定理34:
$$+A \land (B \lor C) \leftrightarrow (A \land B) \lor (A \land C)$$

 $+ \neg (A \to \neg (\neg B \to C)) \leftrightarrow (\neg \neg (A \to \neg B) \to \neg (A \to \neg C))$
 $+ \neg (A \to \neg (\neg B \to C)) \leftrightarrow ((A \to \neg B) \to \neg (A \to \neg C))$
 $+ \neg (A \to \neg (\neg B \to C)) \to ((A \to \neg B) \to \neg (A \to \neg C))$
 $+ (A \to \neg B) \to (\neg (A \to \neg (\neg B \to C)) \to \neg (A \to \neg C))$
 $+ (A \to \neg B) \to ((A \to \neg C) \to (A \to \neg (\neg B \to C)))$
 $+ (A \to \neg B) \to \neg (A \to \neg C) \to \neg (A \to \neg (\neg B \to C))$
 $+ \neg (A \to \neg B) \to \neg (A \to \neg C) \to \neg (A \to \neg (\neg B \to C))$
 $+ (A \to \neg (\neg B \to C)) \to (A \to \neg B)$
 $+ \neg (\neg B \to C) \to \neg B$
 $+ \neg (\neg B \to C) \to \neg C$
 $+ \neg (\neg B \to C) \to \neg C$