BioWIN HELP

BioWIN screen

Click on the BioWIN screen to get info about its contents.
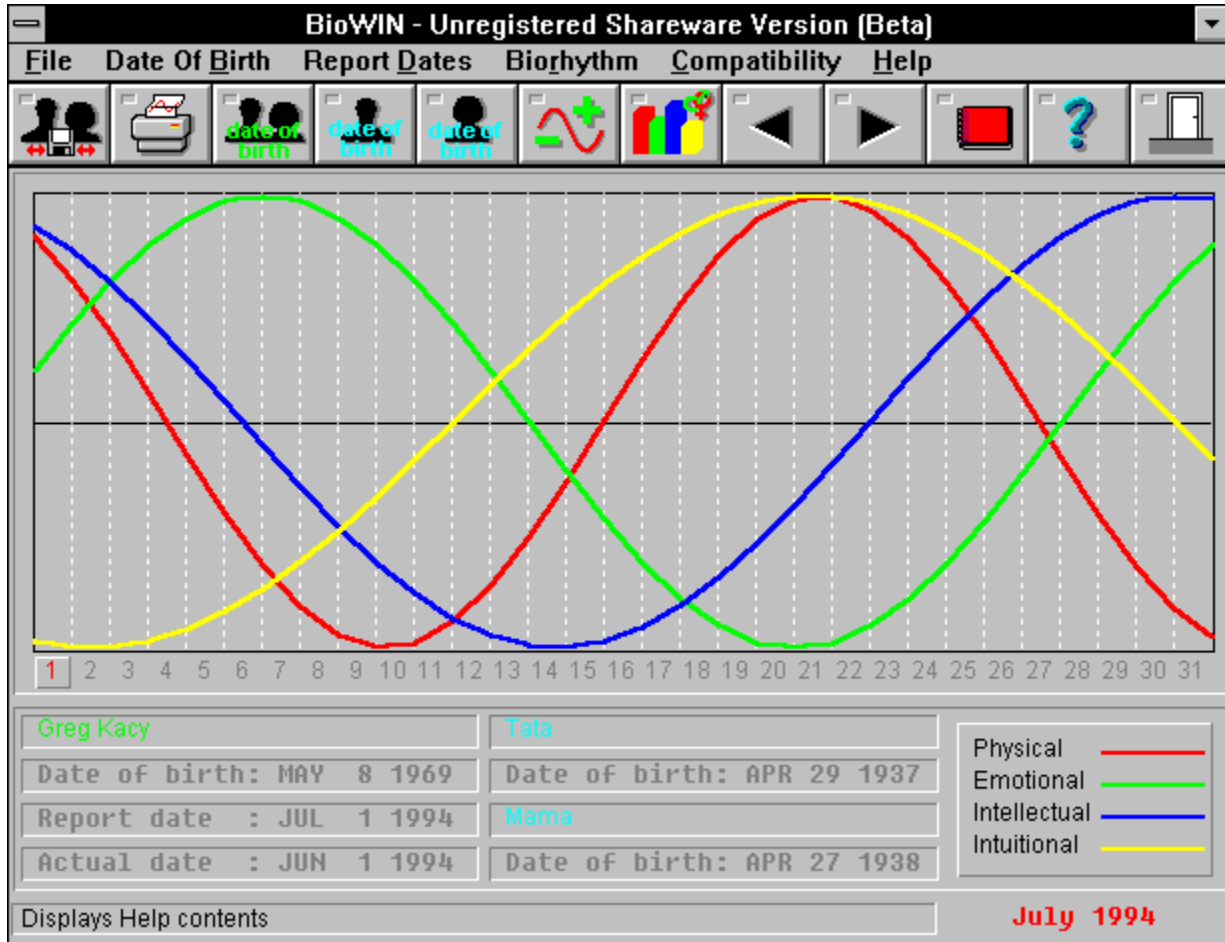
This is the menu bar.

Toolbar ,Keys

You can get some features of the program by pressing the toolbar buttons. The meaning of buttons:

 Opens the Base Edit dialog box, where you can add, edit or delete persons with their **personal data**You can also press **F2** to open that dialog box.

Prints the current cycles. You can also **print** by pressing **F3**.

Opens the **Date** of birth dialog box where you can enter the date of birth of the person for which you want to count biorhythms. You can also get this dialog box by pressing **F4**.

 Opens the "Date of birth" dialog box, where you can enter the date of birth of the first person for which you want to count biocompatibility. You can also get this dialog box by pressing **F5**.

 Opens the "Date of birth" dialog box, where you can enter the date of birth of the second person for which you want to count biocompatibility. You can also get this dialog box by pressing **F6**.

Shows the biorhythms for the current person (**F7**).

Shows the biorhythm **compatibility** chart for two current persons (**F8**).
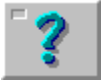

Shows the cycles for the previous month (**F9**).

Shows the cycles for the next month (**F10**).

Shows the **biorhythm** or **compatibility** report. Biorhythm report can also be showed by pressing **F11**, compatibility report by pressing **F12**.

Shows the BioWIN Help (**F1**).

Quits BioWIN (**Alt F4**).

Toolbar contains buttons that give you quick mouse access to many commands and features.

This is the area where biorhythm cycles and compatibility charts are shown. You can set the report date by clicking on that area.

Name of the current person for which the biorhythm will be counted. If the person is not picked from the database this field will contain '*Anonymous*'.

This field shows the date of birth for the current person.

This field contains the report date for the biorhythm counting. The biorhythm report will be counted for that date.

This field contains the actual system date.

This square indicates the actual report date.

These are the days of the month.

Name of the first person for biocompatibility counting. If the person is not picked from the database this field will contain *'Anonymous'*.

Name of the second person for biocompatibility counting. If the person is not picked from the database this field will contain '*Anonymous*'.

Date of birth for the first person for biocompatibility counting.

Date of birth of the first person for biocompatibility counting.

This field contains the name of month for which the current cycles are displayed.

Status bar. Help for menu fields and toolbar buttons is shown here.

This field explains the colors of the cycles or charts

Compatibility Month

Compatibility month is the month for which two appropriate biorhythm cycles of two people will be shown on the same chart. It will therefore be possible to compare the cycles.

In the dialog box you are entering the month for which the dual compatibility cycle will be shown. The earliest month that can be entered is **JAN 1600**.

Compatibility Report

This report shows the compatibility level of biorhythm cycles between two people. The level is in %. The highest level (best compatibility) is 100%, the lowest 0%.

BioWIN Database

BioWIN supports a database where personal data (i.e. date of birth and name) can be stored. This will speed up the process of entering the date of birth for biorhythm and compatibility counting.

To **add** a person to the database you have to click the **Add** button in the *BioWIN database* dialog box. Then fill in the Personal data dialog box.

To **edit** the personal data, select a person in the list box and click the **Edit** button (or just double click the person in the list box).

To **remove** a person from a database, select a person in the list box and click the **Remove** button.

Printing biorhythm cycles

BioWIN can print your cycles in four different ways.

You can print all cycles for the actual month on one graph or you can print every cycle on the separate graph or you can print a year chart. The year chart consists of 12 charts. Number of cycles printed corresponds to the number of visible cycles on the screen. The detailed report shows the percentage level for each day.

To choose the way you want it to be printed click the appropriate radio button.

Biorhythm Report

This report shows a full biorhythm report for the current person. This report is counted for the report date. The report shows the biorhythm level in % for every cycle, day of the cycle and number of days that you lived up to report date.

You can also view a picture...

Configuration

It is possible to configure the look of the plloting area. To do so, click appropriate radio buttons and check boxes in the **Configuration** dialog box.

You can choose the color of the background of the plotting area (**white/gray**), you can choose the width of the curves (**normal/thick**), or you can choose the mode (**mono/color**) or you can switch **on/off the grid**.

If the mono mode will be set, the curves will be shown as a dashed and dotted lines.

Date

BioWIN accepts dates in the following format: **MON   DAY   YEAR** (ex: MAY 8 1969}

The earliest date that can be entered is: **DEC 31 1599**

To speed up the date entering, BioWIN provides two combo boxes from which the month and day can be selected.

Personal Data

Personal data consists of   a **name** and a **date of birth**. The name can be up to **20** characters long. The earliest date of birth that can be entered is: **DEC 31 1599**

Selecting Person

To select a person, highlight the person you want to select in the list box (**Select dialog box**) and click **OK** button, or double click the person in the list box.

Contact

To contact me please write to:

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Box 3055, MS 7209, EOW 348
Victoria, BC V8W 3P6
Canada

email: gkacy@csr.uvic.ca

Biorhythms

Everything that happens around us in the nature is periodic. We are influenced by cyclic changes of the seasons, moon shape, day and night etc.

Every human life is influenced by these factors and 'works' periodical way as well. Scientists have discovered body cycles that are known as biorhythms. These cycles can influence things such as: coordination, immunity to disease, strength, mental stability, moods, logic thinking, ability to learn, memory recall, instincts, etc.

Charting your biorhythms can give a very real indication about your capabilities at a given time.

There are four known biorhythm cycles: **physical**, **emotional**, **intellectual** and **intuitional**. Each of these cycles starts at the time of birth. From this point, each of the cycles starts to rise up through its active phase until it falls back to the zero level. Then it continues through the zero level to go on to a passive phase. Then it raise again to the zero level to begin all over again.

Each time the cycle crosses the zero level from the **active** to the **passive phase**, it is said to be in a critical state (**critical day**). When the cycle crosses the zero level from the passive to active phase it is said to be in a zero state (**zero day**). In the active phase the abilities associated with the particular cycle are high. When the cycle is in its passive phase the abilities are diminished.

During the critical day the associated abilities are unstable, and you should be really careful during that day. The 'zero day' can be various. The abilities are unstable during that day as well.
However this day is better than a critical day because the cycle is heading towards the active phase.

In practice we are under influence of the combination of all the cycles.
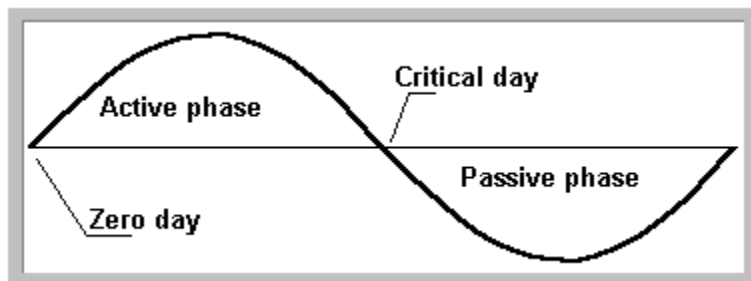
Cycles

The table shows the lengths of cycles and abilities that are affected by each of the four biorhythm cycles.

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physical	23 days	*strength, stamina, immunity to disease, potency, coordination, resistance to pain*
emotional	28 days	*mental stability, sensitivity, moods*
intellectual	33 days	*ability to learn, memory, analytical functions, logic, decision making*
intuitional	38 days	*instincts, unconscious perception*

Getting you charts

To get your biorhythm cycles enter your date of birth and the date for which you would like to see the curves (or report) - report date.

The date of birth can be entered **directly (dialog box)** or from the **database**. The date for which the biorhythm **report** will be shown (report date) can be entered directly in the date dialog box or it can be selected by clicking on the month chart. If you want to set the report date for the current day select *Today* in the *Report Dates* from the main menu.

BioWIN displays the biorhythm charts for a month a time You can move forward (see chart for the next month) or backward (see chart for the previous month) by clicking the appropriate arrow buttons on the toolbar.

Compatibility

BioWIN allows you to show a compatibility between biorhythm cycles for two people. If for example the physical cycle for one person is identical with another person's physical cycle, it means that the physical compatibility is **100%.** The higher a compatibility number the better.

BioWIN shows the compatibility as a **report**, bar chart or a dual biocycles. The dual biocycles are the two corresponding cycles for two people shown on the same chart. This allows to compare the cycles and establish the days with equal biorhythm levels.

To get the compatibility charts,   enter the date of birth for both people (**Person 1**, **Person 2**).

Compatibility is constant through the lifetime, and does not depend on current date. It depends on the dates of birth.

Printing

BioWIN allows you to print the biorhythm and compatibility charts. There are six different printing options.

Biorhythm

- *all cycles on one*   all four cycles will be printed on the same chart (for a single month)

- *separate*   four charts with one curve each (for a single month)

- *year chart*   twelve month chart for current year. The year can be changed by changing the "Report date"

- *detailed report*   detailed printed report for current month

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Compatibility

- *bar chart*   3d bar chart showing compatibility in %

- *two cycle chart*   two curves can be shown for two people on the same chart

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You can choose what to print in the printing dialog box (biorhythm). For compatibility the current state of the chart window will be printed.

In biorhythm printing it is possible to print selected curves. Only the curves that are shown on the screen will be printed. (You can toggle the displaying of the curves in the main menu - **Biorhythm**).

Ordering BioWIN

BioWIN95/NT Registration & Order Form
Please complete and mail to: Greg Kacy

Box 3055, MS 7209, EOW 348
Victoria, BC, V8W 3P6,
Canada

Your REGISTRATION FEE entitles you to the expanded version of BioWIN.
Date: ____/____/____

Name: _____

Address: _____

City: _____ State(Province): _____

ZIP(Postal) Code: _____ Country:_____

Phone: (_____)_____ email: _____

Disk   _____
Internet Download   _____

BioWIN Registration Fee:

$12.00 US (16$ CAN) - disk (and optional internet download)
$10.00 US (12$ CAN) - internet download only

Please enclose check or money order made payable to Greg Kacy
(no cash please).

Orders outside Northern America are fine as long as you pay
in US or Canadian funds. (Add 2$ for international shipping
& handling)

Where did you get your copy of BioWIN ? _____

Comments _____

_____

Signature ....

Ordering BioWIN

You can order full version of BioWIN by sending **this order form**, or register on-line at:

http://www.arakni.com/biorhythm/order.html

The registration fee is US$ 12

References

1   Is this your day? How biorhythm helps you determine your life cycles, by
       George S. Thommen.
            Thommen, George S., 1896-
                Is this your day?   1973

2   Biorhythm : a personal science / by Bernard Gittelson.
            Gittelson, Bernard.
                Biorhythm :   1975

3   Biorhythm : a personal science / by Bernard Gittelson.
            Gittelson, Bernard.
                Biorhythm :   1976

4   Biorhythm for life : a lifetime universal biorhythm chart / by Howard M.
       Thomson.
            Thomson, Howard M.
                Biorhythm for life :   1976

5   Biorhythm : a personal science / by Bernard Gittelson.
            Gittelson, Bernard.
                Biorhythm :   1977

6   The complete book of biorhythm life cycles / Robert E. Smith.
            Smith, Robert E. (Robert Elijah), 1911-
                The complete book of biorhythm life cycles /   1976

Good or bad days

This list box shows a list of good or bad days in the next five years, starting on the report date. A **bad day** is a day on which a person has a several lows or critical phases (biocycle crossing from + to -). A **good day** is a day with several highs.

You can print the list with the corresponding biorhythm levels or view the charts for those days.