

# MIDO®

SWISS WATCHES SINCE 1918

## Pulsometer User's manual

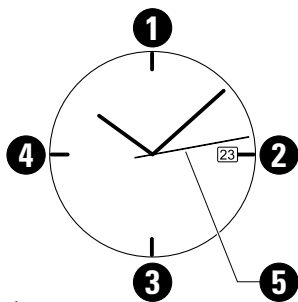


Fig. 1

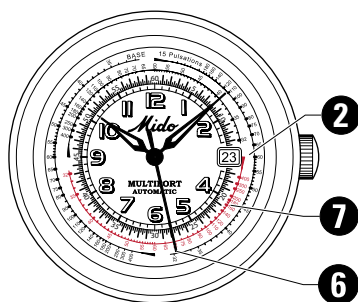


Fig. 2

### Description

A pulsometer is a measuring device that enables a person to easily establish the number of heartbeats per minute. To take the pulse with the pulsometer, you no longer need to count the heartbeats for a whole minute or to multiply it by four after 15 seconds.

In the past, pulsometers were only to be found in chronographs, i.e. in watches with a "stop" function. We have now developed a pulsometer which can be used in conjunction with a normal 3-hand watch.

Since this is not a stopwatch, you have to wait until the seconds-hand ⑤ passes one of the 4 starting points (① at 60, ② at 15, ③ at 30 or ④ at 45 seconds). As soon as the seconds-hand reaches one of these starting points, you start counting the pulse. After 15 heartbeats, you can read the pulse measured on the scale below the seconds-hand.

### Use

#### Example of a pulse measurement:

The seconds-hand ⑤ is at 14 seconds, as shown in Figure 1. As soon as you can feel a pulse, wait until the seconds-hand reaches the next starting point (in this case, Point ②) then start to count the pulse. In this example, after counting 15 heartbeats, the seconds-hand ⑤ arrives above the number 70 (Fig. 2) on the pulsometer scale ⑦. This corresponds to a pulse of 70 heartbeats per minute.