

Class: 3B

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Topic: Esports

Text type: Letter to the Editor

Dear Editor,

ESports have become very popular among teenagers. ESports are a kind of competition using video games online. More and more young people are involved in eSports because some treat it as an interest. In view of this, I am writing to express my views on it.

First, eSports are a kind of brain exercise which require players to be good at multitasking. They have to receive information from the games and react to it rapidly, so, their brains have to be active all the time. For example, they have to calculate the distance between enemies and themselves. Besides, they have to adjust their shooting angles while aiming at their enemies with their weapons. Therefore, when an eSports player is playing a game, he or she is actually exercising his or her brain. There is no doubt that eSports players can train their brain while playing games.

However, we should not neglect that playing eSports is harmful to our health. Looking at a screen for a long time, people's eyes will get hurt by blue light emitted from the screen. Not to mention their necks will feel stiff. It is believed that we may get short-sighted and experience cervicobrachial pain. Moreover, sleep quality will be seriously affected as people who are addicted to eSports stay up late to play games. As a consequence, they will have a lot of health problems. Therefore, playing eSports are detrimental to our health.

In addition to the health issues, playing eSports will ruin family relationships. The majority of parents do not like their children playing eSports because they think it will interfere with their children's studies. Take my cousin Shawn as an example. He used to play computer games every night before he went to bed. It made my uncle very angry since he thought Shawn did not focus on his studies, and Shawn thought that his father controlled him too strictly, so they quarreled very frequently because of playing eSports. It is obvious that parents do not think playing eSports is a kind of relaxation, but an addiction. It goes without saying that playing eSports will ruin family relationships.

In order to solve these problems, I suggest eSport players manage their time well.

They should spend less time playing games, but more time doing other activities, like going out to play sports or spending time with their family. This way, they will spend less time looking at a screen, so they will not have too many physical problems or addition easily. On the other hand, parents should understand that playing eSports is a good way to relax and their children can make friends though games in the meantime.

To conclude, there are both benefits and drawbacks of playing eSports. Apparently, playing eSports does more harm than good, but if players can manage their time well, it will be good entertainment.

Yours faithfully,

C.Wong

Chris Wong