This may not be true for all distributions, but LTS (Long Term Service) focused ones like Ubuntu 16.04 LTS and Debian Reliable are unquestionably more stable than Windows 10. They are less likely to crash due to a stray software or app and are more efficient in utilizing memory and CPU resources.

The Linux security architecture is more robust than the Windows security architecture. Linux is credited with inventing the DAC (Discretionary Access Controls). Their directory permissions system is simpler and easier to use than the permissions system used by Windows NT. The Linux built-in firewall component (iptables) is likewise quite simple and efficient, and it can be operated via the command line. The multi-user feature of Ubuntu is also much better in Ubuntu than Windows as there are strict policies maintained in Linux to ensure complete privacy and security to the users.