

Biorhythm

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by Rick Murray

What is a biorhythm?

A "*biorhythm*" is a cycle of three elements that begins on your birthday and continues throughout your life.

Some people regard biorhythms with the same sort of disdain that they would use with horoscopes, while others would plan their medical treatments and their outings around their biorhythm.

Perhaps my best advice is to ask you to make your own mind up. Consult your biorhythm and see if you think it matches how you felt and performed that day. Also, why not check some dates that are memorable to you and see if your biorhythm matches how you were on those days?

The three cycles

The three cycles are:

- * **Physical**

This is how good your body is feeling, your energy...

On your biorhythm chart, this is drawn first and is shown as a widely-spaced dashed line, like "-- -- --".

- * **Emotional**

Essentially a "will you cry or will you smile?". You can't get away from your emotions, unless you've been turned into some sort of robot...

On your biorhythm chart, this is drawn second and is shown as a closely-spaced dashed line, like "- - - - -".

- * **Intellectual**

The final part of the puzzle of your "feeling" is how well your mind is operating. While intellectual's fluctuations don't mean you'll be a writer one day and dyslexic the next, it does indicate that you are likely to experience a loss of concentration and difficulty remembering things on the bad days, and on the good days you may appreciate Sudoku and crossword puzzles... This is drawn last, and is shown as a solid line.

In order to *correctly* interpret your biorhythm, you should know that while peaks (in either direction) will indicate how you will feel (emotionally, etc), peaks in opposite directions will cancel so you may feel active but not completely happy (if physical high and emotional low). You may not be entirely aware of the differences, so you'd probably feel somewhat *'blah'*...

Days to look forward to are two or more high peaks.

Correspondingly, two low peaks are days to avoid, and if everything is low at the same time - stay in bed!

Biorhythms won't help you win the lottery...

Perhaps the most *important* thing to remember is that your biorhythm is *not* a divination tool. If there is a day where all three cycles are peaking high, this means you should feel good; likewise if all three are peaking low, you should be feeling correspondingly rotten.

Your biorhythm affects YOU, the end.

For this reason, you should *not* use it to determine when would be the best time to buy a lottery ticket. Winning the lottery needs luck so prayer, clover leaves, amethyst crystals, and/or lighting candles may be a more useful aid!

Compatibility

Biorhythm was written for the *Acorn Pocket Book II* hand-held computer. It will also work without problems on the near-identical *Psion 3a* organiser.

Biorhythm requires the full screen size for some of the dialogues, so it should work without issue on the *Psion 3c*, but it is unlikely to work on the *Sienna* or the *Workabout*. I may look to implementing a *Sienna* mode if I can locate an emulation of that emulator...

If you are using the *3a emulator* on your PC, and you have set your emulated display size to VGA (640x480), the results may be rather bizarre...

For Psion users, please note that in this document:

<i>Desktop</i>	means <i>System screen</i>
Acorn key	means Psion key

Installing Biorhythm

Copy the software "*Biorhyth.opa*" to the \APP directory on any convenient storage device.

If you are using an Acorn PocketBook II:

- * Press the "Desktop" shortcut button to switch to the desktop. Move the highlight to the right of where you would like *Biorhyth* to appear.
- * While holding down the "Acorn" key, tap "I".
- * Select the desired drive, then choose "*Biorhyth*". Press "Enter".

A new icon will appear. Select it, and press "Enter" in order to start *Biorhythm*.

Using Biorhythm

When you start *Biorhythm*, you will be prompted to enter some dates and options:

- * ***Date of birth***
Enter your date of birth, or the date of birth of the person whose biorhythm you wish to look at. You can enter *any* date between 1st January 1900 and 31st December 2154 (inclusive). As you are using the standard date input facilities, you may press Tab to call up a month-by-month calendar (Tab twice for a 3-month calendar, or thrice for a yearly calendar). By default, this is set to my date of birth.
- * ***Date for plot***
Enter here the date upon which you wish to see the biorhythm. By default, this is set to today's date.
- * ***Plot style***
This gives you the option to *Plot ten days either side of date* (the default) or *Plot for a whole*

month.

These are described in more detail below.

* **Accuracy**

This gives you the option to draw the biorhythms *Accurately* (the default) or *Quickly*.

Quick drawing simply means that the biorhythm curves will be drawn with less finesse. The curves themselves will be drawn the same way, but they'll be drawn in a third of the time if you use quick drawing.

You will experience a "stretching" effect when using quick drawing. Try it, you'll see what I mean. This is completely normal and is due to the way quick drawing works.

Press **Enter** and your biorhythm will be drawn!

And then...?

You may press **Acorn** and **X** to exit. You may press **Help** to refer to the built-in help. You may press **Diamond** to switch between 20-day and whole-month views. Or, you can press any key to go back to the dialogue where you enter dates and options.

There is no built-in way to save a copy of your biorhythm, however the operating system permits you to press **Control** and **Shift** and **Acorn** and **S** all together to cause a copy of the current screen to be saved to the root directory of the default disc. Usually you will find this as: *\Screen.pic* on the internal drive, and you can use *PsiWin* to convert this into a BMP.

Types of plot

Biorhythm offers two ways to view your biorhythm...

The 20-day view (or "Ten days either side of date") will place "today" in the centre of the display and chart your biorhythm in the ten days leading up to, and the ten days following, the date that you give. Personally, I find this to be the most useful view.

The whole-month view will display the entirety of the month specified (with the exact date indicated). In this view, the only difference between 2006/12/01 and 2006/12/31 will be the position of the specified date marker. This view shows 28-31 days at a time, according to month length.

You may use the **Diamond** key to switch views on the same date.

A little hint

If you are looking for certain days (all good, or all bad), use *whole-month* view with *quick* drawing. When you find what you are looking for, switch to *20-day* view with *accurate* drawing to see it more clearly.

Legal stuff

This software has been supplied to you for *free* (as in "gratuit"). For this reason, no guarantees and no warranties are offered. Furthermore, while I believe that this software operates substantially in accordance with that described in these instructions, I accept no liability for (but not limited to) error, loss of data, or the happiest day of your life being when your biorhythm suggests you should be a pile of jelly bawling your eyes out... :-)

You may install and use this software on your organiser, or as many organisers as you feel necessary - no site licence is required.

Furthermore, you may redistribute this software provided that:

- a. You do so at *no* cost to the end-user. Note that this does not count things for which you have no control over, such as telephone connection charges, unless you are one of those slimy systems that uses a premium-rate phone number...
- b. If an on-line service, the user may connect *anonymously* in order to retrieve this software (BBS sysops - you *do* have a Guest account, right?).
- c. The archive is not modified in *any* way - this includes (but is no limited to) the addition of "file_id.diz" and the automated addition of "downloaded from..." notices.

If you wish to distribute this software for payment, or with something for which the end-user must pay (i.e. cover-mounts, ShareWare CD-ROMs, bundled freebies, etc) then you should ask for permission. I will, in return, ask for a complete and fully-working copy of whatever my software is to be included with. If you ask nicely, I may be willing to "customise" this software with the addition of a "Supplied with..." type message in the start-up and/or software information displays.

Decompilation and hacking is *not* prohibited. If you want to take this software apart to see how it works, go for it!

However, please note that *distributing modified versions in any way is prohibited*.

And if I catch anybody distributing a version to which they've removed my name and inserted theirs, I hereby reserve the right to subject them to any form of public humiliation and ridicule on my website (and my magazine), without limitation... because any luser with a hex editor can do that - you'd be impressing nobody.

This software is a product of the European Union. Made in France. Fabrique en France. :-)

Support and contact details

Email: heyrick *-at-* merseymail *-dot-* com

Website: <http://www.heyrick.co.uk/software/pb2/>

Please note that I can only access the Internet once a week at my local library for half a hour, school holidays excepted. So my communications will not be as quick as I'd like them to be. However, please don't let this put you off - I would love to hear your comments and suggestions!

Also at that same URL you will find some other software and information about the *PocketBook II / Psion 3a*, such as:

- * Little bricks game
- * Featureful command shell
- * Sky FTA channels listing, quick reference
- * Under-the-bonnet techie info
- * And more!

Additionally, for 10 euros (+P&P), you can purchase my French verb conjugation software ("*Verbe*"), which now includes a *PocketBook II / Psion 3a* quick verb reference.

<http://www.heyrick.co.uk/software/verbe/>

You may also find my self-published magazine "*Froblicate*" to be useful? It is available in its original *OvationPro* version, and also as a *PDF*.

<http://www.heyrick.co.uk/froblicate/>

(*OvationPro* at <http://www.davidpilling.net/>)

There are also a number of pieces of software, mostly free, for Windows and RISC OS:

<http://www.heyrick.co.uk/software/>

Thanks to...

John & Irene Williams

<http://www.picindex.info/>

Glenn Richards

<http://www.squirrel-net.co.uk/>

Ewen Cathcart

Acorn

Classic FM TV

<http://www.classicfm.tv/>

If you are reading the PDF version of this document, it was directly converted from the Psion word-processor's original.

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