

---

Subject: Re: Anyone here smoke?

Posted by [cheesesoda](#) on Fri, 21 Oct 2005 15:45:03 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

SuperMidget wrote on Fri, 21 October 2005 11:30 Some more things that are have absolutly no benefits to the body: Television, Music, Guitar, driving cars, using the COMPUTER. You are so wrong. Let's see... where to start?

T.V.: Education, Entertainment, etc... I happen to like the History Channel, Food Network, etc... I also like to watch comedy shows. They make me laugh. Laughter is almost essential to being healthy.

Music: Music makes you tranquil, music lets you express your emotions/opinions. Self-expression is very healthy. Maybe not so much physically, but it sure does help mentally and emotionally.

Guitar: see "Music".

Driving Cars: Okay, not so much healthy, but it is pretty much a necessity in today's world.

Computer: Education, Gaming, chatting, etc... There is almost endless amounts of information on the internet. Computer gaming like FPS games teach you hand-eye coordination. Chatting (including public forums) helps you express your opinion, it helps develop your social skills. Sure, not near as much as it would as actually going out and being with people, but it's still better than just sitting on your butt all day doing nothing. You can also build skills that may just be an industry you want to go into. I'm desiring to go into graphic design and advertising, and by using the computer, I'm gaining the necessary skills in Photoshop and Illustrator.

---