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Instructions for installing/using Firefox FireFTP plugin
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1. Browse to http://fireftp.mozdev.org

2. Click "Download FireFTP"

3. Select "Install Now" from the popup that appears

4. Restart Firefox to complete the installation

5. Go to the "Database login" of the NIHPD data distribution site (as
   described above)

6. Right-click on "Link to FTP site" and select "Open link in FireFTP"

7. FireFTP will open but the initial login will fail; select "Manage
   Accounts" on the top left of the FireFTP window, then select "Edit"

8. Uncheck the "Anonymous" box, click "OK"

9. Select "Connect" at the top left (next to FireFTP's location bar)
   and enter your usernam and password

You should now be able to browse the MRI data in the right hand panel,
and download files or directories from right (remote) to left (local)
by drag-and-drop or by using the arrows.

Everything described above was to get FireFTP set up the first
time. Next time you would like to access the data using FireFTP, it
will be considerably simpler:

1. Open Firefox

2. Select "Tools" - "FireFTP"

3. Select "nihpd_pub.bic.mni.mcgill.ca" from FireFTP's location bar
   and select "Connect"

4. Enter your DB/FTP access code if/when prompted