

Biorhythms33

COLLABORATORS

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REVISION HISTORY

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Chapter 1

Biorhythms33

1.1 main

Biorhythms 3.3

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Biorhythms

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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 today's 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 separate 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

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