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Olympus vn-702pc user manual

Often full of jargon, acronyms, and directions that require a PhD to understand, software manuals are sometimes written from a developer's point of view rather than a user's point of view. As a result, help may make assumptions about the reader's skill level, which is often incorrect. The first step in writing a good manual is to get the actual writing process as far away from engineers as possible. The software developer knows more than anyone what makes the software work, but that doesn't mean the developer should write the guide. In the photo, a distinct disadvantage. More important than an in-depth understanding of the software's inner workings is understanding who the end user will be, what his educational level is like and how that end user will use the software. In most cases, end users don't need to know the more subtle points of programming and work behind the software -- they just need to know how to use it to make their job easier. The manual should be largely task-oriented, not highly descriptive. Since the manual is written to help users understand how to execute certain tasks, the author needs to understand those tasks as well, and as a result, going through every discrete step of any feature is absolutely essential. The author doesn't necessarily need to know how the program was created from a design or development perspective, but it's essential to have strong knowledge of all its features. While executing each task, take the time to write each step, including clicks, drop-down menus, and other actions. Although the developer should not be the one who writes the manual, it will still be a valuable resource for the author, and before you start writing, plan a cake-off session between the author, developer and engineers and potential end users to help inform the author's work from the beginning. Interviews with experts and engineers of the matter must be recorded, with transcripts made for the next reference. The manual should not be too heavy text. Rather, accommodate the liberal use of graphics and screen clips. Describes a much clearer action with text-based directions along with a screen clip that clearly shows that direction. Includes both before and after the show, to show what the screen looks like before each operation, and what happens after the operation is done. A simple screen capture tool like the Snipping tool included in Microsoft Windows works well to capture these images. Be sure to number each image, and include a caption that briefly describes it. Its center immediately follows the paragraph that first introduces the concept depicted in the image. Clear communication in a technical document requires careful planning and adherence to standards throughout the guide. Standards in both Language, and name help prevent confusion. Templates are available and can be a good starting point for uniformity, although this can certainly be consistent to fit any situation. Using a one-inch margin with a single column is the best fit to need to add graphics; Setting two columns may seem too crowded, and can be confusing putting images. More than any other type of document, a software user guide is likely to go through multiple continuations before it is completed, and it is likely to go through a review process by multiple stakeholders. Using the Track Changes feature in Microsoft Word is an easy way to track each person's comments and changes. Creating multiple versions after each review cycle, each with a different file name, also contributes to the accompanying process and makes sure that all stakeholders are satisfied with the end result. The 1950s seem to have been a time when the CIA put an extraordinary amount of energy into completing the science of torture. The CIA conducted covert experiments, at times on uncaptured Americans, using LSD in search of a truth serum [Source: New York Times]. He used electric currents to inflict pain [Source: Boston Globe]. The agency conducted tests investigating the effects of sensory deprivation [Source: Washington Post]. The CIA found that the best methods for extracting information from detainees were not through physical pain or torture, but through psychological torture. Although the CIA torture brand devised through more than a decade of trial and error may not cause physical pain, it can still do some real damage. Historian and CIA subject expert and torture expert Alfred McCoy writes, Although seemingly less brutal, unscathed torture suffers deep psychological wounds. Victims often need treatment to recover from far more crippling trauma than physical pain [Source: Boston Globe]. There is actually a torture manual and the CIA has literally written it. In 1963, the agency created the Kobark Counterintelligence Interrogation Manual. As Alfred McCoy says, editing was everything the CIA had learned from its experiments when it was 50. In Kobark (CIA code name during the Vietnam War [Source: Washington Post]) the manual is a way to break detainees in general based on psychology. Identifying the victim's sense of self and then stripping it is part of the first step towards breaking her. An introverted or shy detainee may be kept naked, for example, and perhaps sexually humiliated. Clothes may also simply be taken to alienation of a detainee and make him less comfortable. Creating a sense of unfamiliarity, confusion and isolation seems to be a hallmark of the psychological undermining of a detainee in the view of kubark manual. Exercises like hunger, keeping In small, windowless cells with immutable artificial light and forcing prisoners to sit or stand in uncomfortable situations (stress situations) have been condemned or banned by the U.S. government for a long time. However these techniques are part of the regimen prescribed by KUBARK. So, too, use hypnosis and drugs to extract information. While not directly referring to the electric shock, the manual demands that interrogators make sure that a potential safe house that should be used for torture has access to electricity. As one of the sources told the Baltimore Sun newspaper, The CIA has privately and informally acknowledged in the past that this refers to the use of electric shocks to interrogate suspects [Source: Baltimore Sun]. Physical pain, however, is ultimately deemed counter-manufacturing by the manual. It's a much worse experience, the guidebook concludes, for a prisoner to fear that the pain may be coming to actually experience it. An old adage that predicts worse than experience seems to also be the basis in the context of shadow torture. A newer book, largely a revision of the KUBARK manual, draws the same basic conclusion -- that psychological suffering for physical abuse is extraordinary. Human Resources Exploitation Manual -- 1983 was first made public as a result of an investigative report on human rights abuses in Honduras. Read about the CIA Torture Manual version 2.0 on the next page. Getty Images Inhalation, exhale . You breathe 15 to 20 breaths a minute—more than 20,000 breaths a day. With each, oxygen travels through your bloodstream and skirts into your body's cells. The problem is that we bombard our lungs with pollutants and irritants such as second-hand smoke and smoke from household cleaning supplies. The lungs are still resistant, says Ravi Kothan, MD, director of the Asthma/COPD Program at Northwestern Feinberg University School of Medicine. Read, and start breathing easy. Get fit while exercising does not increase lung capacity per second, it strengthens the heart muscles so your heart is better able to pump oxygen blood through your body, says Doreen Addrizzo-Harris, MD, associate professor of pulmonology at NYU Medical Center. So your lungs don't have to work hard, you exercise more efficiently and feel less windy. Related: How to become an exercise addict can also trim belly fat, which is linked to a higher risk of asthma. We think excess fat associated with obesity increases inflammation in the body that affects the lungs, says Neil Schachter, MD, a pulmonologist at the Ican School of Medicine in Mount Sinai in New York City. If you have asthma, it may be hard to maintain intense workouts, but lower-key activities may help reduce airway inflammation. In one study, asthmatic adults who walked at an average speed for 20 to 30 minutes three times a week reported an improvement in their symptoms. Swimming is another option, especially during the winter months of Frigid. The hot and humid air in an indoor pool is asthma-friendly. (But don't swim in a pool that's extremely chlorinated; stimulating smoke can counter the benefits.) Next page: Smart Eating [pagebreak]Smart Eating Anti-Inflammatory Diet helps reduce airway inflammation, which has been linked to respiratory diseases like COPD and asthma, notes Melissa Young, MD, integrative medical specialist at the Cleveland Clinic. Filling with these foods: Fruits and vegetables: They are packed with antioxidants, which can help repair damage caused by air pollution. It doesn't matter what kind, as long as you eat a lot of them. Related: 13 Veggies you just think you don't like flaxseed: they contain high levels of omega-3 fatty acids, which are believed to be connected to a lower risk of asthma. White wine: Vino drinkers—especially those who sip white—have healthier lungs. (Researchers theory it is because of the wine's high antioxidant capacity.) Olive oil: It has monounsaturated fatty acids that can help reduce inflammation, and alpha-tocopherol, a type of vitamin E associated with better lung function. Tomato sauce: Research suggests that lycopene - a famous antioxidant found in tomatoes - may protect you against exercise-induced asthma. Next page: Air Clean [pagebreak]CLEAR Air Pollution claims more than 3.2 million lives worldwide every year, according to the Global Burden of Disease Study in 2013. why? Fine particles penetrate the lungs, causing cancer and other respiratory diseases. We don't expect you to escape Los Angeles for Idaho, but there are precautions that everyone should accept to check the forecast: You can see the Air Quality Index (AQI) airmow.gov. On the day that AQI is high in your area (over 150 if you have no lung issues, over 100 if you have a breathing problem), consider your workout indoors. If you exercise outdoors, avoid close traffic routes. Related: Burning calories this summer your car is not idle: it releases as much pollution as a moving vehicle, and you're in the middle of the month. Turn off the ignition if you're waiting for more than 10 seconds, and heat up your engine by driving. (Your car and its engine heat up faster when you drive.) P pt .M. As you fill your tank, the gas emissions evaporate and form den, the component of the smog. Hit the pump after dark to keep the sun from converting those gases into pollutants. Next page: Rehabilitation of your home [Resurpreing your home air pollution may be worse than what it celebrates outdoors. Here's how to clean the air, stat. Go electric: heating your home and the AC system should act ideally on electricity, not oil, than the latter releasing more particles. Most homes built after 2000 do, but if you live in an older house that uses oil, consider installing an air purifier system at home for several thousand dollars. Related: 9 Ways to Detox your home get tested: every two years, your home should be tested for radon — odorless natural gas that is found in one in every 15 homes in the United States and is the second leading cause of lung cancer. You can hire a certified company to do so, or buy test kits for \$15 to \$25 at a hardware store or through sorsradon.org/test-kits. If radon concentrations exceed 4 picocuries per liter of air (pCi/L), you need to install a radon reduction system (up to \$1,500). Keep the humidity down: an over-humid environment is the mold breeding ground, a common allergen. The EPA recommends keeping humidity below 60% in summer and between 25% and 40% in winter. You can measure moisture by a hydrometer (\$20 to \$40 in a hardware store). If the air is too dry, use moisturiser. It's so wet, try a moisturiser. Related: You have 12 worst allergy mistakes trading in your fireplace: particles in wood smoke can damage your heart and lungs. Switch to gas cleaners or wood stoves certified by the EPA, or put in electronic fireplaces or gas inserts (about \$1,000 to \$3,000) for less emissions. For more information, epa.gov/burnwise. Next page: Stay safe from third-hand smoke [pagebreak]stay safe from third-hand smoke you know not to smoke and get away from second-hand smoke. But there's something called third-hand smoke — the remaining tobacco smoke that sticks to walls and furniture and then gently sticks to the indoor environment outside the gas. These things are not just stinky: it reacts with indoor pollutants, such as esthene and nitrogen acid, creating compounds that lock on the DNA of your cells and potentially cause cancer-causing damage, according to research presented at the American Chemical Society meeting in 2014. While the risk is higher for babies and toddlers (as they crawl around the house, they may stir and inhale these compounds), almost anyone is susceptible. Related: Countdown 30 days to quit smoking when traveling, insist on smoke-free hotel rooms, and avoid friends' homes that smoke (even if they're not clear in front of you, your furniture can reek). If you inherit a smoker's house, remove damaged items such as sofas and carpets, paint again and bring a professional to clean the air conditioning system thoroughly. Did the quilt give you asthma? You've never had asthma before, but you've been breathing constantly lately. It's not uncommon for a 40-something woman to suddenly complain about it Symptoms, Dr. Addrizzo-Harris says. Normal trigger: Exposure to an allergen you've not encountered for years, such as full bedding or mold. I can't tell you how often I've seen a patient report symptoms that start as soon as they move into a new home. Dr. Thorowski says. Next page: A woman's problem? A woman's problem? How three P's of being a woman can be a problem with your breathing. You are receiving your course: Up to 40% of women with asthma report that their symptoms worsen immediately before their period. During this time, estrogen levels decrease and we think that these fluctuations somehow activate an inflammatory response in a woman's airways, says Dr. Callan, thereby more likely to cough, feel short of breath and moan. Talk to your doctor about increasing the consumer of asthma these days; Research also suggests that taking birth control pills (for hormone excretion goes up and dips) may help. You're pregnant: In the first few weeks of pregnancy, an increase in hormone progesterone makes you breathe more, which may make you feel short of breath when you're not really. (The hormone expands your lung capacity and allows your blood to carry large amounts of oxygen to your baby.) This feeling disappears, then re-emerges around your third trimester, when your urine starts to squeeze on your diaphragm, and it's harder for your lungs to fully expand. But there is relief soon: During the final month of pregnancy, your baby will be relieved into your pelvis and squeeze your lungs. Related: 10 tips for getting pregnant you're going through menopause fullness: as you approach menopause, estrogen levels ride a real roller coaster, and those dramatic peaks and drops can trigger inflammation that sets off an asthma attack. Research has shown that menopausal women are twice as susceptible to severe asthma as older men. If you notice your wheezing getting worse, talk to your gyno about going on pills or using hormone therapy to help ease you through transmission. The good news is that once your ovaries are closed up to shop, your asthma should improve. Improve.

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