In recent years,the topic of using the internet has risen and attracted alot of media attention.Fainally ,they say that it make pepole lazy and effect family interaction bally.The aim of this essay is to shed lisht on the two points riev in details.Some people suport it compeletly and find it positive while some other people refue it from the start.On the one hand, it is strongly felt by many people that using the internet can have it is bright side for sereval reasons: First, It saves alot of time and effort.Added to that,Internet conntact cast alot of maeys.The some rule applies to has controversial issue.For exampel, eyestrain.