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Anycast user manual

Often filled with jargon, acronyms, and directions that require a PhD to understand, software usage manuals are sometimes written from the point of view of a developer rather than a user. As a result, the guide can make assumptions about the skill level of the reader, which are often incorrect. The first step in writing a good user manual is to get the actual writing process as far away from the engineers as possible. The software developer knows more than anyone what the software does working, but that doesn't mean that the developer should write the guide. On the contrary, it is a distinct disadvantage. More important than a deep understanding of the inner functioning of the software is an understanding of who the end user will be, what his level of education is, and how the end user will be using the software. In most cases, end users don't need to know the fine programming points and back-end operation of the software – they just need to know how to use it to make their jobs easier. The user manual should be largely task-oriented rather than very descriptive. Since the manual is written to help users understand to perform specific tasks, the writer must have an understanding of these tasks as well, and as a result, going through every discrete step of each feature is absolutely essential. It is not necessary for the writer to know the program was created from a point of view of design or development, but it is essential to have a strong working knowledge of all its characteristics. As you run each task, take the time to note 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 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 beginning. Interviews with experts and engineers in the field should be recorded, with transcripts made for further reference. A user manual doesn't have to be too hard to text. Rather, include the liberal use of graphics and screen clips. The description of an action is much clearer, with text-based directions accompanied by a screen clip that clearly illustrates that direction. Include both before and after views to show the screen before you take each action and what happens after the action has been taken. A simple screenshot utility, such as the Crop Tool included in Microsoft Windows, works well for capturing images. Make sure you count each picture and include a caption that briefly describes it. Center it immediately below the paragraph that first introduces the concept described in the image. Clear communication in a 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 adapted to suit each situation. Using a one-inch one-column margin best suits the need to add graphics; a two-column setting may seem too crowded and can make the placement of images confusing. More than any other type of document, a software user guide is likely to go through multiple iterations before it is completed and is likely to go through a review process by multiple stakeholders. Using Track Changes in Microsoft Word is an easy way to track each individual's comments and changes. Creating multiple versions after each review cycle, each with a different file name, also helps the process along and ensures that all stakeholders are satisfied with the end result. The 19th century seems 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 incredulous Americans, using LSD in search of a truth serum [source: The New York Times]. It used electric currents to cause pain [source: Boston Globe]. The agency conducted studies investigating the effects of sensory deprivation [source: The Washington Post]. The CIA found that the best ways to extract information from prisoners come not through the infliction of physical pain or torture, but through psychological torture. Although the CIA torture mark conceived through more than a decade of trial and error may not cause physical pain, it can still do some real damage. A historian and expert on CIA and torture, Alfred McCoy writes: Although seemingly less brutal, untended torture leaves deep psychological scars. Victims often need treatment to recover from trauma far more crippling than physical pain [source: Boston Globe]. There really is a torture manual and the CIA literally wrote it. In 1963, the Agency created the interrogation manual against COUNTERintelligence. It was, according to Alfred McCoy, the coding of everything the CIA learned from its experiments throughout the 1950s. In the KUBARK manual (cia codename in the Vietnam War [source: The Washington Post]), the methods of breaking prisoners are generally based on psychology. Identifying a victim's sense of self and then stripping it away is part of the first step toward breaking him or her. An introverted or shy inmate could be kept naked and perhaps sexually humiliated, for example. Clothes can also be taken simply to alienate the inmate and make him or her more comfortable. Creating a sense of unfamiliarity, disorientation and isolation seems to be the hallmarks of psychological undermining of an inmate within the scope of the KUBARK manual. Practices like hunger, keeping in small cells without windows, with unchanging artificial light and forcing prisoners to stand or stand in uncomfortable positions (stress positions) for long periods of time have simply been deplored or banned by the United States government. However, these techniques are part of the regime prescribed by KUBARK. So you're also using hypnosis and drugs to extract information. Although it does not mention direct electric shock, the manual asks interrogators to ensure that a potential safe house that will be used for torture has access to electricity. After a source told The Baltimore Sun, the CIA has privately and informally admitted in the past that it was referring to the application of electric shocks to suspected interrogators [source: The Baltimore Sun]. Physical pain, however, is ultimately considered counterproductive by the manual. It's a much worse experience, the guide concludes, for an inmate to fear that pain may be coming than to actually experience. The old adage that anticipation is worse than experience also seems to have a basis in the dark realm of torture. A newer book, largely a review of the KUBARK manual, draws the same fundamental conclusion -- that psychological torment is paramount for physical abuse. The Human Resources Exploitation Manual -- 1983 was first published following an investigation report on human rights abuses in Honduras. Read about CIA torture manual version 2.0 on the next page. Getty Images Inhala. Exhale. You take 15-20 breaths per minute – more than 20,000 breaths per day. With each, oxygen travels through the blood, feeding the body's cells. The problem is, we bombard our lungs with pollutants and irritants, it would be second-hand smoke and smoke from the household cleaning supply. However, 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 until you're old. Read on, and start breathing light. GET FIT While exercise does not increase lung capacity itself, it strengthens the heart muscles so that your heart is better able to pump oxygenated blood through your body, says Doreen Addrizzo-Harris, MD, associate professor of pneumology at NYU Medical Center. Your lungs don't have to work as hard. You'll train more efficiently and feel less windy. RELATED: Becoming an Exercise Addict Exercise can also cut belly fat, which is linked to a higher risk of asthma. We believe that excess fat associated with obesity increases inflammation in the body, affecting the lungs, says Neil Schachter, MD, a pulmonologist at the Icahn School of Medicine at Mount Sinai in New City. To see the results, you need consistent exercise, increasing your heart rate for 20 to 30 minutes most days of the week, says Jason Turowski, MD, a pulmonologist in Cleveland Cleveland If you have asthma, it might be hard to maintain an intense workout, but smaller 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 moderately reported rate improving their symptoms. Swimming is another option, especially during the frigid winter months. The warm, moist air from the indoor pool is asthma friendly. (But don't swim in a pool that is heavily chlorinated; irritation from smoke can counteract the benefits.) Next page: Eat Smart [pagebreak]EAT SMART An anti-inflammatory diet helps decrease airway inflammation, which has been linked to respiratory diseases, such as COPD and asthma, notes Melissa Young, MD, an integrative medicine specialist at the Cleveland Clinic. Fill with these foods: Fruits and vegetables: They are packed with antioxidants, which can help repair the damage caused by air pollution. It doesn't matter what kind, as long as you eat plenty. RELATED BY: 13 Veggies You just don't like flaxseed: They contain high levels of omega-3 fatty acids that are considered to be connected to a lower risk of asthma. White wine: Wine drinkers-especially those who sip white-have healthier lungs. (Theorizing researchers is due to high-income antioxidant capacity.) Olive oil: It has monounsaturated fatty acids, which can help reduce inflammation, and alpha-tocopherol, a form of vitamin E associated with better lung function. A cup of joe: Caffeine has a similar effect to the drug androphyllin, which opens the airways, says Dr. Turowski. Tomato sauce: Research suggests that the famous lycopene-antioxidant found in your tomato may protect against exercise-induced asthma. Next page: Clear the Air [pagebreak]CLEAR THE AIR Air pollution sustains more than 3.2 million lives worldwide each year, according to the 2013 Global Burden of Disease Study. Why is that? Small particles enter the lungs, causing cancer and other respiratory diseases. We don't expect you to run away from L.A. for Idaho, but there are precautions that everyone should take. Check the forecast: You can find the Air Quality Index (AQI) at airnow.gov. On days when the AQI in your area is high (over 150 if you do not have lung problems, over 100 if you have a breathing problem), consider taking your workout indoors. If you exercise outdoors, avoid routes near traffic. RELATED BY: Burn Calories this summer Don't idle your car: It frees up as much pollution as a moving vehicle, and you're in the middle of the ice. Turn off the ignition if you wait more than 10 seconds and heat the driving engine. (The car and its engine are heating up more when driving.) Make a P.M. pit stop: As it fills the tank, the gas emissions evaporate and the form of ozone, a component of smog. Hit the pump after dark to keep the sun from turning these gases into pollutants. Next page: Rehab Your House [[]REHAB YOUR HOME Air pollution in your home can be worse than what is purulent outdoors. Here's to clear the air, state. Go electric: home heating and acclimate 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-an odorless natural gas, which is found in one of 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 radon concentrations exceed 4 picocuries per liter of air (pCi/L), you will need to install a radon reduction system (up to \$1,500). Keep humidity low: An environment too wet is a breeding ground for mold, a common allergen. 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 a humidifier. It's too wet, try a dehumidifier. RELATED BY: Your 12 Worst Trade Allergy Mistakes in Your Fireplace: Particles in Wood Smoke Can Damage Your Heart and Lungs. Switch to a cleaner combustion gas or wood stove certified by the EPA, or put in an electronic fireplace or enter the gas (about \$1,000 to \$3,000) for less emissions. To find out more, go to epa.gov/burnwise. Next page: Stay safe from the third hand smoke [pagebreak] STAY SAFE

FROM THIRDHAND FUM You know not to smoke and keep away from second-hand smoke. But there is something called third-hand smoke-tobacco smoke that adheres to the walls and furniture and then off-gas slowly into the indoor environment. This isn't just smelly: It reacts with pollutants from the inside, it would be ozone and nitrogen acid, creating compounds that lock on the DNA of cells and cause damage that can cause cancer, according to research presented at the American Chemical Society meeting in 2014. While the risk is higher for children and young children (so they crawl around the house, they can stir and inhale these compounds), pretty much anyone is sensitive. RELATED: 30-Day Countdown to quit smoking When traveling, insist on smoke-free hotel rooms, and avoid homes of friends who smoke (even if they are not of in front of you, their furniture can smell). If you inherit a smoker's house, remove the affected items, would be sofas and carpets, repaint and bring in a professional to thoroughly clean the air ventilation system. PLAPUM HAS DAT ASTM? You've never had asthma before, but lately you haven't been breathing. What's he giving? It is not unusual for a woman of 40 or something to suddenly complain about symptoms, says Dr. Addrizzo-Harris. A typical trigger: being exposed to an allergen have not been confronted in years, such as bed linen feathers or mold. I can't tell you how often I've seen a patient report symptoms starting as soon as they move into a new home, says Dr. Turowski. Usually, a moldy basement is the culprit. Next page: A woman's problem? [pagebreak] A WOMAN'S PROBLEM? the three Ps of femininity can mess with your breath. You are about to get your period: Up to 40% of women with asthma report that their symptoms worsen immediately before their period. During this time, estrogen levels decrease, and we believe that these fluctuations somehow activate an inflammatory response in a woman's airways, says Dr. Kalhan. As a result, it is more likely to cough, feel short of breath and wheezing. Talk to your doctor about increasing asthma medications these days; Research also suggests that taking birth control pills (to remove hormone raises and dips) may help. You are pregnant: In the first few weeks of pregnancy, an increase in the hormone progesterone causes you to breathe more often, which can make you feel like you're short of breath when you really aren't. (The hormone expands lung capacity, allowing blood to carry large amounts of oxygen to your child.) This sensation disappears, then reappears around the third trimester, when the uterus begins to press on the diaphragm, making it more difficult for the lungs to fully expand. But there is a relief soon: During the last month of pregnancy, your baby will drop into the pelvis, taking pressure off the lungs. RELATED: 10 Tips for Getting Pregnant You Go Through Perimenopause: As you approach menopause, estrogen levels ride a genuine roller coaster, and these dramatic peaks and drops can trigger inflammation that triggers an asthma attack. Research has shown that menopausal women are twice as susceptible to severe asthma as older men in a similar way. If you notice wheezing it gets worse, talking to gyno about going on the pill or using hormone therapy to help you ease through the transition. The good news is that once your ovaries have closed the store, your asthma should improve. Improve.

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