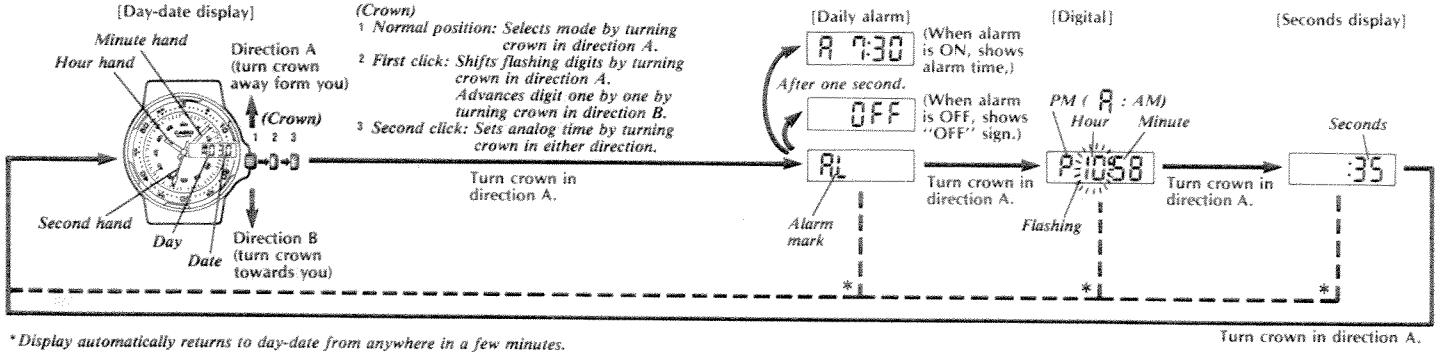


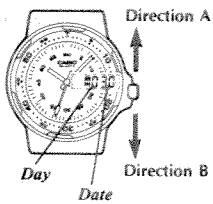
Module No. 343

READING THE DISPLAY

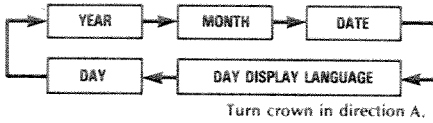


* Display automatically returns to day-date from anywhere in a few minutes.

SETTING DATE



- 1) Turn crown in direction A and select day-date display.
- 2) Pull out crown to first click.
- 3) Turn crown in direction B to advance digit one by one. Turning crown in direction A shifts flashing digits as shown below. Year can be set from 1980 to 2019.



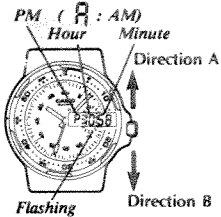
LANGUAGE SELECTION

Turn crown in direction B. (Turn crown towards you)

	ENGLISH "E"	SPANISH "ES"	GERMAN "D"	FRENCH "F"	ITALIAN "I"
SUNDAY	SU	DO	SO	DI	DO
MONDAY	MO	LU	MO	LU	LU
TUESDAY	TU	MA	DI	MA	MA
WEDNESDAY	WE	MI	MI	ME	ME
THURSDAY	TH	JU	DO	JE	GI
FRIDAY	FR	VI	FR	VE	VE
SATURDAY	SA	SA	SA	SA	SA

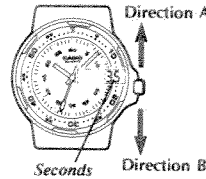
- 4) Push crown in to normal position to complete.

SETTING DIGITAL TIME



- 1) Turn crown in direction A and select digital timekeeping.
 - 2) Pull out crown to first click.
 - 3) Turn crown in direction B to advance one by one. Turning crown in direction A shifts flashing digits as shown below.
-
- Turn crown in direction A.
- 4) Push crown in to normal position to complete.
- * Display returns to day-date if crown has not been moved for a few minutes.

ADJUSTING SECONDS



- 1) Turn crown in direction A and select seconds display.
 - 2) Pull out crown to first click.
 - 3) Turn crown in direction B on a time signal to adjust seconds. Gains or losses within 30 seconds are adjusted to zero.
 - 4) Push crown in to normal position to complete.
- * Display returns to day-date if crown has not been moved for a few minutes.
- * Precise time can be maintained by correcting seconds once a month on time signal from radio, TV, telephone, etc.

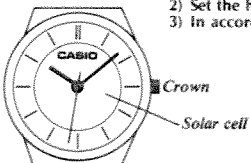
SETTING ANALOG TIMEKEEPING

- 1) Turn crown in direction A and show seconds on display.
- 2) Pull out crown to second click when second hand is at 12 o'clock position.
- 3) Set hands by turning crown in either direction.
- 4) Push crown at the moment seconds reach zero.

Module No. 345

TO SET TIME

- 1) Pull the crown out when the second hand at 12 o'clock position and the second hand stops.
- 2) Set the hands by turning the crown.
- 3) In accordance with a time signal, push the crown in.



This watch works by light energy, so no battery is necessary. Light energy is converted into electric energy by solar cells and stored into the gold capacitor. Once fully charged, the watch works for about 55 hours without being exposed to light. Seconds hand moves in 3-second increments when power is low.

CHARGING LIGHT

- * When the watch is exposed to light over 500 lux or sunlight, it will start to work in 3-second increments within 10 seconds.
- * The watch can be worn after exposing it to light until second hand moves in 1-second increments.
- * Use the table below as a reference, for the length of time required for exposure.

Time required for battery charging

Circumstances	Charging time (Min.) (until second hand moves in 1-second increments)	Minimum daily charge	Charging time (Max.)
Direct sunlight (100,000 lux.)	6 min.	3 min.	1/2 hr.
At a sunny window (20,000 lux.)	1/4 hr.	6 min.	3/4 hr.
Under fluorescent light (5,000 lux.)	1 hr.	1/2 hr.	2-2/3 hrs
Under fluorescent light (1,000 lux.)	5-1/2 hrs	2-3/4 hrs	16 hrs
General office illumination (700 lux.)	8 hrs	4 hrs	23 hrs

- * To allow the watch to work continuously;
- * Wear the watch outside the sleeve.
- * Place the watch in a well-lighted place, when it is not worn.