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Arris tm1602ap2 user manual

In the 1950s, the CIA spent enormous amounts of energy honing the science of torture. The CIA conducted a secret experiment, at times on unsuspecting Americans, using LSD to search for the truth serum [source: The New York Times]. It used an electric current to cause pain [source: Boston Globe]. The agency conducted experiments to study the effects of sensory deprivation [source: The Washington Post]. The CIA found that the best methods of obtaining information from detainees are not caused by physical pain or torture, but psychological torture. Although torture invented by the CIA during more than a decade of trial and error does not necessarily cause physical pain, it can still cause real damage. Historian and CIA and torture expert Alfred McCoy writes: While torture seems less brutal, it leaves deep psychological scars. Victims often need treatment to recover from trauma much more crippling than physical pain [source: The Boston Globe]. The ad is indeed a torture manual, and the CIA literally wrote it. In 1963, the agency established kubark's counterinsive interrogation manual. As Alfred McCoy puts it, it was the codification of everything the CIA had learned from its experiments in the '50s. In kubark's (Vietnam War CIA codename [source: The Washington Post]), the methods of seeing detainees are usually based on psychology. Recognizing the victim's self-feeling and stripping it off is part of the first step towards breaking him. An introvert or a shy detainee may be considered naked and perhaps sexually humiliated, for example. Clothes can also only be taken to alienate the detainee and make him less comfortable. Creating a sense of unfamiliar feeling, confusion and isolation seems to be the hallmarks of psychologically faltering the detainee, according to kubark's manual. The US government has declared or banned practices such as famine, holding prisoners in small, windowless cells with unchanging artificial light, and forcing prisoners to sit or stand in unpleasant positions (stress positions) for long periods of time. However, these techniques are part of the treatment programme prescribed by KUBARK. So, too, use hypnosis and medication to extract data. Although it does not directly mention electrocuting, the manual urges interrogators to be sure that a safe house that may be used for torture has access to electricity. As one source told the Baltimore Sun, the CIA has previously acknowledged privately and informally that this referred to the application of electric shocks to questioning suspects [source: Baltimore Sun]. However, physical pain is ultimately considered harmful in the manual. It's a much worse experience, the guidebook concludes, that the prisoner fears that pain may be coming than it really is. The old saying that foresight is worse than experience also seems to be the basis in the shadowy field of torture. The new book, largely a review of the KUBARK Manual, draws the same basic conclusion - that psychological torment is the most important thing for physical abuse. The 1983 Handbook on the Exploitation of Human Resources was first published as a result of a report on human rights violations in Honduras. Read version 2.0 of the CIA Torture Manual on the following page. Getty Images Baby's back! Sir Mix-A-Lot may have captured these words more than 20 years ago, but our fascination with the b boomers remains. In fact, from Iggy Azalea's curvy derriere to Sofia Vergara's ridiculous butt, breasts have

been replaced as the IT body part of the decade. But there's nothing to worry about if you think yours isn't par: Are you focusing on your pain-butt concerns about health issues (scathing, anyone?) or more on cosmetic issues (hello, cellulite!), we've covered them up. What is the pain (often located in the lower back or hip) that runs along your sermotic nerve, which runs down the lower back through each of your legs. Most of the time, sac disease is caused by a herniated disc that bulges and packs the nerve. But sometimes it is caused by piriformis syndrome, in which case the bandlike piriformis muscle (it extends from the slyus to the top of the femur) compresses the sermon nerve. The first signs are most likely between the ages of 30 and 50. Sitting for years can increase the risk of serosis, says Wellington Hsu, MD, professor of orthopaedic surgery at Northwestern University Feinberg School of Medicine. There is also a genetic component. Sass can sometimes occur during pregnancy, when an expanding uterus can push against the nerve. How does it feel, anything from boring to edification to shooting or burning knife-like pain to electrocution. Rx An emergency physician or orthopaedic specialist should be able to diagnose sciatica by physical testing. In general, the condition improves over-the-counter or prescription NSAIDs or muscle relaxants, stretching exercises or physiotherapy. A cortisone injection can help with short-term relief. If your pain persists for more than six weeks, you may need an MRI to determine the cause. Problem No. 2: Sacroiliac joint pain What it is Pain around the sacroiliac joint located in your lower back, where your spine and pelvic bones meet. Although it is common for the area to have discomfort during and after pregnancy (as the pelvis expands to prepare for birth, ligaments stretch and tow the joint, causing pain), many women experience it due to muscle tightness or weakness. Do not ignore the pain: It can mean that the cartilage between the bones is tantalizing, which can lead to arthritis. What feels like pain in the lower back and hip (often on one side), which worsens with bending or activity; it tends to get more When you've been sitting for long periods of time and feel better when you're lying down. Rx It can be diagnosed by an emergency doctor or orthopaedic specialist with a physical exam and an X-ray. The treatment is usually conservative: over-the-counter anti-inflammatory and, if necessary, cortisone injection directly into the joints relieves pain. The best prevention is a strong core that helps to eliminate the pressure in the joint by strengthening the surrounding muscles. Talk to your doctor about movements (such as planks and hip raises) to do it alone. What hole? If you notice blood on poop or toilet paper or itching and swelling around the hemort top, you may have hemorgos. The most common risk factor, says Steven Naymagon, MD, a gastroenterologist at Mount Sinai Hospital: constigation. MD can tell if you have external hemorgos (under the skin around the hemorgo) by exploring the area; hemorrhagic hemorrhages inside the rectum can usually also be diagnosed in a manual test, but if there is bleeding, you may need colonoscopy or flexible sigmoidoscopy to rule out anything scarier, such as colon cancer. The treatment is usually the products at hand with witch hazel or hydrocortisone to relieve swelling and/or itching, as well as soaking in a warm sitz bath. Key: Slowly increase your fiber intake to 25-30 grams per day and drink a lot of water. If this does not work, Dr. Naymagon adds that your doctor can perform a procedure in the office, known as a rubber band ligation, in which he places a ribbon around the hemorary to cut off the blood supply (the band and 'roidi, fall within a week). What it is an injury to one of the hamstring muscles that run down the hips of the thighs. While it can happen to anyone active, you're more susceptible as you get older because your muscles tighten as you age, says Jordan Metzl, MD, a sports medicine physician at New York's Hospital for Special Surgery. What feels like sharp pain in the butt or leg during operation (when the actual strain occurs) and after that, as well as swelling and bruising. Rx Your first step is RICE: rest, ice (use cold packs for 20 minutes at a time, several times a day), compression with a bandage around the thigh and height. If you are hibernating for more than a few days, see an emergency doctor or sports medicine specialist. You can take 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 physiotherapy. Often full of jargon, acronym and instructions that require a PhD to understand, the instructions for use of the software are sometimes written from the point of view of the developer rather than the user. As a result, the guide can make assumptions about the reader's skill level, which are often incorrect. The first step in writing a good instruction manual is to get the actual writing process as far away from the engineers as possible. A software developer knows more than anyone that makes the software work, but that doesn't mean that the developer should write a guide. On the contrary, it is a clear disadvantage. More important than an in-depth understanding of the internal operation of the software is an understanding of who the end user is, what their level of education is, and how that end user uses the software. In most cases, end users don't need to know the finer points of programming and the background work of the software - they just need to know how to use it to make the job easier. The instructions for use should be largely task-oriented and not strongly descriptive. Since the manual is written to help users understand how to perform certain tasks, the author must also have an understanding of these tasks, and as a result, going through each separate step of each feature is absolutely essential. The author does not necessarily need to know how the program was created from a design or development perspective, but it is important that he or she has a strong knowledge of all its features. As you complete each task, write down each step, including click, drop-down menus, and other actions. While a developer shouldn't be the one who writes the manual, he's still a valuable resource for the author, and before starting writing, plan a start meeting between the author, developer and engineers, and potential end users to inform the author's work from the start. Interviews with subject experts and engineers shall be recorded and minutes shall be made for subsequent references. The user manual must not be too in-text. Instead, include free access to graphics and screen clippings. The description of the action is much clearer with text-based instructions with a screen clip attached that clearly illustrates this direction. Include both before and after views to show what the screen will look like before you do each action and what happens after the action. A simple screen capture utility, such as a screenshot tool included with Microsoft Windows, works well to capture these images. Be sure to number each image and include a caption that briefly describes it. Immediately center it below the paragraph that first presents the concept described in the image. Clearly, a technical document requires planning and careful compliance with standards throughout the guide. Both presentation, language, and nomenclature standards help avoid confusion. Models are available and can be a good starting point for uniformity, although they can certainly be adapted in each situation. Using a one-inch margin in a single column is best suited for the need to add graphics. The two-column setting may look too cramped and can make the placement of images confusing. More than any other document, the Software User's Guide is likely to go through multiple iterations before it's ready, and it's likely to go through stakeholder review process. To track changes in Microsoft Word, you must: a way to track each person's comments and changes. Creating multiple versions after each review period, each with a different file name, also helps the process and ensures that all stakeholders are satisfied with the outcome. Result.

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