

39 The unstable nuclide $^{218}_{84}\text{X}$ decays through a sequence of emissions of α and β^- particles to form the stable nuclide $^{210}_{83}\text{Y}$.

How many α and β^- particles are emitted during this decay process?

	α -particles	β^- particles
A	1	1
B	2	1
C	2	3
D	3	2