

Bioday_english

COLLABORATORS

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Chapter 1

Bioday_english

1.1 Bioday_english.guide

Bioday v1.2

Author

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Thanks to

1.2 author

Author

Bioday v1.2

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You may copy and distribute copies of program's executable code and documentation as you receive it. You may charge a fee to recover distribution costs. The fee for diskette distribution may not be more than the cost to obtain a public domain diskette from Fred Fish.

1.3 introduction

Introduction

Many people don't believe in biorythms however it is proper to try analyse them. This program offers biorythm's state checking for any day in the future or in the past. User may cancel some things on this day if necessary, to plan his schedule on coming week...

Are biorythms sensible ? It is user's opinion.

The basic points of biorythms are in chapter
Biorythms

.

1.4 features

Features

Bioday 1.2 has the following features:

- * Short <32kB
- * uses locale.library
- * Font-sensitive
- * remembers date, windows settings
- * Keyboard control of all gadgets
- * Contents annotations for all biorythm
- * You may only run programm once a day

Using program

1.5 requirements

Requirements

Bioday requires at least version 2.04 of the operating system. It does not run on 1.3 systems. If you are still running 1.3 then what for are you waiting ?

Bioday also requires reqtools.library in Libs: directory.

Bioday was programmed on a A1200 with 2MB but it should run on a A600, A500 with Kickstart 2.04 and 030, 040 processors.

1.6 instalation

Instalation

Bioday was written for automatically loaded at start (i.e. drop its icon into WBstartup drawer or add the line 'run >nil: <nil: Bioday' or 'run >nil: <nil: Bioday once' to your 's:user-startup' file), but you may install this program anywhere you want.

File Catalogs/Polksi/Bioday.catalog should be copied to
Locale:Catalogs/Polksi/

You may change argument ONCE=0 to ONCE=1 in icon's TOOLS field to run program once a day.

1.7 uzywanie

Usage

In the window presented on running the program you can see:

* 3 letters stand for:

F - physical biorythm
P - psychical biorythm
I - intellectual biorythm

* 3 bars next to the letters stand for each biorythm value

* graphic symbols:

+ and - - days of positive or negative phase

O - zero day

- X - critical day
- up arrow - upward tendency of biorythm
down arrow - declining tendency of biorythm
- o and x next to arrows - the next zero and critical days
- * state of biorythm in proportion
- * bar with date
- * gadgets:
- New Day - new day of biorythm
- New Date - new birth date
- < and > - one day forward or back
- Info - annotations for state of biorythm
- Author - about author
- * In the window of New Date:
- Save - saves birth date and actual windows position setting
in file s:bioday.prefs
- 12.00 - if you was born before 12am then set 'Before'
if after 12am then set 'After'.
- TAB key allow cycling through day, month and year fields.

1.8 biorythms

Biorythms:

In life of the man exists 3 basic biological rythms:

- physical period: 23 days
Have a influence on motor nerve system
- psychical period: 28 days
Have a influence on sensory nerve system
- intellectual period: 33 days
Have a influence on sympathetic nerve system

Show picture

From the day we are born they interleave one another in differnt points, what can be easily checked. The initial phase of these biorythms means increase of form, the second - decrease. From mutual interrelation of the

three biorythms it can be determined with great precision (Bioday is designed for) wheather in the given day we should work intensively or we should rest; be involved with something or refrain from something; be especially careful while driving and go slower than usual; put off the talk with the boss for another day etc

The moment when one of the biorytms changes from the positive phase to the negative one is called the critical day. It is characterized by misfortunes and accidents.

If biorythm graph changes from the negative phase to the positive we have the zero day. It is as much unfavourable as the critical day. Occasionally it can mark a breakthrough in the positive sense (a recovery from an illness).

Days adjacent to critical days and zero days are 'the next critical' and 'the next zero' days respectively. They can be marked with negative influence of critical and "zero" days.

The middle of negative phase (from -95% to -100%) means the deepest depression Singly it is not so dangerous but in combinations it can be like a critical day.

The possibilties of using biorythmics - which is still a empirical science - brings great advantages. Many surgons can contribute thier successes to taking into account beneficial biorytmical phases when considering operation.

1.9 thanks to

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If you have any comments, suggestions, or bug raports then contact me.

Author
