

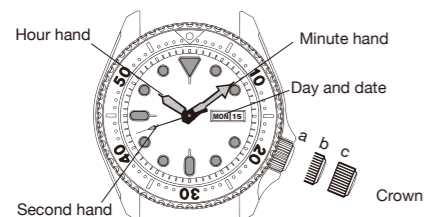
Features

ALBA Cal. 7S26 AUTOMATIC

■ TIME/CALENDAR

Hour, minute and second hands
Date
Day

Display and Crown/Buttons



a: Normal position
b: First click
c: Second click

Screw down crown

[for models with screw down crown]

Unlocking the crown

- 1 Turn Crown counterclockwise until you no longer feel the threads turning.
- 2 Crown can be pulled out.



Locking the crown

- 1 Push Crown back.
- 2 Turn Crown clockwise while pressing it lightly until tight.



How to start the watch

This is an automatic mechanical watch.

- To initially start your watch:
Swing it from side to side in a horizontal arc for about 30 seconds.
 - * If the watch is worn on the wrist, the mainspring will be wound automatically through normal wrist movement.
 - * If the watch is used without being wound up sufficiently, gain or loss of the watch may result. To avoid this, wear the watch for more than 8 hours a day.



Time / Calendar setting



CROWN

- 1 Pull out the crown to the first click.
- 2 Turn the crown clockwise until the previous day's date appears.
- 3 Turn the crown counter clockwise until the previous day of the week in the desired language appears.



CROWN

- 4 Pull out the crown to the second click.
- 5 Turn the crown to advance the hands until the date and day change to the next. When they have changed, the time is set for the A.M. period. Keep advancing the hands to set the correct time.
- 6 Push back the crown to the normal position.

* Do not change the day or the date between 9:00 p.m. and 4:00 a.m.

LUMIBRITE™

LumiBrite is a newly developed luminous paint that is completely harmless to human beings and the natural environment, containing no noxious materials such as radioactive substances.

LumiBrite absorbs the energy of sunlight or artificial light in a short time and stores it to emit light in the dark. For example, if exposed to a light of more than 500 lux for approximately 10 minutes, LumiBrite can emit light for 5 to 8 hours.

Please note, however, that as LumiBrite emits the light it stores, the luminance level of the light decreases gradually over time. The duration of the emitted light may also differ slightly depending on such factors as the brightness of the place where the watch is exposed to light and the distance from the light source to the watch.

< Reference data on luminance >

- (A) Sunlight
[Fine weather]: 100,000 lux [Cloudy weather]: 10,000 lux
- (B) Indoor (Window side during daytime)
[Fine weather]: more than 3,000 lux [Cloudy weather]: 1,000 to 3,000 lux
[Rainy weather]: less than 1,000 lux
- (C) Lighting apparatus (40-watt daylight fluorescent light)
[Distance to the watch: 1 m]: 1,000 lux
[Distance to the watch: 3 m]: 500 lux (average room luminance)
[Distance to the watch: 4 m]: 250 lux

* "LUMIBRITE" is a trademark of SEIKO CORPORATION.

Precautions

TO PRESERVE THE QUALITY OF YOUR WATCH

- Repair of Automatic watches requires special expertise and equipment. If you find that your watch is malfunctioning, therefore, never attempt to repair it but immediately send it to a nearby AUTHORIZED ALBA DEALER or SERVICE CENTER.

To Preserve the Quality of your watch

TEMPERATURES

Your watch works stably within a temperature range of 5°C and 35°C (41°F and 95°F). Do not leave your watch in very low or high temperatures.

MAGNETISM

Your watch will be adversely affected by strong magnetism. Keep it away from close contact with magnetic objects.

CARE OF CASE AND BRACELET

To prevent possible rusting of the case and bracelet caused by dust, moisture and perspiration, wipe them periodically with a soft dry cloth.

SHOCKS

Light activities will not affect your watch, but be sure to take the watch off your wrist when you engage in strenuous sports. Also be careful not to drop your watch on the floor.

CHEMICALS

Be careful not to expose the watch to solvents, mercury, cosmetic spray, detergents, adhesives or paints. Otherwise, the case, bracelet, etc. may become discolored, deteriorated or damaged.

PERIODIC CHECK

It is recommended that the watch be checked once every 2 to 3 years.

Have your watch checked by an AUTHORIZED ALBA DEALER or SERVICE CENTER to ensure that the case, crown, buttons, gasket and crystal seal remain intact.

PRECAUTION REGARDING CASE BACK PROTECTIVE FILM

If your watch has a protective film and/or a sticker on the case back, be sure to peel them off before using your watch.

* Turn the hands past the 12 o'clock marker to determine whether the watch is set for the A.M. or P.M. period. If the calendar changes when the hour hand passes the 12 o'clock marker, the time is set for A.M. If the calendar does not change, the time is set for P.M.

* When setting the hands, first set them to a time a few minutes earlier than the correct time, and then advance them to the exact time.

* It is necessary to adjust the date at the end of February and 30-day months.

ALBA

INSTRUCTION BOOKLET

AUTOMATIC WATCH Cal.7S26

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