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[https://www.100test.com/kao\\_ti2020/253/2021\\_2022\\_\\_E5\\_9B\\_9B\\_E7\\_BA\\_A7\\_E8\\_8B\\_B1\\_E8\\_c83\\_253117.htm](https://www.100test.com/kao_ti2020/253/2021_2022__E5_9B_9B_E7_BA_A7_E8_8B_B1_E8_c83_253117.htm) Smoking It is almost known to all that smoking is bad for peoples health. Scientific researchs show that smoking can lead to heart disease,cancer and other problem.The World Health Organization says diseases linked to smoking kill at least two million five-hundred-thousand persons each year. Still,many people find it difficult to stop smoking.One reason is that smoking usually becomes a habitual behaviour,and habits,whether good or bad are not easy to be given up.Another reason is the effect of nicotine,the substance found in cigarettes works on people somewhat as drugs do. Measures have been taken to help people keep away from the harm of smoking. In many cities,smoking is forbidden in public places.The danger of smoking is warned of everywhere.And newspapers are asked not to publish advertisements for cigarettes.World "No Tobacco Day" is observed every year as the biggest compaign against smoking.My first Job Before I started at university,I took my first job as a waitress in a nice restaurant.At the night before my first day.I was too excited to go to sleep and as a result,I got up late in the morning.I threw on my clothes and rushed over to the restaurant. In a great hurry,I didnt hear clearly the head waiters instruction that we should go into the kitchen through one door and out from the other.So when I took two plates of eggs and bacon and an orange juice out to the restaurant,I went straight towards the wrong door and collided with

another waiter coming in! Worst of all was that I wore a pair of smart shoes but with high heels! A few hours later I was in agony yet had no time to change them. By the time we finished serving dinner at about 10:30 I was completely exhausted. Nevertheless, I learnt something through my experience. 100Test 下载频道开通，各类考试题目直接下载。详细请访问 [www.100test.com](http://www.100test.com)