Leave the cell phone bubble

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A recent Danish study looked at data from 350,000 participants over 15 years and showed there is no correlation between your cell phone and cancer. There is a problem with your virtual pocket friend, but it's not medical—it's social.

Cell phones have fast become our personal bubbles. We're falling deeper in love with these glitzy gadgets, deeper in love with ourselves, and ironically, we're losing touch with other people.

Imagine you're on a lift on an average afternoon at peak time. The rain is pouring. An elderly man, appearing to have the fitness of a greyhound and the health of a newborn, gets on board. Shortly out of respect, despite the man's exuberant vitality, the polite thing to do would be to offer him your seat. But regardless of what our conscience might encode, many of us would bury our selves in our phones and pretend he doesn't exist.

More people are losing confidence in their social skills. More of us are becoming reclusive from hiding behind our new electronic best friends.

Now, picture a meal out with either your best friend, host, grandmother or whoever. This enjoyment of spending time with someone you care about should matter most of all these. Instead, we've been taken over by our phones. Rather than enjoying the company of friends and loved ones, some of us turn to our phones and immerse ourselves in a far more artificial world.

And when it comes to dating, we need to let our mouths do the talking and not our fingers. There's an unwritten code that younger generations of boys are going to fail to observe; when asking that prepossessing girl in your lecture out on a date never do it through a text message. Take the reigns, respect your maturity and respect the young lady you aspire to desire and ask for face-to-face.

Culprits fall more on some than others, and it's easy to see these issues as a trivial first-world problem, but cell phone usage should present a real concern.

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Now is the time to revise our habits and to start acting as role models of traditional respect and conduct for younger generations.

Don't take this message the wrong way. Cell phones have a crucial role in our society, but what matters is the way that we choose to use them. This isn't a plea for the world to purge a brilliant technology from existence, but a plea for re-instating some degree of communal societal respect. Together let's forget about worrying about imagined health risks, and address the true issues concerning cell phones: our own habits.