- C. Likewise, the article explains that the microwaves that cell phones transmit were shown to pose as negative—or even worse—health risks.
- D. Mercola argues that children are more vulnerable to all of these effects since their bodies are not completely developed, which allows for more radiation penetration.
- E. In the end, he offers several tips on reducing these risks and contends that children not have access to cellular phones.
- F. **Thesis:** Although Dr. Mercola's explanations about the unrevealed dangers of cell phone use are reasonable, he ignores the positive effects of cell phones,

provides inadequate support, and offers impractical solutions.

III. Dr. Mercola's article is informative in addressing various health problems that cell phones may trigger, but the positive effects of these devices on our health are too much overlooked.

- A. Dr. Mercola has surely employed much reliable evidence from credible individuals and studies to prove his point, but unlike his argument that using cell phones is only harmful, modern cell phones can actually help people maintain their health in many cases.
 - 1. In countries in which the information technology is highly developed such as Korea, cell phones allow people easy access to not only the Internet but also other useful mobile applications.
 - 2. In fact, having access to a plethora of information helps people who are using these technologies become more aware of ways to stay fit and healthy.
 - 3. For example, my grandmother, who has overcome breast cancer, uses her smart phone in order to look up a number of health tips for post cancer patients.
- B. Additionally, Internet can be accessed from anywhere with current mobile technology, which gives people easier access to good medical services.
- C. With their cell phones, people can look up the nearest clinics and even check out their phone numbers or service ratings, and thus can obtain faster, better treatments.

IV. Furthermore, the writer of the article does not provide sufficient evidence in discussing the negative psychological and social effects of cell phones.

- A. The human body is so complex and intertwined that other factors like their social and psychological conditions can serve just as important—or even more important—roles in determining their health as external factors such as RF fields or microwaves.
- B. In this respect, Dr. Mercola fails to acknowledge enough psychological or social effects of using mobile phones.
- C. Even though he has claimed that cell phones contribute to students' anxiety, lower grades, and inactivity, the cause-and-effect relationship of this research is rather unclear.
 - 1. The students have not reported that their cellular phones degraded their social well-being, so the results of this study are based on assumption rather than personal accounts.
 - 2. As Mercola even mentions, "perhaps people who are more anxious tend to spend more time on their smart phones."
- D. Actually, unlike Mercola's assertions, owning a cell phone can contribute to people's sociability in numerous instances.
 - 1. Smart phones have become so common these days that those that are without them may fall behind and feel left out.
 - 2. For instance, students are invited to Kakao Talk group chats in schools, and these chatting rooms offer them myriad of information including the dates for exams, field trips, and special events.
 - 3. Those that do not own a mobile phone would not be able to obtain this information and may have difficulty assimilating themselves with others.

4. Similarly, because people mainly communicate through cell phones these days and set up dates to meet and hang out via Kakao Talk messages, which invalidates Mercola's point that mobile phones drive people towards inactivity.
- E. Thus, cell phones are a necessity since not owning one in a society like this would have an adverse effect on people's social life.

V. Not only are Dr. Mercola's assertions biased and insufficient, but the resolutions and tips he offers in the end are also quite unrealistic.

- A. First, he emphasizes that because children are more vulnerable to the potential risks of electronic devices, especially mobile phones, they should be kept away from them entirely.
- B. However, because there are other risks, especially in countries like Korea, where the crime rates are burgeoning every year, most parents buy their children cell phones to ensure their safety.
 1. These days, there seems to be a more imminent problem for children than a potential risk in cancer: kidnapers.
 2. Having a mobile phone in dangerous situations allows children to contact their parents at any time.
 3. A few years back, my brother had to attend school in Korea for a year in order to regain his fluency in Korean. My father, who was worried about this little boy making his trips to and from schools and academies alone, had given him a cell phone in case of an emergency. One day, he got lost in a subway, but could contact us because he had a phone in his hand.
- C. Moreover, Dr. Mercola suggest that cellular devices be "turned off" and "kept away from [people's bodies] when it's on."
- D. This is impractical because it defies the purpose of cell phones, which is to be able to contact others at anytime and at any place they want.
- E. Also, most messages and official notifications are transmitted through mobile phones now.
 1. For instance, I work as a teaching assistant (T.A.) at a test preparation academy, and there are five other T.A.s other than myself. The teacher that we work for sends us his weekly schedules via Kakao Talk messages so that each of us can discuss and choose the time that we want to go work for him.
- F. Thus, keeping cell phones turned off or somewhere where it cannot be seen makes these expensive devices become nothing more than a decorative ornament.

VI. Conclusion

- A. Dr. Mercola's criticism about the drawbacks of the technology that has become so prevalent is important in that it provides its readers with a new insight on the use of cell phones with valid and trustworthy points.
- B. In spite of this, however, his assertions are not without flaws.
 1. Not only is he too pessimistic about these devices, but he also makes extremes suppositions with only little information.
 2. Most importantly, he lists out solutions that cannot be carried out in reality.
- C. As for now, cell phones seem far more helpful than dangerous, and have dominated our lives far too much to be gotten rid of.