

Health

Living in big cities is bad for people's health. What is your opinion on this statement?

a. Ideas:

- Agree:
 - Pollution
 - Life pressure and workplace stress
- Disagree:
 - High-quality medical services
 - Entertainment resources are rich

b. Essay:

Living in big cities has been a trend over the past few decades because of the economic opportunities that it provides. The impact of this trend on people's health is, however, still a subject of various debates. In this essay, I will assess the positive and negative impacts of living in big cities on residents' health and give my opinion.

A primary argument raised by opponents of living in big cities is that it negatively impacts people's health through pollution. Because of their significant industrial and economic growth, major cities are likely to suffer from pollution in numerous types, from air, water to noise. A good example is Beijing where severe air pollution has been shown to have a direct link with its residents' increasing lung cancer cases.

Furthermore, people in big cities often have to cope with massive life pressure and workplace stress. This is because they are living in money and capital driven societies. Stress can in turn lead to health problems such as depression and anxiety. Sociological research has consistently indicated that suicide rate due to pressure is greater in big cities than small, rural areas.

Although environmental problems in big cities can be severe, they are equipped with high-quality medical services, such as world's latest medicines. Statistics also clearly demonstrate that the quality of health infrastructure in major cities is much better than small cities. Examples of health infrastructure include hospitals, medical check and information centres, which helps patients deal with their health problems.

Stress in big cities can be offset by numerous entertainment centres such as shopping malls and cinemas which enable their residents to relax after hours of hard work. These resources are often not available in rural, remote regions where manual work makes people exhausted.

In conclusion, living in big cities certainly has positive and negative effects on people's health. In my opinion, the positive impacts of medical growth and health infrastructure outweigh the negative costs of pollution and pressure.

[327 words]