To send files in compressed form, check the Compress Files box. When this box is checked, files are compressed as they are sent, and automatically decompressed after they are received.

To ensure that files which are transferred cannot be read while they are being transferred on the network, check the Encrypt Files box.

If you want to transfer files over a local area network at the highest possible speeds, be sure that both boxes are not checked, that the Network is Local Area Network, and that cache (use the Edit menu to choose Preferences) is enabled.