

**ALBA デジタル**  
取扱説明書  
INSTRUCTION

**ALBA W520**

このたびはアルバデジタルW520をお買いあげいただきありがとうございます。ご使用前にこの取扱説明書をお読みの上正しくご愛用くださいますようお願い申し上げます。

なお、この取扱説明書はお手もとに保存し必要に応じてご覧ください。

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**FEATURES**

- This watch is a multi-function digital watch that features a dot-matrix liquid crystal panel.
- Time/calendar display function. . . . The time and calendar (hour, minute, seconds, month, date and day of the week) of your area are displayed.
- Hour, Minute] display can be larger by deleting "Second" display.
- Automatic calendar function. . . . The calendar adjusts automatically for odd and even months.
- "Day" is to be adjusted independently.
- Timer function: Six different lengths of time (10, 12, 15, 20, 25 and 30 minutes) have been preset for the present timer. The watch is also equipped with an adjustable timer that can be set for up to 59 minutes in one-minute increments.
- Stopwatch function: The stopwatch can measure up to 24 hours in 1/100 second increments. After 24 hours, the stopwatch continues measuring from "00". Split time measurement is also possible.
- World time function: The time of 24 cities in different time zone throughout the world can be displayed. The daylight saving time (summer time) can also be shown for each city.
- Alarm function: The alarm can be set to ring daily on a 24-hour basis. The hourly time signal is also provided. The use of the daylight saving time may change when it is so decided by the country concerned.
- Illuminating light: By pressing button B, the light illuminates the display for 3 seconds for easy viewing in the dark.
- Alarm test system: The alarm sound can be tested by keeping the button pressed.
- Please note that the electroluminescent material used for the illuminating light deteriorates with time, losing its luminance gradually. (For details, see "NOTE ON THE ELECTROLUMINESCENT PANEL (FOR ILLUMINATING LIGHT)".)
- While the illuminating light is used, the watch will give out a slight noise. However, this is not a malfunction.

**BUTTONS AND DISPLAY**

Button B (Tuning on the illuminating light)  
Button C  
Button A (Change of displays)  
Button D  
Button E (Start of the Timer)

With each press of button A, the display changes over in the following order.

MO 12. 6  
10:08 59  
00:00 00  
+LON 1:03 59  
ON 12:00

TIME/CALENDER display → TIMER display → STOPWATCH display → WORLDTIME display → ALARM display

When the display is changed over, the selected display scrolls from right to left.

By pressing button B, the light illuminates the display for 3 seconds for easy viewing in the dark.

Changeover between the two time display systems  
With each press of button C in the TIME/CALENDAR display, the time indication in the lower row of the display changes over alternately between "HOUR, MINUTES and SECONDS" and "HOUR and MINUTES".

If one time display system is selected in the TIME/CALENDAR display, the time indication in the WORLD TIME and other displays will be set accordingly.

Demonstration function  
By pressing button D in the TIME/CALENDAR display, the demonstration function is activated. Pressing button A or C or D again will return the display to TIME/CALENDAR.

**HOW TO SET THE TIME / CALENDER**

The watch is provided with a world time function. By setting the time in the TIME/CALENDAR display, the time of the cities covered in the WORLD TIME display will be adjusted accordingly. When setting the TIME/CALENDAR, therefore, be sure to select the city representing the area for which you wish to set the time/calendar. Otherwise, the world time function will not work properly.

1 Press button A to show the TIME/CALENDAR display.  
2 Press button A for 2 to 3 seconds to show the TIME/CALENDAR SETTING display. The second digits start flashing.

If the watch is left untouched with the digits flashing, it will automatically return to the TIME/CALENDAR display in 1 to 2 minutes.

3 Press button C repeatedly to select the digits to be adjusted (flashing). With each press of button C selection of the digits to be adjusted (flashing) is made in the following order.  
Seconds → Minutes → Hour → Year → Month → Date → Day → City → Contrast → 12/24-hour indication (Both the hour and minute digits flash.)

4 With each press of button D, one digit (flashing) is advanced. The digits move quickly if the button is kept pressed.

When setting the city, select one representing the time zone that includes the area for which you wish to set the time. If you wish to set the time of Japan, for example, select "TYO (Tokyo)" and then, set the current time of Japan. "Contrast": The brightness of the display can be adjusted in 16 levels from levels 0 (darkest) to 15 (brightest).

When both the hour and minute digits are flashing, changeover between the 12-hour and 24-hour indications can be made.

- In the 12-hour indication, only "PM" mark is displayed and there is no indication for the AM setting. In the 24-hour indication, "24H" is displayed.
- \*For the city names and time differences, refer to "TIME DIFFERENCES".
- 5 After all the adjustments are completed, press button A to return to the TIME/CALENDAR display.
- Seconds setting: While the second digits are flashing, press button D in accordance with a time signal. The seconds are reset to "00". When the seconds count any number between "30" and "59" and button D is pressed, one minute is added, and the second are immediately reset to "00".

(All the segment lighting up)

While in the TIME/CALENDAR SETTING display, the display as shown below will appear if both buttons C and D are pressed at the same time. This is not a malfunction. Press button A, C or D to return to the TIME/CALENDAR display, and then set the time/calendar again following the steps above starting from 1).

**HOW TO USE THE TIMER**

- Six different lengths of time (10, 12, 15, 20, 25 and 30 minutes) have been preset for the preset timer. The watch is also equipped with an adjustable timer that can be set for up to 59 minutes in one-minute increments.
- Once the timer is set, the set time can be used as many times as necessary unless cancelled.
- The remaining time is displayed in seconds. After the set time is up, the timer automatically starts counting up to measure the elapsed time up to 60 minutes. After 60 minutes, the timer continues counting up from "00".
- How to USE THE PRSET TIMER  
<Timer setting >  
1 Press button A to show the timer display.  
2 When the timer is counting, press button C to stop the countdown and then press button D.  
3 When it is stopped press button C.
- How to USE THE ADJUSTABLE TIMER  
2 Press button D to choose the length of the TIMER.  
With each press of button D the length of the TIMER change.  
10 min → 12 min → 15 min → 20 min → 25 min → 30 min → (Free)
- The time previously set for the adjustable timer is retained and can be selected in the same manner as you select the preset times. If no time has been set for the adjustable timer, "00" will be displayed.

**HOW TO SET THE ADJUSTABLE TIMER**

- Press button A to show the timer display.
- Press button A for 2 to 3 seconds to show the ADJUSTABLE TIMER SETTING display. The minute digits start flashing.
- To set the adjustable timer quickly, first select the preset time shorter than the time you wish to set for the timer, and then, follow step 2 above. To set 26 minutes for the timer, for example, select 25 minutes, and then, follow step 2 above.
- If the watch is left untouched in this display, it will automatically return to timer display in 2 to 3 minutes.
- Press button D to set the digits. With each press of the button, one minute is advanced. The digits move quickly if the button is kept pressed.
- After all the adjustments are completed, press button A to return to the TIMER display.

**HOW TO USE THE ADJUSTABLE TIMER**

- Select the desired preset time for the preset timer, or set the desired amount of time for the adjustable timer. (Refer to "Timer Setting".)
- By pressing button E, the count-down timer will be started.
- To stop the timer warning sound manually, press button A, B, C or D in any display.
- While the timer is counting down, a beep sounds at the following times to signal the remaining time.  
At 5, 4, 3, 2 and 1 minutes, and 30, 20, 10, 3, 2 and 1 seconds before the set time is up.
- Even if the display is changed over to another while the timer is counting by pressing button A, the timer continues counting.
- While the timer is counting down, stop and restart of the timer can be repeated by pressing button C and button E, respectively.
- While the timer is stopped, pressing button D will reset the digits to "00".
- After the set time is up, the timer automatically starts counting up to measure the elapsed time.

**HOW TO SET THE ADJUSTABLE TIMER**

- To Start the Timer While in Other Displays <<One-touch Timer Function>>  
By pressing the front button (button E), the timer can be started even while the watch is in another display.
- The timer can be started while in another display, provided that:  
1. The timer is not counting. (It should be either stopped or reset.)  
2. The watch is in the TIME/CALENDAR, WORLD TIME or ALARM display.
- Before using the watch in a display other than the TIMER, set the desired amount of time for the timer. For details, refer to "Timer Setting".
- By pressing button E while in the TIME/CALENDAR, WORLD TIME or ALARM display, the timer starts counting down as the display changes over to the TIMER.
- "TIME/CALENDAR display" → Button E → "TIMER display"  
"WORLD TIME display" → Button E → "TIMER display"  
"ALARM display" → Button E → "TIMER display"
- If the timer is already counting or the watch is in the STOPWATCH display, pressing button E will not start the timer or change the display over to the TIMER.
- If the timer is stopped and not reset, the above procedure will restart the timer.

**HOW TO USE THE STOPWATCH**

- The stopwatch can measure up to 24 hours in 1/100 second increments. After 24 hours, it continues measuring from "00".
- Split time measurement is also possible.
- Press button A to show the stopwatch display.
- Before using the stopwatch, be sure to reset the digits to "00".  
When the stopwatch is counting: Press button C to stop measurement and then press button D to reset the stopwatch.  
When the stopwatch is stopped: Press button D to reset the stopwatch.
- With each press of button C, restart and stop can be repeated.
- To reset the stopwatch, press button D when the stopwatch is stopped.
- Accumulated elapsed time measurement  
Button C → Button C → Button C → Button C → Button D  
START → STOP → START → SUTOP → RESET  
Accumulate repeatedly by pressing button C.
- Split time measurement  
Button C → Button D → Button D → Button C → Button D  
START → SPLIT → SPLIT → STOP → RESET  
The split time measured remains displayed for 10 seconds.
- The split time remains displayed for 10 seconds after it is measured. Please note, however, that, if the next split time is measured within this while, the new split time will be shown immediately in place of the previous one.

**HOW TO USE THE WORLD TIME FUNCTION**

- The time of 24 cities in different time zones throughout the world can be displayed. The daylight saving time (summer time) can be set for each city.
- The name of the selected city is shown in the dot-matrix display, while the current time of the city is shown in the lower display.
- The times of the 24 cities is set on the basis of the your area you have set in the TIME/CALENDAR display. Please check, therefore, that the time/calendar of your area has been set accurately in the TIME/CALENDAR SETTING display.
- How to use the WORLD TIME FUNCTION  
1 Press button A to show the WORLD TIME display.
- Press button C or D to select the desired city.  
To set the daylight saving time (summer time)  
The daylight saving time can be set for each city.
- Press button A to show the WORLD TIME display.
- Press button A for 2 to 3 seconds. The daylight saving time mark appears, and the time of the selected city is advanced by one hour from the standard time.  
To show the standard time, press button A again for 2 to 3 seconds.
- Before using the daylight saving time function, be sure to check if the daylight saving time is in effect in the city you have selected. The use of the daylight saving time may change when it is so decided by the country concerned.
- If the daylight saving time is set for the city representing your area in the WORLD TIME display, the time in the TIME/CALENDAR display will also be advanced by one hour to show the daylight saving time.

**TIME DIFFERENCES**

The abbreviated names of the 24 cities and their time differences from the Greenwich Mean Time are listed in the table below.

Abbreviated city name	Name of city or area	Time difference from GMT	Use of daylight saving time
LON	London	±0	○
PAR	Paris		○
ROM	Rome	+1	○
BER	Berlin		○
IST	Istanbul	+2	○
MOW	Moscow	+3	○
DXB	Dubai	+4	○
KHI	Karachi	+5	○
DAC	Dacca	+6	○
BKK	Bangkok	+7	○
BJS	Beijing	+8	○
TYO	Tokyo	+9	○
SYD	Sydney	+10	○
MOU	Noumea	+11	○
WLG	Wellington	+12	○
HNL	Honolulu	-10	○
ANC	Anchorage	-9	○
LAX	Los Angeles	-8	○
DEN	Denver	-7	○
CHI	Chicago	-6	○
NYO	New York	-5	○
CCS	Caracas	-4	○
RIO	Rio de Janeiro	-3	○
PDL	Azores	-1	○

The time differences and use of daylight saving time may change in some areas or countries when they are so decided by the countries concerned.

**HOW TO USE THE ALARM FUNCTION**

- The alarm can be set to ring daily on a 24-hour basis. The hourly time signal can also be set to ring every hour on the hour.
- Alarm time setting  
1 Press button A to show the ALARM display.  
2 Press button A for 2 to 3 seconds to show the ALARM SETTING display. The hour digits start flashing. (If the watch is left untouched with the digits flashing, it will automatically return to the ALARM display in 1 to 2 minutes.)
- Press button C to select the digits to be adjusted (flashing). With each press of button C, the hour and minute digits flash alternately.
- Press button D to set the flashing digits. One digit is increased or decreased with each press of button D, respectively. The digits move quickly if the respective buttons are kept pressed.
- Even if the alarm mark is not displayed, it will automatically appear as the alarm time is set.
- When setting the hour digits in the 12-hour indication, check that AM/PM is properly set.
- After all the adjustments are completed, press button A to return to the ALARM display.
- Engagement/disengagement of the alarm and hourly time signal  
"With each press of button C in the ALAEM display, the engagement and disengagement of the alarm and hourly time signal are made as follows, as the alarm and hourly time signal marks appear and disappear accordingly.

- To stop the alarm  
At the designated time, the alarm rings for 20 seconds and stops as the display flashes. To stop it manually, press button A, B, C or D.
- The alarm can be stopped manually in any display by pressing a button.
- Alarm test  
The alarm can be tested by keeping button C pressed in the ALARM display. The alarm sounds while the button is kept pressed.
- The above procedure will also engage or disengage the alarm and hourly time signal, as their respective marks appear or disappear accordingly. Refer to "Engagement/disengagement of the alarm and hourly time signal" to engage/disengage them as required.

**SPECIFICCATIONS**

- Frequency of crystal oscillator .....32,768Hz (Hz=Hertz... Cycles per second)
  - Loss/gain ..... -5 C~+5 C (in temperatures of between 5 C and 35 C on your wrist)
  - Operational temperature range ..... -5 C~+50 C (Desirable temperature range or use 0 C~+50 C)
  - Display medium .....Nematic Liquid Crystal, FEM (Field Effect Mode)
  - Battery .....Lithium battery SB-T14, 1 piece
  - Battery life .....Approx. 2 years
  - Illuminating light .....Electroluminescent panel
  - IC (Integrated Circuit) .....C-MOS-IC, 1 piece
- \* The above specifications are subject to change without prior notice, for product improvement.

**NOTE ON THE ELECTROLUMINESCENT PANEL (FOR ILLUMINATING LIGHT)**

The electroluminescent panel for illumination of the display loses its luminance as the battery voltage gets lowered. Also, its luminance level decreases gradually with use.

After 120 hours of use, the luminance level decreases by about half. When the illuminating light becomes dim, replace the battery with a new one. If the illuminating light remains dim after the battery is replaced, have the electroluminescent panel replaced with a new one by the retailer from whom the watch was purchased. It will be made at cost.

**NOTE ON THE LIQUID CRYSTAL PANEL**

The normal life expectancy for the liquid crystal panel of the watch is approximately 5 years. After that, it may decrease in contrast, becoming difficult to read. Please contact the retailer from whom the watch was purchased or an AUTHORIZED ALBA DEALER to have the liquid crystal panel replaced with a new one. It will be made at cost.

**VIVIDIGI**

"VIVIDIGI" is a newly developed liquid crystal panel that has various color combinations of segments and background and lights up in various manners, providing wide varieties of displays.

Features  
(1) "VIVIDIGI" has high light-transmissivity and lightreflectance to give a vivid and clear display.  
(2) The segments for digits and the entire background of the display can be illuminated in various colors.  
(3) Either the whole display or only the segments are illuminated depending on models.  
\* Above features of "VIVIDIGI" are embodied differently from model to model.

**CARE OF YOUR WATCH**

**CAUTION**

**WATER RESISTANCE**  
Check the dial or case back of your watch for the water resistant quality, and then see the table below.  
Do not turn or pull out the crown when the watch is wet, as water may get inside the watch.

	Shower	Bath	Swimming	Scuba diving
"WATER RESISTANT" is not inscribed on the back of your watch case.	×	×	×	×
"WATER RESISTANT" is inscribed on the back of your watch case.	○	×	×	×
"WATER RESISTANT 5-10-15-20 BAR," "WATER RESISTANT" and marks inscribed on the back of your watch case.	○	○	○	○

**ABOUT BATHING**  
Your watch can be worn while bathing if it is equipped with water resistance over 10 bar.  
In that case, please note the following carefully.  
Please do not operate your watch (Crown operation, Button operation, etc.) When it is wet with soap or shampoo, it sometimes causes a reduction in the water proofing.  
When the watch gets warm due to warm water, the watch could gain or lose time to some degree. However, the watch will return to its usual accuracy at normal temperatures.

**WARNING**  
If your watch is 3 bar water resistant, do not use it in water.  
If your watch is 5 bar water resistant, do not use it in any type of diving including skin diving.  
If your watch is 10 or 20 bar water resistant, do not use it in saturation diving or scuba diving.

**PLACES TO KEEP YOUR WATCH**

If the watch is left in a temperature below 5 C or above +50 C for a long time it may function improperly or stop operating.  
If the watch is left in a temperature below 5 C or above +50 C it will lose or gain slightly, but it will regain high time accuracy when it returns to normal temperature.

Do not leave the watch in a place where it is subjected to strong magnetism or static electricity.  
Do not leave the watch where there is strong vibration.  
Do not leave the watch in a dusty place.  
Do not expose the watch to gases or chemicals.  
(Ex. Organic solvents such as benzine and thinner, gasoline, nail polish, cosmetic spray, detergent, adhesives, mercury, and iodine antiseptic solution.)  
Do not leave the watch in a hot spring, or do not keep it in a drawer having insecticides inside.

**CARE OF YOUR WATCH**

- The case and bracelet touch the skin directly just as underwear. If they are left dirty, the edge of a sleeve may be stained with rust of those who have a delicate skin may have a rash.
- After removing the watch from your wrist, wipe perspiration or moisture with a soft cloth. This will prevent the watch from being soiled, adding to the life of the gasket.
- METAL BRACELET  
Clean the watch bracelet with a soft toothbrush dipped in water or soapy water. If your watch is not water-resistant, be careful not to get the case wet when cleaning.
- LEATHER BAND  
When removing moisture from a leather band, do not rub the band with the cloth as this may discolor it or reduce its gloss. Be sure to blot up the moisture using a soft dry cloth.
- SOFT PLASTIC BRACELET  
If your watch has a soft plastic band such as urethane band, do not leave the watch under a fluorescent lamp or direct sunlight for a long time, or do not leave the band soiled. Otherwise, the band may be discolored, hardened or broken. Also, do not keep the watch in a place where it is exposed to high humidity, or do not leave the band wet with perspiration or water. Otherwise, the band may be discolored in a very short time.  
When the band is soiled, rinse it in soapy water. Do not use solvents for cleaning as some solvents may deteriorate the band.
- If your watch has a semitransparent urethane band, which is easily discolored, special care should be taken to keep it clean. Depending on the condition of use, the semitransparent band may be discolored after several months of use.
- If your watch is not water-resistant, be careful not to get wet with water or sweat. When it gets wet with water or sweat, use chemicals to wash it with a hygroscopic cloth.
- If your watch is 5, 10 or 20 bar water resistant, rinse it in a bowl of fresh water after used in seawater. Do not use chemicals to wash it.
- If your watch has a rotating bezel, clean the bezel regularly. Otherwise, dust will gather under it, making the rotation hard.
- RASH AND ALLERGY  
Adjust the bracelet or band so that there will be a little clearance between the bracelet or band and your wrist to avoid accumulation of perspiration.  
If you are constitutionally predisposed to rash, the band may cause you to develop a rash or an itch depending on your physical condition.  
The possible causes of the rash are as follows:  
1. Allergy to metals or leathers.  
2. Rust, dust or perspiration on the watch or band.  
3. If you develop any skin reactions, take off the watch and consult a doctor immediately.

**PRECAUTIONS ON WEARING YOUR WATCH**

- Take utmost care in the following cases:  
When clasping and unclasping the band, you may damage your nail, depending on the type of clasp used with the band.  
In case you tumble and fall or bump into others with the watch worn on your wrist, you may be injured by the reason of the fact that you wear the watch.  
When you make contact with children, especially with infants, they may get injured or develop a rash caused by allergy.
- CAUTION  
If your watch is of the fob or pendant type, the strap or chain attached to the watch may damage your clothes, or injure the hand, neck, or other parts of your body.
- PERIODIC CHECK  
We suggest that you have your watch checked by ALBA DEALER every 2 or 3 years or when the battery is replaced for oil condition, battery electrolyte leakage or damage due to water or sweat. After checking the watch, adjustment and repair may be required.  
When the replacing the parts or battery, please specify "ALBA GENUINE PARTS". If an old battery is kept in the watch for a long time, electrolyte leakage from the battery may damage the parts.  
Be sure to have the gasket and push-pin replaced with new ones by the ALBA DEALER when checking the watch or the battery is replaced.

**REMARKS ON THE BATTERY**

- Notes on the battery  
(1) Battery life  
When a new normal battery is installed, this watch operates for approximately 2 years.  
If the alarm and/or timer is used for replacement, you may damage your nail, depending on the type of clasp used with the band, the battery life may be less than the specified period.  
(2) Monitor battery  
The battery in your watch may run down in less than two years after the date of purchase, as it is a monitor battery which is inserted at the factory to check the function and performance of the watch.  
(3) Battery change  
1 For battery replacement, be sure to have the battery replaced with a new one at the retailer from whom the watch was purchased or an AUTHORIZED ALBA DEALER, and request the battery for exclusive use with the ALBA watches.  
2 If the old battery is left in the water for a long time, a malfunction may be caused due to battery leakage, etc. Have it replaced with a new one as soon as possible.  
3 Battery replacement is charged even if it runs down within the guarantee period.  
4 Once the case back is opened for battery replacement or other purposes, the original water resistant quality designed for the watch may deteriorate when it is closed. When you have the battery replaced with a new one, also request the water resistance test pertaining to the water resistant quality of your watch. If your watch has 10-bar or higher water resistant quality, be sure to have such test performed on the watch every time the battery is replaced.

- WARNING**
- Do not remove the battery from the watch.
  - If it is necessary to take out the battery, keep it out of the reach of children.
  - If the child swallows it, consult a doctor immediately as it will adversely affect the health of the child.
- CAUTION**
- Never short-circuit, tamper with or heat the battery, or never expose it to fire as it may explode, generate and intense heat or catch fire.
  - The battery in your watch is non-rechargeable. Never attempt to recharge it, as this may cause battery leakage or damage to the battery.
  - If the watch is left in a temperature below 5 C or above 35 C for a long time, it may cause the battery life to be shortened. Also, the liquid crystal panel may decrease in contrast, and the electroluminescent light may illuminate for a shorter period of time.

**NECESSARY PROCEDURE AFTER BATTERY CHAGE (RESETTING THE IC)**

- After the battery is replaced with a new one, or when an abnormal display (broken digits, etc.) appears, follow the procedure below. The built-in IC will be reset and the watch will resume normal operation.
- How to reset the IC**  
1 After the battery is replaced with a new one, be sure to press button A, B, C and D at the same time for 2 to 3 seconds. The display will become black, and then, "12:00" or SA 1 JAN LON" will be displayed. (Contrast level is 7.)  
2 After setting the IC  
Before using the watch, adjust the following display in the order below by referring to the corresponding sections of this instruction manual.  
1. Time/calendar  
2. Alarm time

**NOTE ON THE REPLACEMENT PARTS**

- ALBA makes it a policy to usually keep a stock of spare parts for its watches for 7 years. In principle, your watch can be reconditioned within this period if used normally. (Replacement parts are those which are essential to maintaining the functional integrity of the watch.)
- The number of years that a watch is considered repairable may vary greatly depending on the condition under which it was used, and normal accuracy may not be achieved in some cases. We recommend, therefore, that you consult the retailer from whom the watch was purchased, when having them repair your watch.
- The case, dial, hands, glass, bracelet, or parts thereof may be replaced with substitutes if the originals are not available.