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Often filled with jargon, shortcuts, and instructions that require a Ph.D to understand, software user manuals are sometimes written from the developer's point of view rather than the user's. As a result, the wizard can make assumptions about the level of reader skills that are often incorrect. The first step in writing a good user guide is to get the real writing process as far away from engineers as possible. A software developer knows more than anyone what makes software work, but that doesn't mean the developer should write a guide. On the contrary, it is a significant disadvantage. More important than a deep understanding of the inner workings of the software is understanding who will be the end user, what their level of education is, and how the end user will use the software. In most cases, end users do not need to know the finer points of programming and back-end functioning of the software – you just need to know how to use it to make their work easier. The user guide should be largely task-focused rather than highly descriptive. Because the manual is written to help users understand how to perform certain tasks, the writer must also have an understanding of these tasks, and as a result, it is imperative to go through each separate step of each function. It is not necessary for a writer to necessarily know how the program was created in terms of design or development, but it is necessary to have a strong working knowledge of all its functions. As you perform each task, write down each step, including clicks, drop-down menus, and more. Although the developer should not be the one writing the manual, it will still be a valuable resource for writers, and before you start writing, schedule a meeting between the writer, developer and engineers and potential end users to help inform the writer's work from scratch. Interviews with subject experts and engineers should be recorded, with transcripts for later use. The user guide should not be too text-heavy. Rather, incorporate liberal use of graphics and screen clips. The description of the action is much clearer with text directions accompanied by a screen clip that clearly illustrates this direction. Include both before and after the view to show the appearance of the screen before and after each action, and what happens after the action. A simple screen capture tool, such as the Snipping tool included in Microsoft Windows, works well for capturing these images. Be sure to number each image and include a label that briefly describes it. It is centered immediately below the paragraph, which first introduces the concept shown in the figure. Clear communication in the technical document requires planning and careful compliance with standards throughout the guide. Standards in presentation, language and nomenclature help to avoid confusion. Templates are available and can be good uniformity, although they can certainly be adapted to suit any situation. Using a single-column, one-inch edge best suits the need to add graphics; settings with two columns may look too crowded and may cause the placement of images to be confusing. More than any other type of document, the software user guide is likely to go through multiple iterations before it is completed and is likely to go through a multi-stakeholder review process. Using Change Tracking in Microsoft Word is an easy way to track individual comments and changes. Creating multiple versions after each scan cycle, each with a different file name, also helps the process and ensures that all stakeholders are satisfied with the end result. The 1950s seem to be a time when the CIA put a huge amount of energy into perfecting the science of torture. The CIA conducted secret experiments, sometimes on unsuspecting Americans, using LSD in search of the truth serum [source: The New York Times]. He uses electric currents to cause pain [source: Boston Globe]. The agency conducted tests that examined the effects of sensory deprivation [source: The Washington Post]. The CIA found that the best methods of obtaining information from detainees come not through physical pain or torture, but through psychological torture. Although the CIA's brand of torture, invented by more than a decade of trial and error, may not cause physical pain, it can still cause real damage. Historian and expert on CIA and torture, Alfred McCoy, writes: Although seemingly less brutal, without touching torture leaves deep psychological scars. Victims often need treatment to recover from trauma far more crippling than physical pain [source: The Boston Globe]. Advertising There is really a torture manual and the CIA literally wrote. In 1963, the agency created a manual for the interrogation of kubark counterintelligence. It was, as Alfred McCoy says, a codification of everything the CIA learned from its experiments during the 1950's. In the KUBARK Manual (code name for the CIA in the Vietnam War [source: The Washington Post]), methods for breaking detainees are generally based on psychology. Identifying the victim's sense of self and then stripping it off is part of the first step to breaking it. An introverted or shy detainee can be held naked and possibly sexually humiliated, for example. Clothing can also be taken simply to separate the detainee and make him less comfortable. Creating a sense of ignorance, disorientation and isolation seems to be the hallmarks of psychologically undermining the detainee in the competence of the KUBARK manual. Practices such as starvation, keeping prisoners in small, windowless cells with immutable artificial light and forcing prisoners to sit or stand in uncomfortable positions (stress positions) for a long time have been condemned or directly by the United States Government. Nevertheless, these techniques are part of the regime prescribed by KUBARK. So, too, they use hypnosis and medication to get information. While it does not mention electric shock directly, the manual urges investigators to make sure that a potential safe house to be used for torture has access to electricity. As one source told the Baltimore Sun, the CIA has acknowledged privately and informally in the past that it referred to the use of electric shocks to interrogate suspects [source: Baltimore Sun]. However, physical pain is ultimately considered counterproductive in the manual. It's a much worse experience, the guide concludes, for an inmate to worry that pain may be coming than to actually experience it. The old adage that anticipation is worse than experience also seems to have a basis in the shadow of the torture area. A more recent book, largely a revision of the KUBARK manual, draws the same basic conclusion – that psychological anaesthetist is paramount to physical abuse. Handbook on the exploitation of human resources – 1983 was first published as a result of an investigative report on human rights violations in Honduras. Read about cia torture manual version 2.0 on the next page. Remember: the package has two parts. You are already going through great lengths to protect one (your penis), but sometimes you neglect the other (nuts). If you want to ensure healthy sperm and a lively sex life, start showing your testicles some TLC, stat. Here's how. Keep them coola laptop on your lap increases your balls' pace, which can damage sperm quality, fertility and sterility studies found. Set the device on the table, says MH urology consultant Larry Lipshultz, MD HIT SACKLess sleep means more stress hormones that can sap sperm production, says Tobias Kohler, MD, M.P.H., F.A.C.S., associate professor of urology at Southern Illinois University. EYE THEIR SIZEDuchiers with a testicular volume of 20 milliliters or more risk heart problems, a Journal of Sexual Medicine study reports. The authors say that damage to blood vessels can up to testicular size. GET SAFE SNIPA vasectomy won't cause ED. a new study in the Journal of Sexual Medicine found. Unless you have sex within 72 hours. Maybe pain or bleeding could leave you limping. MOVE YOUR PHONENumerous studies have linked cell phone exposure to decreased sperm count and quality. So keep your phone in your back pocket instead of in the front, says Dr Lipshultz. KILL SPIDERSDilated veins in the scrotum, which are similar to spider veins, can cause infertility and testicular shrinkage, says Dr. Kohler. Schedule an appointment with a urologist. This content is created and managed by a third party and imported to this page to provide users with their email addresses. You may be able to find more information about this and similar

content on piano.io Getty Images Baby got back! Sir Mix-A-Lot may have knocked on these texts more than 20 years ago, but our fascination with bums still remains. In fact, from Iggy Azalea's curvy derriere to Sofia Vergara's ridiculously toned ass, behinds have replaced breasts as the body it part of a decade. But there's no reason to worry if you think yours isn't up to par: Whether your pain-in-the-ass is concerned with focusing on health issues (sciatica, anyone?) or more cosmetic issues (hello, cellulite!), we have them covered. What is pain (often located in the lower back or hip), which travels along the sciatic nerve that runs from the lower back down through each of the legs. Most of the time, sciatica is caused by a herniated disc that bulging and compresses the nerve. But sometimes it is caused by piriformis syndrome, which is when the bandlike piriformis muscle (it extends from the sacrum to the upper femur) squeezes the sciatic nerve. Most likely, you will experience the first signs between the ages of 30 and 50. Years of sitting 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. What it's like to have anything from blunt pain to shooting or burning pain like a knife to electric shock. Rx A primary care physician or orthopedic specialist should be able to diagnose sciatica through physical testing. Usually the condition improves with over-the-counter or prescriptions of anti-inflammatory or muscle relaxants, stretching exercises or physical therapy. Cortisone injections can work for short-term relief. If your pain persists for more than six weeks, you may need an MRI to determine the cause. Problem 2: Sacroiliac joint pain What is the 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 the pelvis expands to prepare for birth, ligaments stretch and tug on the joint, causing pain), many women experience it because of muscle ness or weakness. Do not ignore the pain: It could mean that the cartilage between the bones wears out, which can lead to arthritis. What is it like to have pain in the lower back and hip (often on one side), which worsens with bending or activity; it tends to get heavier after you sit for a long time and feel better when you lie down. Rx It can be diagnosed by a primary care physician or orthopedic specialist with a physical exam and an X-ray. Treatment is usually conservative: over-the-counter anti-inflammatory drugs and, if necessary, injections of cortisone directly into the joint to relieve pain. The best prevention is a strong core that helps to take the pressure off the joint by strengthening the surrounding muscles. Talk to your documentary about movements (such as planks and hip raises) to do on your own. What's that hole?! If you notice blood in the poo or on the paper, or itching and swelling around the rectum, you may have hemorrhoids. The most common risk factor, says Steven Naymagon, MD, a gastroenterologist at Mount Sinai Hospital: constipation. Your MD can tell if you have external hemorrhoids (under the skin around the rectum) by examining the area; Hemorrhoids inside the rectum can also usually be diagnosed with a manual test, but if there is bleeding, you may need colonoscopy or flexible sigmoidoscopy to rule out something scarier, such as colon cancer. Treatment is usually over-the-counter products with witchchine or hydrocortisone to relieve swelling and/or itching, as well as soaking in a warm sitting bath. Also key: Slowly take your fiber intake to 25 to 30 grams a day, and drink plenty of water. If that doesn't work, Dr. Naymagon adds, your doc can perform an in-office procedure known as rubber band ligation, where he places the band around the hemorrhoid to cut off its circulation (band, and 'roid, fall off within a week). What is an injury to one of your hamstring muscles that run down the back of your thighs from the pelvis. While this can happen to anyone who is active, you are more susceptible as you get older because your muscles tighten as you age, says Jordan Metzl, M.D., a sports medicine physician at a special surgery hospital in New York City. What it is like to have sharp pain in the back of the ass or leg during an activity (when a real strain occurs), as well as later, along with swelling and bruises. Rx Your first step is RICE: rest, ice (use cold packs 20 minutes at a time, several times a day), compress with a bandage around the thigh and altitude. If you are limping for more than a few days, see your primary care doc or sports medicine specialist. You can have an X-ray or MRI to see if it's a full tear or strain, and can get crutches or a prescription for physical therapy. Therapy.

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