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19. Smoking and Cancer(吸烟和癌) 1. Americans smoke six thousand million cigarettes every year (1970 figures). This is roughly the equivalent of 4,195 cigarettes a year for every person in the country of 18 years of age or more. It is estimated that 51% of American men smoke compared with 34% of American women. 1、美国人每年抽烟60亿支(1970年的统计数字)。这大致等于每个18岁以上的人一年要吸4195支烟。据估计，美国有51%的男性吸烟，而女性吸烟的比例则为34%。 2. Since 1939, numerous scientific studies have been conducted to determine whether smoking is a health hazard. The trend of the evidence has been consistent and indicates that there is a serious health risk. Research teams have conducted studies that show beyond all reasonable doubt that tobacco smoking, particularly cigarette smoking, is associated with shortened life expectancy. 2、1939年以来，为了确定抽烟是否有害健康进行了大量的科学研究。证据所显示的趋势是一贯的，并表明对人体的健康有严重的危险。许多研究小组进行的研究不容置疑地表明，吸食烟草，特别是吸卷烟与预期寿命缩短有关。 3. Cigarette smoking is believed by most research workers in this field to be an important factor in the development of cancer of the lungs and cancer of the throat and is believed to be related to cancer of the bladder and the oral cavity. Male cigarette Smokers have a higher death rate from heart disease than non-smoking males. (Female

smokers are thought to be less affected because they do not breathe in the smoke so deeply.) The majority of doctors and researchers consider these relationships proved to their satisfaction and say, "Give up smoking. If you don't smoke don't start!" 3、这方面的研究人员大都相信吸卷烟是产生肺癌、喉癌的重要因素，还认为膀胱癌、口腔癌也与此有关。男性吸烟者的心脏病死亡率比不吸烟的高。(他们认为女性吸烟者受影响小一些，因为她们吸烟不那么深。)大多数医生和研究人员认为，上述那些关系已得到令人满意的证实，并且告诫说：“戒烟吧，如果你不会抽那可不要学！” 4. Some competent physicians and research workers though their small number is decreased even further are less sure of the effect of cigarette smoking on health. They consider the increase in respiratory diseases and various forms of cancer may possibly be explained by other factors in the complex human environment atmospheric pollution, increased nervous stress, chemical substances in processed food, or chemical pesticides that are now being used by farmers in vast quantities to destroy insects and small animals. Smokers who develop cancer or lung diseases, they say, may also, by coincidence, live in industrial areas, or eat more canned food. Gradually, however, research is isolating

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