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Leica 1600b user manual

Often filled with jargon, shortcuts, and instructions that require a Ph.D to understand, software user manuals are sometimes written from the developer's point of view rather than the user's. As a result, the wizard can make assumptions about the level of reader skills that are often incorrect. The first step in writing a good user guide is to get the real writing process as far away from engineers as possible. A software developer knows more than anyone what makes software work, but that doesn't mean the developer should write a guide. On the contrary, it is a significant disadvantage. More important than a deep understanding of the inner workings of the software is understanding who will be the end user, what their level of education is, and how the end user will use the software. In most cases, end users do not need to know the finer points of programming and back-end functioning of the software – you just need to know how to use it to make their work easier. The user guide should be largely task-focused rather than highly descriptive. Because the manual is written to help users understand how to perform certain tasks, the writer must also have an understanding of these tasks, and as a result, it is imperative to go through each separate step of each function. It is not necessary for a writer to necessarily know how the program was created in terms of design or development, but it is necessary to have a strong working knowledge of all its functions. As you perform each task, write down each step, including clicks, drop-down menus, and more. Although the developer should not be the one writing the manual, it will still be a valuable resource for writers, and before you start writing, schedule a meeting between the writer, developer and engineers and potential end users to help inform the writer's work from scratch. Interviews with subject experts and engineers should be recorded, with transcripts for later use. The user guide should not be too text-heavy. Rather, incorporate liberal use of graphics and screen clips. The description of the action is much clearer with text directions accompanied by a screen clip that clearly illustrates this direction. Include both before and after the view to show the appearance of the screen before and after each action, and what happens after the action. A simple screen capture tool, such as the Snipping tool included in Microsoft Windows, works well for capturing these images. Be sure to number each image and include a label that briefly describes it. It is centered immediately below the paragraph, which first introduces the concept shown in the figure. Clear communication in the technical document requires planning and careful compliance with standards throughout the guide. Standards in both language and nomenclature help to avoid confusion. Templates are available and can be a good starting point for uniformity, although they can certainly be customized to suit any situation. Using a single-column, one-inch edge best suits the need to add graphics; settings with two columns may look too crowded and may cause the placement of images to be confusing. More than any other type of document, the software user guide is likely to go through multiple iterations before it is completed and is likely to go through a multi-stakeholder review process. Using Change Tracking in Microsoft Word is an easy way to track individual comments and changes. Creating multiple versions after each scan cycle, each with a different file name, also helps the process and ensures that all stakeholders are satisfied with the end result. The 1950s seem to be a time when the CIA put a huge amount of energy into perfecting the science of torture. The CIA conducted secret experiments, sometimes on unsuspecting Americans, using LSD in search of the truth serum [source: The New York Times]. He uses electric currents to cause pain [source: Boston Globe]. The agency conducted tests that examined the effects of sensory deprivation [source: The Washington Post]. The CIA found that the best methods of obtaining information from detainees come not through physical pain or torture, but through psychological torture. Although the CIA's brand of torture, invented by more than a decade of trial and error, may not cause physical pain, it can still cause real damage. Historian and expert on CIA and torture, Alfred McCoy, writes: Although seemingly less brutal, without touching torture leaves deep psychological scars. Victims often need treatment to recover from trauma far more crippling than physical pain [source: The Boston Globe]. There is really a torture manual and the CIA literally wrote it. In 1963, the agency created a manual for the interrogation of kubark counterintelligence. It was, as Alfred McCoy says, a codification of everything the CIA learned from its experiments during the 1950's. In the KUBARK Manual (code name for the CIA in the Vietnam War [source: The Washington Post]), methods for breaking detainees are generally based on psychology. Identifying the victim's sense of self and then stripping it off is part of the first step to breaking it. An introverted or shy detainee can be held naked and possibly sexually humiliated, for example. Clothing can also be taken simply to separate the detainee and make him less comfortable. Creating a sense of ignorance, disorientation and isolation seems to be the hallmarks of psychologically undermining the detainee in the competence of the KUBARK manual. Practices such as starvation, in small, windowless cells with immutable artificial light and forcing prisoners to sit or stand in uncomfortable positions (stress positions) for a long time have been condemned or banned directly by the United States government. Nevertheless, these techniques are part of the regime prescribed by KUBARK. So, too, they use hypnosis and medication to get information. While it does not mention electric shock directly, the manual urges investigators to make sure that a potential safe house to be used for torture has

access to electricity. As one source told the Baltimore Sun, the CIA has acknowledged privately and informally in the past that it referred to the use of electric shocks to interrogate suspects [source: Baltimore Sun]. However, physical pain is ultimately considered counterproductive in the manual. It's a much worse experience, the guide concludes, for an inmate to worry that pain may be coming than to actually experience it. The old adage that anticipation is worse than experience also seems to have a basis in the shadow of the torture area. A more recent book, largely a revision of the KUBARK manual, draws the same basic conclusion – that psychological anaesthetist is paramount to physical abuse. Handbook on the exploitation of human resources – 1983 was first published as a result of an investigative report on human rights violations in Honduras. Read about cia torture manual version 2.0 on the next page. Getty Images inhaled. Exhale. You will take 15 to 20 breaths per minute- more than 20,000 breaths per day. With each of them, oxygen travels through the bloodstream, fueling your body's cells. The trouble is that we bombard our lungs with pollutants and irritants such as passive smoking and household cleaner fumes. 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 will protect you into old age. Read on and start breathing easily. GET FIT While exercise does not increase lung capacity per itself, it strengthens your heart muscles so your heart is better able to pump acidated blood through your body, says Doreen Addrizzo-Harris, MD, associate professor of pulmonology at NYU Medical Center. Your lungs don't have to work that hard. You will exercise more effectively and you will feel less re winding. RELATED: Becoming an Exercise Addict workout can also trim belly fat, which is associated with a higher risk of asthma. We think that excess fat associated with obesity increases inflammation in the body that affects the lungs, says Neil Schachter, M.D., a pulmonologist at the Icahn School of Medicine at Mount Sinai in New York City. To see results, you need consistent exercise, increasing heart rate for 20 to 30 minutes most days of the week, says Jason Turowski, MD, pulmonologist at Cleveland If you have asthma, it can be hard to maintain intense exercise, but lower-key activities can help reduce airway inflammation. In one study, asthmatic adults who walked for 20 to 30 minutes three times a week at a moderate rate reported an improvement in their symptoms. Swimming is another option, especially during the cold winter months. Warm, humid air in the indoor pool is suitable for asthma. (But do not swim in a pool that is heavily chlorinated; irritation from fumes can counteract the benefits.) Next page: Eat Smart [pagebreak]EAT SMART Anti-inflammatory diet helps reduce inflammation of the airways, which has been associated with respiratory diseases such as COPD and asthma, notes Melissa Young, MD, a specialist in integrative medicine at the Cleveland Clinic. Fill 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 kind if you eat a lot of them. RELATED: 13 Vegetarians just think you don't like flaxseed: They contain high levels of omega-3 fatty acids that are believed to be attached to a lower risk of asthma. White wine: Vino drinkers-especially those who drink white-have healthier lungs. (Scientists theorize that this is due to the high antioxidant capacity of the wine.) Olive oil: It has mononesaturated fatty acids that can help reduce inflammation, and alpha-tocopherol, a form of vitamin E associated with improved lung function. Cup of coffee: Caffeine has a similar effect to the drug therophyllin, which opens the airways, says Dr Turowski. Tomato sauce: Research suggests that lycopene-antioxidant superbly found in tomatoes-can protect you from exercise-induced asthma. Next page: Clear the Air [pagebreak] 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 run from L.A. to Idaho, but there are measues that everyone should take. Look at the forecast: The Air Quality Index (AQI) can be found on airnow.gov. On days that AQI in your area is high (more than 150 if you don't have any lung problems, more than 100 if you have a breathing problem), consider taking your exercise inside. If you are practicing outdoors, avoid routes near traffic. RELATED: Burn Calories This summer Don't idling your car: It releases as much pollution as a moving vehicle, and you're in the middle of fog. If you wait more than 10 seconds, turn off the ignition and warm the engine with the ride. (Your car and its engine heat up faster while driving.) Make a P.M. pit stop: As you fill your tank, gas emissions evaporate and form ozone, part of the smog. Hit the pump after dark to keep the sun from turning these gases into pollutants. Next page: Rehab Your Home [JREHAB YOUR HOME Air pollution in your house can be worse than what festers outside. Here's how to clean the air now. Go electric: Your home heating and AC system should ideally work on electricity, not oil, because the latter releases more particles. Most homes built after 2000 do, but if you live in an older house 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 one in every 15 homes in the U.S. and is the second leading cause of lung cancer. You can hire a certified company to do this, or buy a test kit for \$15 to \$25 at a hardware store or through sosradon.org/test-kits. If the radon concentration exceeds 4 picocumia per liter of air (pCi/L), you will need to install a radon reduction system (up to \$ 1,500). Keep humidity low: Too humid environment is a breeding ground for mold, a common allergen. The EPA recommends keeping humidity below 60% in summer and between 25% and 40% in winter. You can measure humidity with a hygrometer (\$20 to \$40 at a hardware store). If the air is too dry, use an air humidifier. It's too wet, try the dehumidifier. RELATED: Your 12 Worst Allergy Bugs Shop in the Fireplace: Particles in Wood Smoke Can Damage Your Heart and Lungs. Switch to a cleaner-burning gas or wood burning stove certified by the EPA, or put in an electronic fireplace or gas insert (about \$1,000 to \$3,000) for less emissions. For more information, see epa.gov/burnwise. Next page: Stay safe from third-hand smoke [pagebreak] STAY SAFE FROM SECONDHAND SMOKE You don't know you're not smoking and you don't have to stay away from passive smoking. But there's something called passive smoking – residual tobacco fumes that attach to walls and furniture and then slowly flow into the indoor environment. This isn't just smelly: It reacts with internal pollutants like ozone and nitrous acid, creating compounds that lock into the DNA of your cells and cause potentially cancer-causing damage, according to research presented at a meeting of the American Chemical Society in 2014. While the risk is higher for children and toddlers (as they crawl around the house, they can unwind and inhale these compounds), almost everyone is sensitive. RELATED: 30-day countdown to quit smoking when traveling, insist on non-smoking hotel rooms, and avoid the homes of friends who smoke (even if they're not lighting in front of you, their furniture may smell). If you inherit the home of a smoker, remove affected items such as sofas and carpets, redraw and bring a professional to thoroughly clean the air ventilation system. DID YOUR DUVET GIVE YOU ASTHMA? You've never had asthma before, but you've been breathing all the time lately. What does he give? It is not uncommon for 40-something suddenly complains about on symptoms, says Dr. Addrizzo-Harris. Typical trigger: exposure to an allergen you haven't faced in years, such as bed linen or mold. I can't tell you how often I've seen a patient who reports symptoms starting as soon as he moves into a new house, says Dr. Turowski. Usually the culprit is a moldy cellar. Next page: Women's problem? [time parties] WOMEN'S PROBLEM? How those three P women can ruin your breathing. Going to get menstruation: Up to 40% of women with asthma report that their symptoms worsen immediately before menstruation. During this time, estrogen levels drop, and we think these fluctuations somehow activate an inflammatory reaction in a woman's airways, says Dr. Kalhan. As a result, you are more likely to cough, feel breathless and sneez. Talk to your doc about increasing asthma medication these days; Research also suggests that taking birth control pills (to fend off hormone rises and dips) may help. You're pregnant: In the first few weeks of pregnancy, an increase in the hormone progesterone causes you to breathe more often, which may make you feel like you're short of breath when you really aren't. (The hormone expands lung capacity, allowing the blood to carry large amounts of oxygen to your baby.) This sensation disappears, then reappears around the third trimester, when your uterus begins to press on the diaphragm, making it harder for your lungs to fully expand. But there's relief early: During the last month of pregnancy, your baby will drop into the pelvis, taking pressure off your lungs. RELATED: 10 Tips for Getting Pregnant You're going through the perimenopause: As menopause approaches, estrogen levels ride a real roller coaster, and those dramatic peaks and drops can trigger inflammation that triggers an asthma attack. Research has shown that menopausal women are twice as likely to have severe asthma as men of similar age. If you notice a sieve worsening, consult with your gynecologist about going for a pill or using hormone therapy to help you ease the transition. The good news is that once your ovaries have closed the store, your asthma should improve. Improve.

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