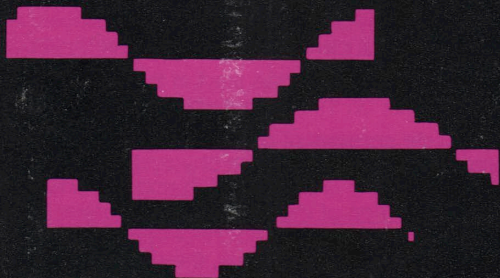


RCA

Home TV Programmer

TV Mystic Series

Biorhythm



Instructions

This Home TV Programmer cartridge provides a simultaneous video display of Physical, Emotional and Intellectual Biorhythm cycles.

Cartridge 18V700

Biorhythm

All living things are affected to some extent by various biological cycles. The theory of Biorhythm states that there are three predominant cycles that can influence human behavior:

- Physical cycle, 23 days. Affects physical strength, health, energy, vigor, stamina, etc.
- Emotional cycle, 28 days. Affects moods, feelings, sentiments, etc.
- Intellectual cycle, 33 days. Affects intelligence, attentiveness, concentration, judgement, etc.

In theory, all three cycles start at the day of birth and continue on throughout your lifetime.

Each cycle consists of one positive and one negative period. A person's physical, emotional or intellectual state is enhanced during the positive, or "up", portion of the cycle. The negative, or "down" periods should not necessarily be considered as bad, however, they do indicate a quiet, subdued time when an individual may not be at peak performance.

Of more importance are the so-called "critical" days when the cycle crosses over from positive to negative, or vice versa. A critical day indicates a time of potential instability. For example, on a critical day in the emotional cycle, an otherwise easy-going, carefree person may become rather argumentative, or edgy. On a critical day in the physical cycle, a person may tire more easily and be prone to physical discomfort. And on a critical

day in the intellectual cycle, the attention span may be short, and a person may not be as alert as usual.

There are several books commercially available that provide a great deal of information on the subject of Biorhythm, including detailed interpretation and analysis of the cycles.

The 18V700 Biorhythm cartridge simultaneously displays physical, emotional and intellectual biorhythm charts for any 32-day period, starting with whatever beginning date you select. As long as you know the birth date, you can display the Biorhythm charts for people in the past, back to the year 1, and in the future to the year 9999—a span of almost 10,000 years.

Note: *Although the date of birth is the standard reference point used in Biorhythm, experience may indicate a certain individual's Biorhythm cycles are more accurate if adjusted to a day or so before or after their birthday. For some, it may be necessary to use an entirely different reference date. If the Biorhythm cycles do not seem to coincide with actual events, it may be helpful to chart one's emotions, accomplishments, and behavior for one or two months and compare them to the Biorhythm cycles based on the date of birth. Through experimentation, it may be possible to determine a date other than the birth date that will provide appropriate Biorhythm cycles.*

Important

Biorhythm is not a science; it is a theory proposed by several European psychiatrists at the turn of the century based on their statistical studies. Biorhythm does not predict the future, but simply provides a technique some people believe is useful in helping to plan their activities.

The 18V700 cartridge will display the Biorhythm cycles based on the dates entered. Any interpretation of the cycles is the sole responsibility of the user. RCA Corporation has no opinion as to the validity of the Biorhythm theory and is not responsible for any action or failure to act by anyone based on use of information displayed by this cartridge.

Using the Biorhythm Cartridge

1. Insert the cartridge into the Programmer Console.
Press CLEAR key.
2. Press Key 0 on Keyboard A.

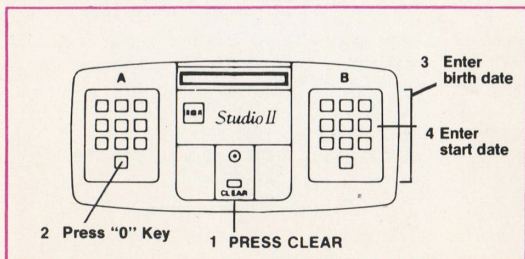


Fig. 1.

- Enter birth date on Keyboard B, using 2-digit month, followed by 2-digit day, then 4-digit year. For example,

<i>Birthdate</i>	<i>Enter</i>
Feb. 6, 1956	02 06 1956
Jul. 12, 1931	07 12 1931
Nov. 3, 1898	11 03 1898

- Enter start date on keyboard B. Again, using 2-digit month, followed by 2-digit day, then 4-digit year.

The start date can be today's date, providing a 32 day chart with today as first day. Some people may find convenient start dates to be the first day of the week or month. Any date in the past or future (from year 1 to 9999) can be entered. Whatever date you enter as a start date will represent the first day on the 32-day Biorhythm display.

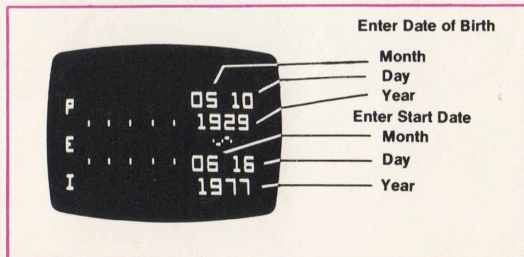


Figure 2

- Tones will sound as the computer is determining the Biorhythm chart. The longer the time period entered, the longer the unit will take to display the charts. As an example, a time span of 75 years will take about one minute.
- The charts will be displayed similar to Figure 3. Of course, the curves shown are for the dates entered.

The markers between the graphs represent one week (7 day) intervals. The left marker represents the first day, or start date. The second mark is one week later, the third mark is two weeks after the start date, etc. For example, if the start date is a Tuesday, the other markers will represent Tuesdays of the following weeks.

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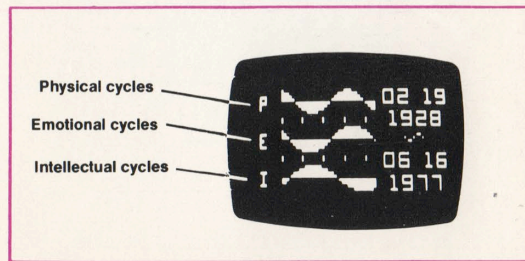


Figure 3. Typical Biorhythm Display

If you have any doubt about the location of a certain day in the Biorhythm display, you may want to form a new display using the day in question as the start date. This will position that day at the left side of the display.

Note: To enter a new Biorhythm display, simply press Key 0 on Keyboard A, then enter new birth dates and start dates on Keyboard B.

COMPLETE 23-DAY PHYSICAL CYCLE

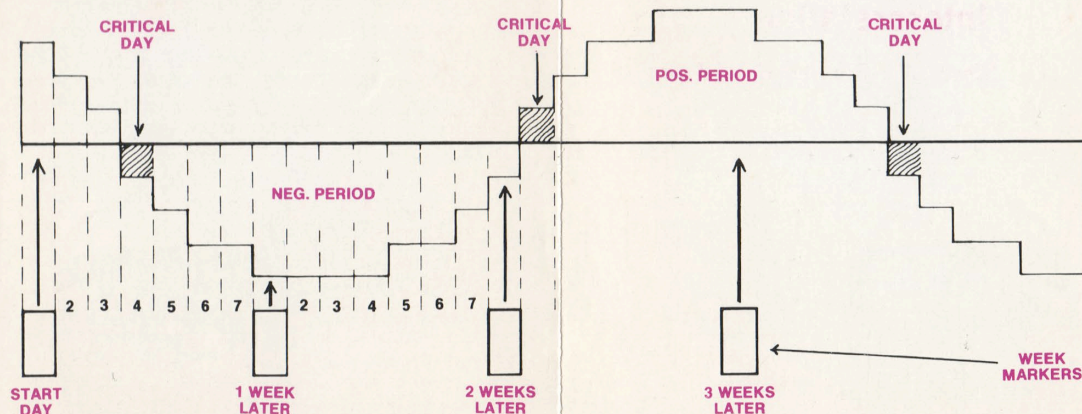


Figure 4. Typical Biorhythm Display, showing day and week identification. This display shows a 23 day Physical cycle. Emotional cycles have 28 days, and Intellectual cycles have 33 days.

Interpretation

	Physical	Emotional	Intellectual
Positive Period (Up)	strong, vigorous	good moods, cooperative	good judgement, sharp mentally
Negative Period (Down)	tire easily, less stamina	low enthusiasm, feelings subdued	Low attentiveness and concentration
Critical Days (crossover)	susceptible to injury or illness, low endurance	emotionally unstable, upset easily	poor memory, prone to mistakes

Note: *If the metal contact strips on the cartridge become dirty or discolored, this could affect the cartridge operation. These strips can be cleaned easily by gently rubbing them with a pencil eraser. Remove eraser residue before inserting cartridge.*

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