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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. 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 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. 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 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 industry after the double sea market is perhaps not as thriving as motorcycles or car equivalents, but there are still plenty of options out there for someone looking to get more power from their jet skis. Switching some key parts can increase speed and performance. Be careful after modifying your jet ski, however, as increased power also makes the device more dangerous to handle. ExhaustAs with all engines, having a proper performance exhaust system generate more power in your Sea-Doo. Make sure that when buying an exhaust designed for more power that it also includes a suitable muffin. Water box sounding is also important. Otherwise you'll find that your new exhaust has increased the power of the Sea - Doo is a prime place to make modifications in order to get more speed from your device. Replacing the user with the new performance model is one way to increase the power of your base engine. However, you can also consider having your main carbs modified or tuned by a company that specializes in Watercraft performance in order to get more speed without swapping from the fully section. WheelAdding Compressor is a new compressor wheel to your Sea-Doo method that you can use to improve every aspect of the device's performance. This wheel increased overall speeds to a car faster and faster. This means better acceleration at low speeds as well as increased overall speeds. This wheel increases airfly to the engine to increase performance. The advantage of this correction is that it is also an easy one to do it yourself mechanic. ImpellerAltering butterfly-on-sea-Doo can have different effects so you can choose the right custom section to improve your Sea-Doo in the method that you want. Some impellers increase the speed at which you can accelerate at different points in the boat range. Others will add slower speeds at low speeds, but Provide a few extra miles per hour of high speed. Getty Images inhalation. exhale. You breathe 15 to 20 breaths a minute—more than 20,00 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 Kolhan, 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 at 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 Frigih. 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 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, which can help reduce inflammation, and alpha-tocopherol, a type of vitamin E 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) airnow.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 pit .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: Rehab your home [pagebreak] Rehabilitation of your home air pollution in 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 sosradon.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 moisturiser. Related: You have 12 worst allergy mistakes trading in your fireplace: particles in wood smoke can damage your heart and lungs. Switch to a gas cleaner burner Wood 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, 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 esthenic 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 asthma-like symptoms, says Dr. Edrizo-Harris, a typical 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 diaphragm, 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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