

## Why Students Should Eat Breakfast Every Day

A lot of people, especially young people, go through the day without having breakfast. Many people believe that it is not necessary, or they say that they don't have time for that, and begin their day with no meal. I believe that everyone should eat breakfast before going to their activities. The purpose of this paper is to show the importance of breakfast, especially for students.

The first reason why you should eat breakfast before going to school is for your health. When you skip breakfast and go to school, you are looking for a disease because it's not healthy to have an empty stomach all day long. It's very important to have a meal and not let your stomach work empty. All you are going to get is gastritis and a lot of problems with your health if you don't eat breakfast.

Another reason for eating breakfast is because you need food for to do well in your classes. Your body and your brain are not going to function as good as they could because you have no energy and no strength. When you try to learn something and have nothing in your stomach, you are going to have a lot of trouble succeeding. A lot of people think that they should not eat because they are going to feel tired, but that's not true. Breakfast is not a very big meal, and on the contrary, you're going to feel tired if you don't have breakfast because you have spent the entire previous night without food.

The last reason to have breakfast every day is because you can avoid diseases if you eat some breakfast in the morning. If you don't eat, you are going to get sick, and these diseases will have a stronger effect on you because you're going to get sick easier than people who have breakfast every day.

You have to realize that breakfast is the most important meal of the day, and you cannot skip it without consequences for your health, your school and your defense mechanism. It is better to wake up earlier and have a good breakfast that run to school without eating anything. It is time for you to do something for your health, and eating breakfast is the better way to start your day.

## The Importance of Reading and Writing

Today science and technology has come to pervade every aspect of our lives. Computer, television and radio have almost replaced the newspaper and letter once dominated our lives. Accordingly, the issue about whether the ability to read and write is more important today may attract our attentions. It is clear that classified views have converged into two: some think reading and writing ability is more important today than in the past, while others deny its importance. As I see it, I agree with the former view without any hesitation and my choice is based on a careful consideration of the following reasons.

The main reason which may win most of people's support is that if lack the reading and writing ability, one would be considered as illiterate who has been deprived of the most basic right of human beings in the 21st century. It will be hard for us to imagine how somebody who can't read and write communicates with other people. A case in point is that one of my neighbors who is an old man and cannot read and write may only talk with others face to face. As for making friends by email and search information in newspaper, it is absolutely impossible.

The second reason I would like to point out is that people today who cannot read and write cannot even make a living. Good jobs are difficult to find because of economic depression. Nearly all the jobs require people who can read and write very well. Even if one just plans to be a driver, he must read the road sign and know where he is and where he will go.

Furthermore, the ability to read and write could bring us lots of advantages. Suppose that people who have tired out with a hard week's sweat and effort may get lots of benefits and relief from reading a short novel and broaden his horizon by appreciating a nice poem. Many friends around me would believe reading and writing some effective ways to relax themselves.

People today especially those children may find it easier for them to manipulate the mouse of the computer than to write things down by hand. Watching TV instead of reading may still occupy someone's most leisure time. Yet if all the factors I discussed

above are contemplated and we are to minimize the losses and maximize the gains, it will not be hard for us to realize that the ability to read and write is more important today than in the past.



## Why Women Should Not Have an Abortion

Many women in the entire world have abortions. Women believe there are many reasons to abort such as fear of having or raising a child, rape, or not having enough money. But whatever the situation, there is never an acceptable reason to get an abortion. Some important reasons why women should not abort have to do with human values, religious values, and values of conscience.

The first reason why women should not have an abortion is related to basic human values. Women need to think about their unborn babies who are not responsible for this situation. These unborn babies should have the privilege to live and grow into a normal person. Women need to be more humanitarian and less egoistic with these babies. On the other hand, the baby doesn't know how or why he is here. It is not necessary to kill a life; there are many other solutions to resolve this problem short of abortion.

The second reason why women should not abort has to do with religious values. In almost all religions, a woman is not permitted to have an abortion. If they do, their religions will punish them. In some religions, for example, a woman cannot take communion after having an abortion, and before taking communion again, she must do many things as a form of penitence. In whatever religion, abortion is punished and for this reason, women should not abort.

Finally, the third and most important reason why women should not abort is the related to her conscience. When a woman has an abortion, she will always think about the baby she might have had. She will always think about the future that could have happened with her baby which will always remind her that she killed it. Because she has had an abortion, she will never have a good life, and her conscience will remind her of what she had done. Because a woman who has an abortion can't forget about what she has done, these thoughts will always be with her, and the results can be calamitous.

There are many reasons why women should not have an abortion. The truth is that women need to think about the consequences that can occur before having sexual relations. I think that the effects of an abortion can be very sad for everyone involved,

both for the woman who has the abortion and for the family who lives with her.

