

VOLUME 1



# KAZGUU LIBERAL ARTS DIGEST

JUNE 2021



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# KAZGUU LIBERAL ARTS DIGEST

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Information about the journal



**"K L A D" IS A STUDENT JOURNAL FIRST PUBLISHED AT M. NARIKBAYEV KAZGUU UNIVERSITY SCHOOL OF LIBERAL ARTS. THIS JOURNAL IS AIMED AT ENHANCING STUDENTS' INVOLVEMENT INTO SCIENCE AND RESEARCH.**

**"K L A D" JOURNAL ADMITS FOR PUBLICATION VARIOUS TYPES OF ARTICLES: ORIGINAL RESEARCH, REVIEW ARTICLES, SHORT REPORTS OR ESSAYS, REFLECTIONS, CASE STUDIES, METHODOLOGIES AND CASES IN ENGLISH; CONTAINING THE RESULTS OF FUNDAMENTAL AND APPLIED RESEARCH IN THE FIELD OF PHILOSOPHY AND IDENTITY, HISTORY OF KAZAKHSTAN, PEDAGOGY, LINGUISTICS AND METHODS OF TEACHING LANGUAGES, TRANSLATION, AND TOURISM.**

JUNE 2021

M. NARIKBAYEV KAZGUU UNIVERSITY  
SCHOOL OF LIBERAL ARTS

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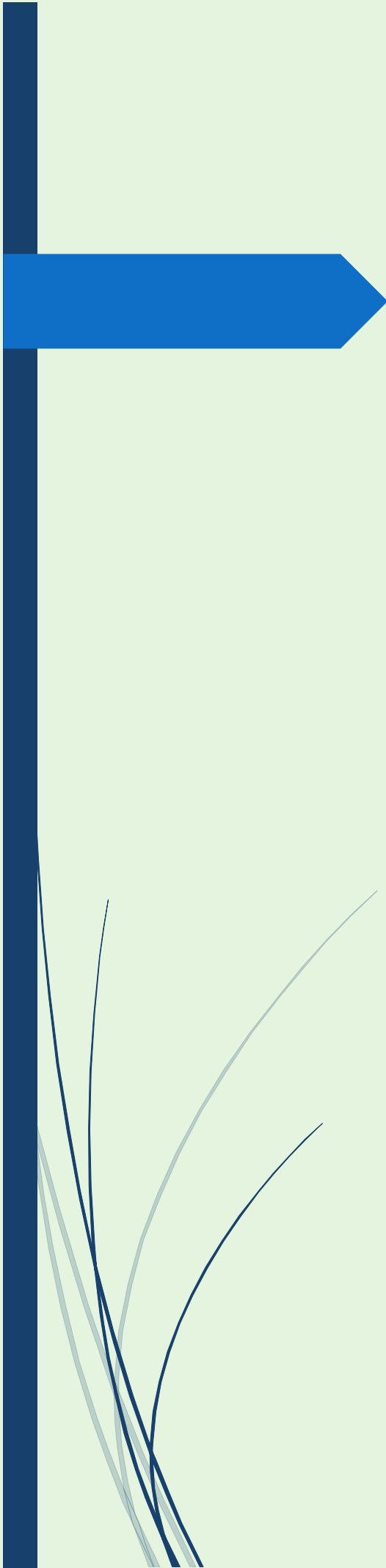
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# Students' Essays

KAZGUU Liberal Arts Digest

June 2021

M. NARIKBAYEV KAZGUU UNIVERSITY

## “SHOULD WE CONTINUE READING E-BOOKS INSTEAD OF PAPERBACKS?”

*Karina Kabzhanova*

For a long time now, people have been arguing about which books are better: printed or electronic. Both sides have pros and cons. In this essay, we will look at each format and try to understand which is better.

The printed book has various positive aspects. Many people choose the print option because they enjoy being able to physically touch the book, smell it, and appreciate the artwork. Aside from aesthetic pleasure, there is scientific evidence that a printed book is better for our brains and overall health. According to research in Italy in 2014, reading a printed book helps to process the information received better than reading an electronic one (Mental Floss, 2018). It also helps children concentrate better on reading and be more engaged. Do not forget that reading a paper book is less stressful for our eyes than an electronic one, which is an indisputable plus.

The e-book also has many advantages. For example, it does not take up much space in your bag and you can read several books at the same time. There is an abundance of books on the Internet and you do not have to waste time and money trying to find the right book in the store. On an electronic device, you can choose the desired font size and screen brightness yourself. The big plus of e-books is that they do not require cutting down trees to manufacture paper.

As noted earlier, there are also downsides. For instance, printed books take up a lot of space not

only in a bag, but also at home, and they are not always convenient to read, for example, when traveling or at night. Unlike electronic ones, buying a paper version requires to purchase it from the store or to wait for delivery, which might be uncomfortable for those who are in a hurry. Moreover, the production of paper books takes many resources, which is not eco-friendly.

As for e-books, they are also not spared the drawbacks. Most of the books on the Internet are free, which violates copyright and helps piracy flourish. Although the convenience of e-books is that you can read your favorite book on an electronic device at any time, this is a problem for our health, in particular for our eyes. People already waste a lot of time on computers and their phones, and reading only makes things worse. Besides, according to the research from the University of California San Francisco, if you read at night, there is a risk of getting screen insomnia as blue screens can suppress the body's creation of melatonin (Beall, 2016). Also, do not forget that your books may be accidentally deleted from the device and it needs to be charged.

We have analyzed all aspects and nuances, and in conclusion, I would like to say that despite all the pros and cons of both options, the one thing that remains still is that reading is good no matter what you prefer.

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