

Yolanda Bergman's Good Health Great Food, README (1.0)

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Congratulations on your purchase of DiAMAR Interactive's *Yolanda's Good Health Great Food*. This file contains technical information on product and hardware compatibility, as well as background on QuickTime for Windows. You can review it now, or get it any time later by clicking the "Good Health Great Food Readme" icon in your *DiAMAR* Program group .

DE-INSTALLATION

For Windows 95 Users

You can remove *Yolanda's Good Health Great Food* through the standard Windows 95 conventions from within the Control Panel (Start->Settings->Control Panel->Add/Remove Programs). The CD-ROM will be listed as *Yolanda Bergman's Good Health Great Food*. See your Windows 95 documentation for information about de-installation.

If you decide to re-install *Yolanda's Good Health Great Food* after your first installation, we recommend that you first de-install it before re-installing. This will insure that shared QuickTime programs are properly counted in the system registries.

For Windows 3.x Users

The SETUP program will place an icon to allow removal of the setup files for *Yolanda's Good Health Great Food*. To de-install the program, simply double-click on the icon.

COMMON PROBLEMS

The program is very slow, and pieces of the background drop out.

It's likely that your system is low on memory (RAM). See the **Memory** section below.

The video does not work properly. Either QuickTime was not installed correctly, or your computer is too low on memory (RAM) to play the video. See **QuickTime for Windows** or **Memory** below.

*You get an Application Error and General Protection Fault upon starting *Yolanda's Good Health Great Food*, (especially if you have been running the *Yolanda's Good Health Great Food* earlier in your Windows session).* You should exit from Windows and return. If the problem persists, you should verify that you have the most current video drivers for your computer system. Check the documentation that came with your computer or your video card for information about updating the driver.

QUICKTIME FOR WINDOWS

DiAMAR has included QuickTime for Windows version 2.1.2 from Apple Computer in order to allow you to view videos (QuickTime Movies) while using *Yolanda's Good Health Great Food*. If you choose not to install QuickTime, *Yolanda's Good Health Great Food* will still work correctly, except that you will not be able to view the videos.

The DiAMAR Setup program will automatically run the Apple utility to install QuickTime for Windows onto your computer's hard drive if needed. If a newer version of QuickTime for Windows is already present on your System, Setup will not run the Apple Installer.

If you already have QuickTime for Windows Installed:

You must still run the DiAMAR Setup program even if you have a version of QuickTime for Windows installed on your system. Setup adds several small files and creates a DiAMAR directory on your hard drive. These files are necessary to use some of the features in *Yolanda's Good Health Great Food*.

YOLANDA'S GOOD HEALTH GREAT FOOD: CONFIGURATION RECOMMENDATIONS

Memory

Yolanda's Good Health Great Food requires at least 12MB of real memory and at least a 7MB swap file. A larger swap file may improve performance. A permanent swap file will yield better results than a temporary swap file in most situations. Consult your hardware operating instructions for information. Swap files are set up using the "386 Enhanced" module in the Windows Control Panel (usually found in the "Main" Program Group). If the program seems overly slow or parts of the images or backgrounds remain from previous screens, your system does not have enough available RAM to run this program effectively.

The best way to improve performance of this and other multimedia software products running in a Windows environment is to add memory (RAM) to your computer. Yolanda's Good Health Great Food runs best with at least 12MB of real RAM.

If you're having trouble configuring the memory for your computer, quit Windows, and from the DOS prompt type MEMMAKER to use a Microsoft utility (provided with DOS 6.0 and later) to re-configure your computer and maximize available memory.

After several hours of continuous use, some Windows systems may slow down because of memory and system resource usage. If you notice long delays when switching screens in *Yolanda's Good Health Great Food*, you should restart Windows to restore performance; be sure to use the bookmark feature to save your place.

Tips for Configuring 12MB Systems

In general, the following strategies can help free up RAM for 12MB systems:

- Disable any unnecessary devices or programs loaded by CONFIG.SYS, AUTOEXEC.BAT, or Windows at startup.
- Make sure RAMDRIVE.SYS is not being loaded.
- Disable the startup of network or other printing software.
- Increase the amount of Virtual Memory available to Windows. In general, 12MB systems should have a PERMANENT swapfile of at least 7MB to run *Yolanda's Good Health Great Food* most effectively.
- If you cannot create a permanent swapfile because your disk is too fragmented, run a defragmenting utility (like DEFRAG, which comes with DOS 6.0 or later). It may be necessary to delete unnecessary files from your hard drive in order to allow creation of a large enough permanent swapfile.

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