

## **Why Mexican Families Should Practice Family Planning**

For a long time, Mexican couples have not traditionally used birth control. Because of this, it is very common to find big families. Therefore, the population in Mexico has increased considerably affecting not only the family itself but the whole country as well. Overpopulation is a serious problem that represents an obstacle for Mexico's perseverance. The purpose of this essay is to explain why planning our families would help to assure family life success as well as increase the chances of Mexico's economic growth as opposed to population growth. THESIS STATEMENT

The first reason why Mexican couples should plan their families is that in this way they can better distribute attention, time, and care among the members of the family. When a couple responsibly decides the number of children they want and can raise, they obtain a clearer perspective of the family life they expect to have. Consequently, a family is able to enjoy benefits such as having better communication with each other, sharing important moments, and strengthening family ties.

The second reason why Mexican couples should plan their families is the possibility of providing for their children's education. Mexico's general level of education is very low due to a large number of population who do not even finish elementary school. A major reason for this problem is a non-planned family. If a couple with insufficient economic resources has many children, it is very obvious they will not be able to give them an adequate education. A proof of this is the big number of children on the streets asking for money. On the other hand, a planned family helps increase the educational level among the children. Therefore, children will be given a chance to be competitive in the daily changing world.

Finally, the third reason why Mexican citizens should plan their families is the fact that Mexico has more chances of improving its competitiveness and quality of life in many aspects. We all know that family represents the basis of a society. Therefore, each and every family contributes to Mexico's economic and social situation. If we could have more conscious and responsible families planning the number of their children, our opportunities for economic growth would be increased. Building a better a

place to live increases the possibilities of receiving better services, avoiding geographical distribution problems, and improving our expectations of economic growth.

Mexico's future depends a lot on its families. For this reason, each couple should make a conscious and responsible use of their rights to decide the number of children they want. Planning our families will enable us to distribute time, care, and attention among the members of the family. Planning our families will give us the opportunity to afford education for our children. Planning our families will increase Mexico's possibilities for growth in many aspects. We should consider these enormous benefits when deciding the number of children we want. Fewer children in families will raise the quality of life both within the family and in Mexico. However, the responsibility for the final decision is only yours.

## Why You Should Not Smoke

I am sure that you know that smoking harms your body. Then why do you continue smoking? Maybe you do it because you haven't really become conscious about all the effects that smoking has. There are a lot of reasons why you shouldn't smoke. Some of them are that smoking affects your health, that you spend a lot of money on cigarettes, and that when you smoke you are not respecting people around you. THESIS STATEMENT

The first reason why you shouldn't smoke is that smoking affects your health. If you smoke, your physical condition will be negatively affected, so it will be very difficult for you to succeed in sports. Also, smoking produces lethal diseases like cancer and reduces the length and quality of your life. Maybe you don't notice all the physical effects of smoking immediately, but you surely will be sorry one day.

The second reason why you shouldn't smoke is because of all the money that you spend on it. Maybe you start smoking only when someone offers you a cigarette, but there will be a day when you will feel the need of a cigarette. By this time, you will pay whatever to smoke, and each time you will smoke more, so you will spend more money. All the money you would spend on cigars could have been spent in something better, don't you think?

The last reason why you shouldn't smoke is out of respect for the people around you. When you smoke, you not only harm yourself, but you also harm all the people around you. So you mustn't be selfish; you should at least avoid smoking in front of people who don't smoke. Also, many people don't like the cigarette's smell, so they won't enjoy your company. Would you like that?

I have said just some reasons of why you shouldn't smoke, so I hope that now those of you who smoke are able to think a little and try to make a smart decision. In addition to all the reasons I've said, I would like you to think about how much you love yourself and then whether you want to continue harming yourself. Think also about all the people who love you, like your family who doesn't want to see you suffering or sick. If you decide to continue smoking, what a pity. But if you decide to stop smoking, congratulations! Remember that "If you can dream it, you can do it."