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Soundbot sb220 user manual

The 1950s seems to have been a time when the CIA put a tremendous amount of energy into perfecting the science of torture. The CIA conducted secret experiments, sometimes on unsuspecting Americans, using LSD in the search for a truth serum [source: The New York Times]. He used electrical currents to inflict pain [source: The Boston Globe]. The agency conducted tests investigating the effects of sensory deprivation [source: The Washington Post]. The CIA has found that the best methods for extracting information from detainees do not come through infliction of physical pain or torture, but through psychological torture. While the brand of torture that the CIA has created through more than a decade of trial and error may not inflict physical pain, it can still cause some real damage. Historian and expert on the subject of cia and torture, Alfred McCoy, writes: Although seemingly less brutal, untouchless torture leaves deep psychological scars. Victims often need treatment to recover from much more disabling trauma than physical pain [source: The Boston Globe]. Publicly There is indeed a torture manual and the CIA literally wrote. In 1963, the Agency created the kubark counterintelligence interrogation manual. It was, as Alfred McCoy says, the codification of everything the CIA learned from its experiments throughout the 1950s. In the kubark manual (the CIA code name in the Vietnam War [source: The Washington Post]), the methods for breaking detainees are generally based on psychology. Identifying your sense of self and then taking it away is part of the first step to breaking it. An introverted or shy inmate can be kept naked and perhaps sexually humiliated, for example. Clothes can also be taken simply to alienate the inmate and make him less comfortable. Creating a sense of ignorance, disorientation and isolation seems to be the marks of psychologically undermining an inmate in the purview of the kubark manual. Practices such as starvation, keeping prisoners in small, windowless cells with immutable artificial light, and forcing inmates to sit or stay in uncomfortable positions (stress positions) for long periods of time have been declassified or banned by the United States government. However, these techniques are part of the regime prescribed by KUBARK. So, too, they're using hypnosis and drugs to extract information. Although it does not directly mention electric shock, the manual asks interrogators to be sure that a possible hiding place to be used for torture has access to electricity. As one source told The Baltimore Sun, the CIA has privately and informally acknowledged in the past that this referred to the application of electric shocks to interrogation suspects [source: The Baltimore Sun]. Physical pain, however, is considered counterproductive by the manual. It's a much worse experience, concludes the guide, for a prisoner to fear that pain might be coming than really He. The old adam that anticipation is worse than experience seems to also have a basis in the dark field of torture. A newer book, largely a review of the kubark manual, draws the same fundamental conclusion - that psychological torment is paramount to physical abuse. The Human Resources Exploration Manual (1983) was first released 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. Often filled with jargon, acronyms, and instructions that require a Ph.D to understand, software user manuals are sometimes written from a developer's point of view rather than a user. As a result, the guide can make assumptions about the reader's skill level that are often incorrect. The first step to writing a good user 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. On the contrary, it is a distinct disadvantage. More important than a deep understanding of the inner workings of the software is an understanding of who will be the end user, what their educational level is, 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 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 strongly descriptive. Because the manual is written to help users understand how to perform specific tasks, the writer needs to have an understanding of these tasks as well, and as a result, going through every discrete step of each resource is absolutely essential. It is not necessary for the writer to necessarily know how the program was created from the point of view of design or development, but it is essential to have a strong working knowledge of all its characteristics. When performing each task, take time to annotate each step, including clicks, drop-down menus, and other actions. Although the developer should not be the only one writing 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 of the subject should be recorded, with transcripts made for later reference. A user manual should not be too heavy for text. Instead, incorporate 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 the before and after, to show what the screen looks like before taking each action, and what happens after the action has been taken. A simple screen capture utility like Snipping Snipping included in Microsoft Windows works well to capture these images. Be sure to number each image and include a caption that describes it briefly. Center it immediately below the paragraph that first introduces the concept depicted in the image. Communicating clearly in a technical document requires careful planning and compliance with standards throughout the guide. Patterns in presentation, language, and nomenclature help prevent confusion. The models are available and can be a good starting point for uniformity, although these can certainly be adapted to suit each situation. Using a one-inch margin with a single column best matches the need to add charts; a two-column configuration can seem very crowded, and can make placing images confusing. More than any other type of document, a software user guide is likely to go through multiple iterations before it completes, and is likely to go through a review process by multiple stakeholders. Using the Track Changes feature in Microsoft Word is an easy way to keep track of each individual's comments and changes. Creating multiple versions after each review cycle, each with a different file name, also helps the process and ensures that all stakeholders are satisfied with the final result. Unless you can think of a clever way to store them, user manuals are kind of a nuisance to keep close by. When you find yourself in need of one, however, the Central Manuals allow you to find and download them for free in PDF format. You can search for any instruction manual online, but as many products come with a... Read moreTo it, most of us throw these things away unless we are totally unaware about a particular product. With Central Manuals, there's no need to worry because your manual collection is extensive. You can search by type or brand, and they have pretty much everything covered. There are manuals for cameras, camcorder, smartphones, mp3 players, tablets, eBook readers, smart watches, activity trackers and video game consoles. You can even find instruction manuals for software. You can start finding the necessary manuals in the link below. Central Manuals - Find and download for free | Central Manuals Getty Images Baby returned! Sir Mix-A-Lot may have beaten these lyrics more than 20 years ago, but our fascination for it still remains. In fact, from Iggy Azalea's curvy derriere to Sofia Vergara's ridiculously toned ass, her asses replaced her breasts as it's body part of the decade. But there's no reason to worry if you think yours isn't up to date: if you worries about back pain focus on health issues (sciatica, anyone?) or more cosmetic issues (hello, cellulite!), we cover them. What is Pain sometimes located on your lower back or hip) that travels along your sciatic nerve, which runs from your bottom back down through each of your legs. Most often, the sciatic is due to a herniated disc, which widens and compresses the nerve. But sometimes it is is by piriform syndrome, which is when the bandlike piriformis muscle (extends from its sacrum to the top of the thigh bone) tightens the sciatic nerve. You are more likely to experience the first signs between 30 and 50 years. Sitting years can increase the risk of sciatica, says Wellington Hsu, MD, professor of orthopedic surgery at Northwestern University Feinberg School of Medicine. There is also a genetic component. Sciatica can sometimes occur during pregnancy, when your expanding uterus can push against the nerve. Which looks like anything from a dull pain to a gunshot or knife burn like pain to an electric shock. Rx A primary care physician or an orthopedic specialist should be able to diagnose sciatica through a physical examination. Typically, the condition improves with anti-inflammatory or muscle relaxers, stretching exercises or physiotherapy. An injection of cortisone may work for short-term relief. If your pain persists for more than six weeks, you may need an MRI to identify the cause. Problem #2: Sacroiliac joint pain What is Pain around the sacroiliac joint, located in the lower back where your spine and pelvic bone meet. Although it is common to have discomfort in the area during and after pregnancy (as your pelvis expands to prepare for birth, ligaments stretch and pull into the joint, causing pain), many women experience this because of muscle tightening or weakness. Do not ignore the pain: it may mean that the cartilage between the bones is running out, which can lead to arthritis. What looks like pain in the lower back and hip (often on one side) that worsens with bending or activity; it tends to get more severe after you sit for long periods and feel better when you lie down. Rx Can be diagnosed by your primary care physician or an orthopedic specialist with a physical examination and X-ray. Treatment is usually conservative: unprescribed anti-inflammatory drugs and, if necessary, a direct cortisone injection into the joint to relieve pain. The best prevention is a strong core, which helps take pressure off the joint by strengthening the surrounding muscles. Talk to your doctor about movements (such as planks and hip auggers) to do on your own. What hole?! If you notice blood in your poop or on toilet paper, or itching and swelling around your anus, you may have hemorrhoids. The most common risk factor, says Steven Naymagon, MD, gastroenterologist at Mount Sinai Hospital: constipation. Your MD can tell if you have external hemorrhoids (under the skin around the anus) examining the area; Hemorrhoids within your rehest can also usually be diagnosed by a manual examination, but if there is bleeding, you may need a colonoscopy or flexible sigmoidoscopy to rule out anything scarier, such as cancer of Treatment is usually over-the-counter products with witch hazel or hydrocortisone to relieve swelling and/or itching, as well as soaking in a hot sitz bath. Also key: Slowly increase your fiber fiber intake 25 to 30 grams a day, and drink plenty of water. If that doesn't work, dr. Naymagon adds, her doctor can perform an office procedure known as elastic ligation, where she puts a band around the hemorrhoid to cut off her circulation (the band, and the roid, fall within a week). Which is an injury to one of your tendon muscles, which dwells down the back of your thighs from your pelvis. While this can happen to anyone who is active, you're more susceptible as you get older because your muscles tighten as you get older, says Jordan Metzl, a sports medicine physician at the New York Hospital for Special Surgery. What looks like a sharp pain in the back of the butt or leg during activity (when real tension occurs) as well as after, along with swelling and bruising. Rx Your first step is RICE: rest, ice (use cold packs 20 minutes at a time, several times a day), compression with a bandage around the thigh and elevation. If you are limping for more than a few days, consult your primary care physician or a sports medicine specialist. You can do an X-ray or MRI to see if it's a full tear or a strain, and you can get crutches or a prescription for physical therapy. Therapy.

