Answer for this question is ambiguous. On the one hand disabled internet will save a lot of personal time of people and will conserve their health. On the other hand we need internet to connect with our relatives, business personal and meeting with new people. Now I try to deploy each side.

Number of experts proved to long time using internet have bad influence for physical and psychological health:

1. Sleep disturbance;

2. Increasing of mental excitation;

3. People more receptive for stress and depression;

4. Developing of internet-mania;

5. People can loose their connective qualities.

Otherside experts have opinion that internet in modern live is a huge source of various information. It helps to pupils and students for their study, to people who need connect with their relatives and friends , because they live in different countries, to business persons, who work in global web or who promote their products by internet-advertising.

Thus we can make conclusion, that nowadays internet is an integral part of our live and we can't to abandon it absolutely. But we need try to use internet reasonable and limited, so in order not to harm our physical and mental health.

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