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## Tissot t touch user manual

Often filled with jargon, abbreviations, and directions that require a Ph.D to understand, software user manuals are sometimes written in terms of the developer rather than the user. As a result, the guide can make assumptions about the level of education of the reader, which are often incorrect. The first step in writing a good user manual is to make the actual writing process as far away from the engineers as possible. The software developer knows better than anyone what makes the software work, but that doesn't mean the developer has to write the guide. On the contrary, it is a separate disadvantage. More important than a deep understanding of the internal work of the software is understanding who the end user will be, what the level of education will be and how that end user will use the software. In most cases, end users don't need to know the finer points of programming and software back-up - they just need to know how to use it to make their job easier. The user manual should be largely task-oriented, not highly descriptive. Since the manual is written to help users understand how to perform certain tasks, the writer must also understand these tasks, and as a result, it is essential that we go through each discrete step of each function. It is not necessary that the writer necessarily know how the program was created from a design or development point of view, but it is essential to have a strong work knowledge of all its functions. When performing each task, take the time to describe each step, including clicks, drop-down menus, and other actions. Although the developer may not be the one to write the manual, he remains a valuable resource for the writer, and before writing begins, plan a kickoff meeting between the writer, developer and engineers, and potential end users to help inform the writer's work from the outset. Interviews with subject experts and engineers shall be recorded and transcripts shall be made for subsequent reference. The user manual cannot be too large. Rather, include liberal use of graphics and screen clips. A description of an action with much clearer text-based directions, accompanied by a screen clip that clearly illustrates this direction. Shows what the screen looks like before and after each activity and what happens after the action. A simple screen capture utility such as the Snipping Tool included in Microsoft Windows works well for capturing these images. Be sure to number each image and include a caption that briefly describes it. Centered it directly on the paragraph, which first introduces the concept shown in the photo. For clear communication in the technical document, design careful compliance with the standards is required in the guide. Standards for both language and nomenclature will help to avoid misunderstandings. Templates are available and can be a good starting point for consistency, although they can certainly be adapted to fit each situation. Using the one-inch margin with a single column is best suited for adding graphics; a two-column setting may seem too cluttered and may cause distractions in the placement of images. More than any other type of document, the software user guide is likely to go through several iterations before completion and will likely go through the review process with several stakeholders. Using The Track Changes feature in Microsoft Word is an easy way to keep track of each user's comments and changes. Creating multiple versions after each review cycle, each with a different file name, also helps along the process and ensures that all interested parties are satisfied with the final result. The 1950s seem to have been a time when the CIA put a huge amount of energy into perfecting the science of torture. The CIA conducted covert experiments, sometimes on unsuspecting Americans, using LSD to search for a truth serum [source: The New York Times]. It caused pain with electricity [source: The Boston Globe]. The agency conducted studies to investigate the effects of sensory deprivation [source: The Washington Post]. The CIA has determined that the best way to extract information from detainees is not to cause physical pain or torture, but psychological torture. Although the brand of torture developed by the CIA over a decade of trial and error does not cause physical pain, it can also do some real harm. Alfred McCoy, a historian and expert on cia and torture subjects, writes: Although seemingly less brutal, contactless torture leaves deep psychological scars. Victims often need treatment to recover from trauma, which is far more crippling than physical pain [source: The Boston Globe]. There really is a torture manual, and the CIA literally wrote it. In 1963, the Agency established kubark counterintelstment interrogation manual. Alfred McCoy said it was a codification of everything the CIA learned from experiments in the 1950s. In KUBARK (codenamed cia in the Vietnam War [source: The Washington Post]), methods of breaking detainees are usually based on psychology. Identifying the victim's sense of self and then undressing is the first step towards breaking. An introvert or shy inmate can be held naked and perhaps sexually humiliated, for example. Clothes can also be taken simply to alienate the detainee and make him less comfortable. Creating a sense of unfamiliarity, disorientation and isolation psychologically undermines the in kubark's manual. Exercises like starvation, keeping small, windowless cells with unchanged artificial light and forcing inmates to sit or stand in uncomfortable positions (stress positions) for long periods have been decied or banned outright by the U.S. government. However, these techniques form part of the order prescribed by KUBARK. Thus, they use hypnosis and drugs to extract information. Although it does not mention electric shock directly, the manual asks interrogators to make sure that a potential safe house used for torture has access to electricity. As one source told The Baltimore Sun: 'In the past, the CIA has acknowledged privately and informally that this was a reference to the use of electrocution to interrogate suspects [source: The Baltimore Sun]. Physical pain, however, is ultimately considered counterproductive in the manual. It's a much worse experience, the guidebook concludes, for an inmate to fear that the pain may come as they actually experience it. The old adage that anticipation is worse than experience seems to also have a basis in the shady field of torture. Another book, which is largely a reworking of kubark's handbook, draws on the same basic book that psychological anguish is most important for physical abuse. The Manual on the Exploitation of Human Resources was first presented in 1983 in 1983 as a result of the Investigative Report on Human Rights Abuses in Honduras. Read the CIA torture manual version 2.0 on the next page. Getty Images Inhale. Exhale. You take 15-20 breaths per minute – more than 20,000 breaths a day. With each of them, oxygen travels through the bloodstream, feeding the body's cells. The problem is that they bombard our lungs with contaminants and irritants, such as used smoke and smoke from household cleaners. Still, the lungs are resilient, says Ravi Kalhan, MD, director of the Asthma/COPD Program at Northwestern University Feinberg School of Medicine. Keep them healthy and they'll protect you until you're old. Read on and start breathing. GET FIT While exercise does not increase lung capacity on its own, it strengthens the heart muscles, making the heart better able to pump oxygenated blood into the body, says Doreen Addrizzo-Harris, MD, associate professor of pulmonology at NYU Medical Center. Then your lungs don't have to work that hard. He'll train more efficiently and feel less coved up. RELATED: How to Become an Exercise Addict Exercise can trim belly fat, which is linked to a higher risk of asthma. We believe that excess fat associated with obesity increases inflammation in the body, which affects the lungs, says Neil Schachter, MD, a pulmonologist at Mount Sinai Icahn School of Medicine in New York. Consistent approach to achieving results increase heart rate for 20-30 minutes most days of the week, says Jason Turowski, MD, pulmonologist at Cleveland If you have asthma, it can be difficult to maintain intense exercise, but lower-key activities can help reduce respiratory inflammation. In one study, asthmatic adults who walked 20 to 30 minutes three times a week at a moderate pace reported an improvement in symptoms. Swimming is another option, especially in the frigid winter months. The warm, moist air in an indoor pool is asthmatic. The warm, wet air at an indoor pool is asthma-friendly. (But do not swim in a pool that is heavily chlorinated; irritation of smoke can offset the benefits.) Next Page: Eat Smart Eat Smart An anti-inflammatory diet helps reduce respiratory inflammation, which is associated with respiratory diseases such as COPD and asthma, notes Melissa Young, MD, an integrative specialist at the Cleveland Clinic. Top up these foods: Fruits and vegetables: They are full of antioxidants that can help repair the damage caused by air pollution. It doesn't matter what it's like, as long as you eat a lot of them. RELATED: 13 Veggies You Only Think You Don't Like Flaxseeds: They contain high levels of omega-3 fatty acids, which are believed to be linked to a lower risk of asthma. White wine: Vino drinkers, especially those who sip white, have healthier lungs. (The researchers have theor that this is due to the wine's high antioxidant capacity.) Olive oil: It has monounsaturated fatty acids that can help reduce inflammation, and alpha-tocopherol, a form of vitamin E that is associated with better lung function. A cup of joe: Caffeine has a similar effect as the drug therophyllin, which opens the airways, Dr. Turowski says. Tomato sauce: Research suggests that lycopene is an antioxidant famously found in tomatoes to protect against exercise-induced asthma. Next Page: Clear the Air pollution claims more than 3.2 million lives worldwide each year, according to the 2013 Global Burden of Disease Study. Why? Tiny particles penetrate the lungs, causing cancer and other respiratory diseases. We don't expect you to flee L.A. to Idaho, but there are precautions everyone should take. Check the forecast: The Air Quality Index (AQI) is the airnow.gov. On days that AQI in the area is high (more than 150 if you don't have lung problems, more than 100 if you have a breathing problem), consider taking your workout indoors. If you do not practice outdoors, avoid routes near traffic. RELATED: Burn Calories This Summer Don't Idle Your Car: It releases as much pollution as a moving vehicle, and you're in the middle of fog. Turn off the ignition if you wait more than 10 seconds and heat the engine by driving. (The car and engine heat up faster when driving.) Make a P.M. pit stop: As you fill the tank, evaporates and forms ozone, a component of smog. After dark, press the pump so that the sun does not turn those gases into contaminants. Next page: Rehab Your Home [ [ ]REHAB YOUR HOME Air pollution in your house can be worse than what's festering outdoors. Here's how to clean the air, stat. Electric: The home heating and AC system works ideally for electricity, not oil, since the latter releases more particles. Most homes built after 2000 are not, but if you live in an older home that uses oil, consider installing a home air filtration system for a few thousand dollars. RELATED: 9 Ways to Detox Your Home Get Tested: Every two years, your home should be tested for radon-odorless natural gas, which is found in all 15 homes in the U.S., and is the second leading cause of lung cancer. You can hire a certified company to do, or buy a test set for \$15 to \$25 at a hardware store or through sosradon.org/test-kits. If the radon concentration exceeds 4 picocuries per litre of air (pCi/L), you must install a radon reduction system (up to \$1500). Keep humidity low: Too wet environment is the breeding ground for mold, the common allergen. The EPA recommends keeping humidity below 60% in summer and between 25% and 40% in winter. You can measure the humidity of a hygrometer (\$20 to \$40 at a hardware store). If the air is too dry, use a humidifier. It's too wet, try a dehumidifier. RELATED: The 12 Worst Allergy Defects Trade in the Fireplace: Dust from wood smoke can damage the heart and lungs. Switch to cleaner-burning gas or wood-burning stoves certified by the EPA, or insert an electronic fireplace or gas insert (about \$1,000 to \$3,000) for less emissions. To learn more, go to epa.gov/burnwise. Next Page: Stay safe from third-hand smoke [ pagebreak ]STAY SAFE FROM THIRD-HAND SMOKE You know not to smoke and stay away from secondhand smoking. But there is something called third-hand smoke-residue tobacco smoke that sticks to walls and furniture and then off-gas slowly in the indoor environment. This stuff doesn't just stink: It responds to indoor contaminants such as ozone and nitrous acid, which are compounds that lock onto the cells' DNA and potentially cause cancer-causing damage, according to research presented at the American Chemical Society's 2014 meeting. While the risk is higher for infants and toddlers (as they crawl around the house, they can stir up and inhale these compounds), pretty much anyone is receptive. RELATED: 30-day countdown to quit smoking While traveling, insist on smoke-free hotel rooms, and avoid homes for friends who smoke (even if they don't light up in front of you, the furniture stinks). If you inherit the home smoker, remove the affected items such as sofas and carpets, repaint and take a professional to thoroughly clean the ventilation system. DID YOUR DUVET GIVE YOU ASTHMA? You've never had asthma before, but You have shortness of breath all the time. What's he giving you? It's not uncommon for a 40-something woman to suddenly complain about complaining symptoms, says Dr. Addrizzo-Harris. A typical trigger: being exposed to an allergen you haven't faced in years, such as feather bedding or mold. I can't tell you how often I've seen a patient who reports symptoms starting as soon as they move into a new house, Dr. Turowski says. It's usually a moldy basement. Next page: A woman's problem? [ pagebreak ] A WOMAN'S PROBLEM? How the three P's of femininity can mess with your breathing. You are about to make a point: Up to 40% of women with asthma report that their symptoms worsen just before the point. During this time, estrogen levels decrease, and we believe that these fluctuations somehow activate the inflammatory response in a woman's airways, Dr. Kalhan says. As a result, you're more likely to cough, feel shortness of breath and wheezing. Talk to your doctor about increasing asthma medications these days; Research also suggests that taking birth control pills (to ward off hormone rises and dips) may help. You are pregnant: During the first few weeks of pregnancy, the increase in the hormone progesterone breathes more often, which makes you feel short of breath when you really do not. (The hormone expands the capacity of the lungs, allowing the blood to carry large amounts of oxygen to the baby.) This sensation disappears and then reappears in the third trimester, when the uterus begins to press on the diaphragm, making it harder for the lungs to fully expand. But there is relief soon: In the final month of pregnancy, the baby drops into the pelvis, taking pressure off the lungs. RELATED: 10 Tips for Getting Pregnant You're Going Through Perimenopause: As you approach the menopause, estrogen levels ride a real roller coaster, and these dramatic peaks and drops trigger inflammation that triggers an asthma attack. Research has shown that menopausal women are twice as prone to severe asthma as similarly elderly men. If you notice the wheezing getting worse, talk to your gynecologist about going to the pill or hormone therapy to help facilitate the transition. The good news is that if your ovaries are closed shop, your asthma should improve. Improve.

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