Biorhythms33

COLLABORATORS			

	TITLE : Biorhythms33		
ACTION	*NAME*	*DATE*	*SIGNATURE*
WRITTEN BY		June 8, 2025	

REVISION HISTORY			

NUMBER	DATE	DESCRIPTION	NAME

Contents

Chapter 1

Biorhythms33

1.1   main

```
                    Biorhythms 3.3

            (C) Richard Smedley 1996

            Biorhythms
            Requirements
            Tooltypes
            Using the program
            Menu functions
            Version history
            Copyright & Disclaimer
            Contacting the author
```

1.2   Biorhythms

```
BIORHYTHMS
----------
```

From time to time, we all experience feeling tired or depressed without any
apparent reason when, just the day before, everything had been alright.

A number of Swiss scientists decided to look into this problem, and after
studying medical files and a huge amount of statistical analysis, they
discovered that people tend to experience these ill-fated days at regular
intervals.

In their scientific analysis, they divided human feelings into three basic
categories:

```
    PHYSICAL        Concerning stamina, vitality, energy, vigour and
                    physical strength.

    EMOTIONAL       The nervous system, our emotions, sensitivity,
                    optimism, self assurance, moods, creativity and
                    intuition.
```

    INTELLECTUAL   Our intellectual faculties.

Their findings indicated that our abilities in each of these categories are
subject to cycles which are thought to start at birth and continue with
absolute regularity throughout our entire life. The physical cycle is said
to last 23 days, emotional 28 days, and intellectual 33 days.

1.3 Requirements

```
REQUIREMENTS
------------
```

Biorhythms should work on any Amiga fitted with at least Kickstart 2.0 or
better, and uses reqtools.library by Nico François.

1.4 Tooltypes

```
TOOLTYPES
---------
```

You can easily change the default configuration of the program by setting
the following Tooltypes in the Biorhythms icon:

    WIDTH=<width>
        Sets the initial width of the biorhythm window (412-640)

    HEIGHT=<height>
        Sets the initial height of the biorhythm window (120-512)

    SHOWDATES=YES
        Show the individual dates below the biorhythm chart.

    SHOWINTERPRETATIONS=YES
        Show the interpretation messages below the biorhythm chart.

    BIRTHDAY=<dd/mm/yyyy>
        Enter a default birthday to be automatically used when you first
        run the program.

    DATEFORMAT=MM/DD/YYYY
        Make the program use the MM/DD/YYYY format for entering dates.

1.5 Using the program

```
USING THE PROGRAM
-----------------
```

There are two string gadgets at the bottom of the window, one for entering
the birthday and the other for the date of the chart. The dates should be

entered using the DD/MM/YYYY format, but you *don't* have to rigidly stick
to this - for example, you can enter "1.1.96" and it will automatically be
changed to "01/01/1996"!

Just enter the two dates, and the biorhythm chart will be displayed. You'll
notice that the biorhythms window is fully re-sizable, so if you want to
make the chart bigger/smaller then all you've got to do is drag the window
to a new size.

The cursor keys can be used as keyboard short-cuts for quickly changing the
date of the plot: The left/right keys change it 1 day at a time, and the
up/down keys change it 1 month at a time.

You can toggle whether or not the individual dates are displayed below the
biorhythm chart by selecting "Options/Show dates" from the menu. The charts
can sometimes be easier to read if you turn the dates on.

Turning on "Options/Show interpretations" will show a brief interpretation
message below the biorhythm chart.

                              Menu functions

1.6 Menu functions

MENU FUNCTIONS

The following menu functions are available from the Biorhythms window:

PROJECT

    PRINT
        Make a graphical printout of the biorhythm chart (works best with
        a colour printer!)

    ABOUT
        Show info about the program and its author.

    QUIT
        Quit the program.

BIRTHDAYS

    <name>
        Once you've entered the name & birthday of your family and friends
        using the "Birthdays/Edit" function, selecting somebody's name from
        the menu will instantly display their biorhythm chart.

    EDIT
        Selecting this will open a window where you can enter/edit the
        details of your family and friends. Their names will then appear
        in the Birthdays menu, making it possible to instantly display
        their biorhythm chart by simply selecting their name. The program
        will attempt to save the details in the file "Biorhythms.dates" as

soon as you close the window.

OPTIONS

    SHOW DATES
        Toggle whether or not the individual dates are displayed below the
        biorhythm chart. The charts are often easier to read with the dates
        turned on.

    SHOW INTERPRETATIONS
        Turning this on will display the interpretation messages below the
        biorhythm chart.

    SAVE AS TEXT
        Save the biorhythm chart as a standard ASCII text file, using the
        letters "P", "E" and "I" to draw the three curves. Could be quite
        useful if you want to e-mail a biorhythm chart to a friend, or for
        making text-based printouts on B&W printers.

1.7 Version history

VERSION HISTORY

V1.0 (28.01.96)

  - The first release, written using compiled AmosPro & IntOS...

V2.0 (10.02.96)

  - Completely re-wrote the program using compiled Blitz Basic II. The
    program is *much* faster now, and it no longer needs any external
    libraries!

  - The age in days is now displayed below the biorhythm chart.

  - Dates are now in the format DD/MM/YYYY, so you'll still be able to
    use the program in the year 2000 :-)

  - Added a pull-down menu, containing the traditional "About" & "Quit"
    functions.

V2.1 (24.02.96)

  - Incorporated some error-checking on the dates: The program used to
    accept daft dates such as 31st Feb!!

  - Completely re-wrote the age calculating routine - the old routine
    didn't always take leap years into consideration while calculating
    the age...

  - Added the option of displaying the dates below the biorhythm chart,
    making the chart easier to read.

- Decreased the minimum possible height of the window, so that users
  with a non-interlaced WB can also have small biorhythm charts!

- Added some keyboard shortcuts on the cursor keys, making it possible
  to quickly increase/decrease the date of the plot by just pressing a
  single key.

- The "About" window now includes a reminder about the DD/MM/YYYY date
  format, together with a brief definition of what "P", "E" and "I"
  actually refer to on the biorhythm chart...

V3.0 (10.03.96)

- Added a "Birthdays" menu to the program: Enter the name and birthday
  of your family & friends, and you'll be able to calculate a biorhythm
  chart for them by simply selecting their name from the menu.

- Incorporated a number of Tooltypes into the program, allowing you to
  set the initial size of the window, and so forth.

- The GUI now uses gadtools gadgets instead of intuition ones!

V3.1 (27.03.96)

- The program can now display a message giving a simple interpretation
  of todays biorhythm chart (select "Project/Interpret" from the menu)

- Added a printout function, so you can easily make printouts of your
  biorhythm charts.

- A warning will now be displayed if you try to put more than 20 names
  on the "Birthdays" menu.

- Added a keyboard short-cut to the "Birthdays/Edit..." menu function.

V3.2 (04.04.96)

- The program can now save biorhythm charts as standard ASCII text, so
  you can e-mail them to your friends etc.

- Added a new Tooltype to the program, making it possible to change the
  date format to MM/DD/YYYY

- Menu functions finally ghost themselves when they can't be used!

- Fixed a spelling mistake in the interpretation messages...

V3.3 (24.04.96)

- The interpretation messages are now displayed below the biorhythm chart
  itself instead of using a seperate requester.

- If the interpretations are turned on, then the interpretation messages
  will be included on printouts and text-based charts.

- Corrected the inversed-palette problem on the ListView scroll-bar in
  the Edit Birthdays window.

– Increased the minimum height of the window, to make sure that there's
always enough room to display the new interpretation messages.

1.8   Copyright & Disclaimer

```
COPYRIGHT & DISCLAIMER
----------------------
```

Biorhythms 3.3 is (C) Richard Smedley 1996, all rights reserved.

This program is freeware, and may be freely distributed for non-commercial
purposes providing the original files remain fully intact and unmodified.

This program is supplied "as is", with no guarantees either expressed or
implied. Your use of this program is entirely at your own risk.

ReqTools and reqtools.library are (C) Nico François 1994.

1.9   Contacting the author

```
CONTACTING THE AUTHOR
---------------------
```

If you want to contact me, then please feel free to write to me at the
following address:

```
    Richard Smedley
    257 Stoneyford Road
    Sutton-In-Ashfield
    Notts.
    NG17 3GJ
    England

    rsmedley@cix.compulink.co.uk
```