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The Good and Bad of Not Owning a Cell Phone by [Cody](#)

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A study conducted by the Federal Communications Commission (FCC) has concluded that approximately 85 percent of the Americans use cell phones and the rest don't own one. Though it has been about 20 years since cell phones came into use, it is only over the past 10 years that they have become so popular. Today, cell phone has become a must-have for a majority of the people mainly due to the convenience it offers. FCC says that over the past few years, the popularity and reach of the cell phones is much faster than cable TV or Internet. Cell phone is simply more than a "handy gadget" for us. It includes a wide range of features like built-in games, web applications, songs etc in addition to the primary ones of calling and text messaging. The latest models you find in the market are so attractively designed which when you carry while going out, never feel like keeping them down. Talking about the cell phone models, it is good that companies like Verizon and other private carriers are refurbishing the old cell phones into uniquely new ones. However, having talked about the convenience and benefits of having cell phones, one also has to accept the fact that there are few drawbacks of the same as well.

We have heard a lot about the harmful effects of cell phones. The vibrations and the UV radiations from the cell phones are dangerous to the brain and heart. Moreover, the cell phone could be a major source of distraction. And, there are lots of other reasons why people avoid using cell phone even when the development of technology is at its peak. However, let us now take a look at some of the good's and bad's of owning a cell phone that are discussed in the paragraphs given below.

It is obvious that people who don't use/own cell phones rely on their home phones that may be any of the popular connections such as ATT Home Phone to make calls at home and office. One inconvenience that has been caused by the over usage of cell phones is that public pay phones have been removed from a majority of the areas. However, when we have tower/signal problems in certain areas, we only have to turn to the pay phones and not the cell phones!

Here is a tip for people who don't own cell phones. During emergency purposes, people who don't have cell phones may need some assistance. If a person is on a long distance travel and if his car breaks down on the way, then he might need some assistance. In such cases, it is always good to carry at least the 911 cell phone such as the typically refurbished cell phones like Sprint cell phones and used AT&T cell phones to dial 911 and bail yourself out from the situation.

People without cell phones might find it difficult to communicate with family and friends while they are outside. This is one disadvantage of not owning a cell phone. However, some people like the traditional way of living, that is, talking to people only when there is a necessity.

Not having a cell phone lets you live a economical life. If you have a cell phone, sometimes, you may make calls just because you have a phone though they may not be important. If you don't have a cell phone, you don't have to worry about the extra bill for sure.

One main reason why people still do not prefer using cell phones is that, they just don't want it to distract them at work. I guess, almost all of us agree to the fact that cell phone is a major source of distraction in our lives. By not having a cell phone, one can be happy about the fact that telemarketing calls, blank calls etc stay far away.

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Cody is a freelance writer and blogger. He writes on a wide range of topics encompassing entertainment, technology, environment, health, and self improvement. He enjoys talking with his loved ones on his home phone connection powered by a [ATT Home Phone](#).

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