

GETTING STARTED

Place your Master copy into drive one, reset and press F1/F2 key to boot the machine.
The opening program does two things. It makes a back-up copy of BIOgraph~ and it also installs some information about your printer i.e. BAUD rate and device name (e.g. SER1). Please consult your printer manual for this information.
Simply follow the prompts and input the information requested and you will soon have a working copy for your regular use.

AN INTRODUCTION TO BIORHYTHMS

Have you ever wondered why it is that there are some days in your life when everything seems to go wrong and other days when you sail through all obstacles like a dream? This isn't always pure chance you know but a scientifically proven cycle of events.
BIORHYTHMS were first discovered by European scientists in the early 20th Century and were defined as internal body states interacting with each other and influenced by external pressures and the environment. These body rhythms, which follow a regular pattern through life, are categorised as follows:–

PHYSICAL: affecting general body functioning.
INTELLECTUAL: mental concentration and alertness.
EMOTIONAL: creativity and sensitivity.

BIORHYTHMS are used extensively worldwide but especially in Japan and Switzerland where business organisations, hospitals and airlines are aided in predicting the likelihood or industrial injury, surgical complications and airline crashes.
Understanding this chain of rhythmical cycles gives you the advantage of knowing in advance how you are likely to feel on any particular day. With this knowledge you are able to deal with everyday situations much more efficiently and thereby make more effective use of your capabilities. By interpreting your own BIORHYTHM chart you can avoid making so many errors on your bad days for example and exploit to the full any opportunities that may come your way on influential days. As you can see, the potential of this technique of self-awareness is enormous. Anything that you wish to do e.g. redecorate the house, buy a new car, start a slimming regime, etc. can be programmed to achieve the best results. Your venture or goal will then be given the maximum chance of success.
People tend to respond most to the cycle linked to their personality or occupation. Thus an athlete, for example, will be greatly affected by the PHYSICAL cycle, a scientist by the INTELLECTUAL cycle, and an artist by the EMOTIONAL cycle. Also if two cycles are in a very positive phase they can balance out a cycle in a negative phase and thus the three BIORHYTHMIC cycles should always be assessed in conjunction with each other rather than independently.

BIOgraph~ will make your job of interpretation that much easier though; in fact everything is done for you. No complicated calculations to perform, no worrying about leap years; just sit back and enjoy the program and let it do all the hard work for you!

THE THREE CYCLES

A BIORHYTHMIC cycle is called active or positive during the first half of its duration and inactive or negative during the second half. The active phase is the time when the positive aspects of a cycle are more prominent and the inactive phase is the time when the energies of a cycle are recharging which results in the more negative aspects being felt. The point at which a cycle crosses from active to inactive (or vice versa) is known as a "critical" day. This is the most unstable time of the whole cycle and particular attention should be paid to these days. In fact many years of research have shown that we are five times more likely to have an accident on one of our critical days and, believe it or not, eleven times more likely to die – but we won't dwell on that! The days either side of the critical day are often termed "semi-critical".

PHYSICAL *23 day cycle*
Determines strength, co-ordination and susceptibility to illness.
In its active phase we have most energy, feel active and co-ordinated.
In its inactive phase we have less energy, feel lethargic and are more prone to illness.
On physical critical days we are susceptible to accidents and injuries and should show care at home, work and travel.

INTELLECTUAL *33 day cycle*
Affects memory, alertness, ability to learn and concentrate.
In its active phase we are more receptive to new ideas, think logically and show good understanding of complex matters.
In its inactive phase we show lack of logic, inability to concentrate and irrational decision making.
On intellectual critical days we should avoid important decisions and actions as we tend to show unsound thinking and defective judgement.

EMOTIONAL *28 day cycle*
Governs the state of mind, sensitivity and creativity.
In its active phase we are co-operative with others and have constructive feelings and generally feel happy and positive.
In its inactive phase we are non co-operative, argumentative, short tempered and show poor judgement.
On emotional critical days we are likely to be anxious, depressed, irrational, self-destructive and emotionally unbalanced.

Once the program has loaded, you will be presented with a small central screen requesting information.

Firstly your name – well you can't go wrong there!
Next comes your date of birth – the format used is dd/mm/yyyy.
Finally the date you want to start your first chart.
Don't worry, the program will not let you enter an incorrect date. BIOgraph~ will then draw you a single chart depicting that month's BIORHYTHMS in detail along with a lower screen of information relevant to the first day of that month. Each day of the month is represented by a vertical line and the division between active and inactive by a single horizontal line. The information below consists of a key to the colours used; a reminder of the total length of each cycle; details of how many days old you are at the beginning of that month; the status of each cycle and what position each is in.

The three cycles are drawn in the following colours:–

	PHYSICAL	INTELLECTUAL	EMOTIONAL
Colour	Red	Green	White
Monochrome	Dark	Medium	Light

Nothing will happen now until you press a key when the following Main Menu of choices will pop up:–

NEXT FULL MONTH
BACK FULL MONTH
NEXT SIX MONTHS
CHART ANALYSIS
COMPATIBILITY
SCREEN DUMP
RESTART/QUIT

Just use the up/down cursor keys to move from one option to the next and the SPACE bar to confirm your choice.

NEXT FULL MONTH
BACK FULL MONTH

You will have no difficulty with these first two options. They will take you forwards or backwards indefinitely a month at a time from your initial starting point.

NEXT SIX MONTHS

This will draw six monthly charts from the end of the previous month. You will notice that this time the vertical lines are numbered 1,3,5,7 etc. with the spaces in between representing the even days. This has been done specifically to make the smaller charts easier to read.

CHART ANALYSIS

In analysis mode the program has been designed to offer the maximum flexibility at all times.
When you select this option the narrow screen at the top now displays the current day of the week, the date in full and a reminder about which keys to use. Down the screen slightly you will notice that the number "1" has changed colour from white to green and that an arrow points downward below it. This highlights your current day. At the same time the screen in the bottom right hand corner now contains an at-a-glance status of your BIORHYTHMS for the current day. Moving the left and right cursor keys immediately updates all this information. You may pan through one day at a time or, if you hold your finger on the cursor keys, you can zip through quickly to any specific day you wish to look at. Extra information is available at any time and for any day. Just press the F5 key and a more detailed analysis will appear for each cycle in turn. You may print this analysis if you choose using the F1 key, or look again at the same day's analysis (keep pressing F5) or go to another day using the left and right cursor keys. Finally when you have finished your analysis just press ESC and you will be back with your Main Menu.

COMPATIBILITY

This is great fun especially at parties.
Here you are required to enter two names and dates of birth. The program always gives you the option of the current name and date of birth for the first of the two – you may accept by just pressing ENTER or delete/amend using the left/right cursor keys + CTRL. Do the same for the second name. If everything is correct confirm with "Y" or ENTER when you will again be asked for a starting date (the initial starting date is given as an option). This time a chart for

both people is displayed on screen along with a compatibility rating for each of their cycles. When you press a key an Options Menu will pop up:—

NEXT FULL MONTH
BACK FULL MONTH
VIEW PROFILES
PRINT PROFILES
SCREEN DUMP
MAIN MENU

NEXT FULL MONTH
BACK FULL MONTH

Again these first two options are fairly obvious. They will update both charts in either direction. It is good practice to study the two charts together to get an idea of how one person could be affected by the other in any given situation.

VIEW PROFILES

This option opens a window under each cycle heading in turn and gives a mini-screen of information relating to the degree of compatibility they will be likely to have with one another. Each window has a border of the appropriate colour to make identification easy. It is generally considered that the ideal match for a marriage partner is 100% PHYSICAL, 100% INTELLECTUAL and 50% EMOTIONAL. But that certainly does not mean that lower ratings will necessarily be unsuccessful.

PRINT PROFILES

Prints the above to the printer.

SCREEN DUMP

Prints the graphic screen to a suitable dot-matrix printer.
This uses the Easel file GPRINT—prt by Psion which is Epson compatible. The author sees no reason why you should not use any of the other Easel alternatives provided by Psion (specific to your own printer of course) as long as they are copied onto the BIOgraph~ working disk/cartridge and named GPRINT—prt.

MAIN MENU

Takes you back to the main menu where we have our final option.

RESTART/QUIT

Pressing F1 will allow you to start with a new person and date.
Pressing F5 will take you back into the program where you were before, with all Main Menu options available.
Pressing ESC will quit the program.

Whether we are aware of them or not these cycles are influencing our lives daily, so why not develop more awareness of <u>your</u> BIORHYTHMS and use them to your advantage. Have lots of fun at the same time.

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