

Biomate

APPLICATION GUIDE

Certified by Japan Biorhythm Association

BIORHYTHM AND BIOMATE

Are you familiar with the wonder working rhythm occurring within your human body which began instantly you were born ?

Do you know that understanding the variations of this rhythm can give you better incitement and appropriate judgement into many affairs of your life ? Such as: preventing traffic accidents, judging the congeniality of a marriage partner, determining the sex of an unborn baby and many other, if not all, occasions in your personal, business and leisure life.

This periodic rhythm in the human body is called Biorhythm. There are three elements of this rhythm, physical, intellectual and sensitivity. With the understanding of these rhythms you can determine which days are best for you (and which are worst for you) to undertake certain activities or make important decisions. As an example; statistics show that on a Critical Day the chance of a traffic accident is increased four-fold over the average non-Critical Day.

The science of Biorhythm, established by professor Sigmund Freud, a leading psychiatrist of the early 20th century, has been studied by scholars worldwide to become a proven science.

The Biorhythm principle, certified by the Science Academy of America in 1961, has been highly praised as a unique way to daily happiness in many countries. In the past the principles of Biorhythm have been practised solely for accident prevention by airline companies, railroads and manufacturing industries.

We have developed Biomate so that now everyone will have convenient access to the benefits of the principles of Biorhythm. Biomate gives you your Biorhythm status quickly at any time or place without the need for calculations or charts.

The handy Biomate, Biorhythm computer, can be easily carried in pocket or purse.

Wonderful Biomate assures you that your busy life in our constantly changing society will be rationalized to a great extent.

★DIRECTIONS FOR USE★

Biomate is composed of a geared cassette and four round dials.

- Dial 1. The date dial:
is the largest dial and indicates the date of the year.
- Dial 2. The "S" dial:
is the 2nd largest dial and indicates the sensitivity condition (emotional).
- Dial 3. The "I" dial:
is the 3rd largest dial and indicates the intellectual condition (mental)
- Dial 4. The "P" dial:
is the smallest dial and it indicates the physical condition.

When the S, I and P dials are properly set for your date of birth your own biorhythm can be checked instantly for a full calendar year (the Biomate dials must be reset once each year). Select the desired date on the #1 dial by turning the gear and see your biorhythm indicated on dials #2, 3 & 4 by the colored curved lines.

■ HOW TO SET THE BIOMATE

Let us say that you have become or will become 40 years old during this calendar year and that the date of your birth was August 1st.

Procedure 1. Turn the gear located at the bottom of the Biomate so that the birthday for August 1 on the Date Dial is at the Cathol center line (straight red indicator line).

Procedure 2. Gently lower the gear cassette about 1/8 inch so that each of the dials can turn freely and independent of the gear. (see illustration)

Procedure 3. Determine your S.I.P. numbers based on your age this calendar year from the Table located in this guide or the reverse side of the Biomate. For age 40, S=23, I=25 and P=6. Then check the Revision List to see if one (1) must be added to each of the S.I. and P. numbers in the Table to adjust for leap year. In this example, one (1) is not added as a blank exists at the square that intersects age to all of the birth years.

Procedure 4. Move the dials directly by hand to carefully arrange 23 on S dial, 25 on I dial and 6 on P dial to align with Cathol center line. Also check that August 1 date on Date dial remains under Cathol center line.

Procedure 5. Gently push the gear cassette up so that it clicks firmly in place.

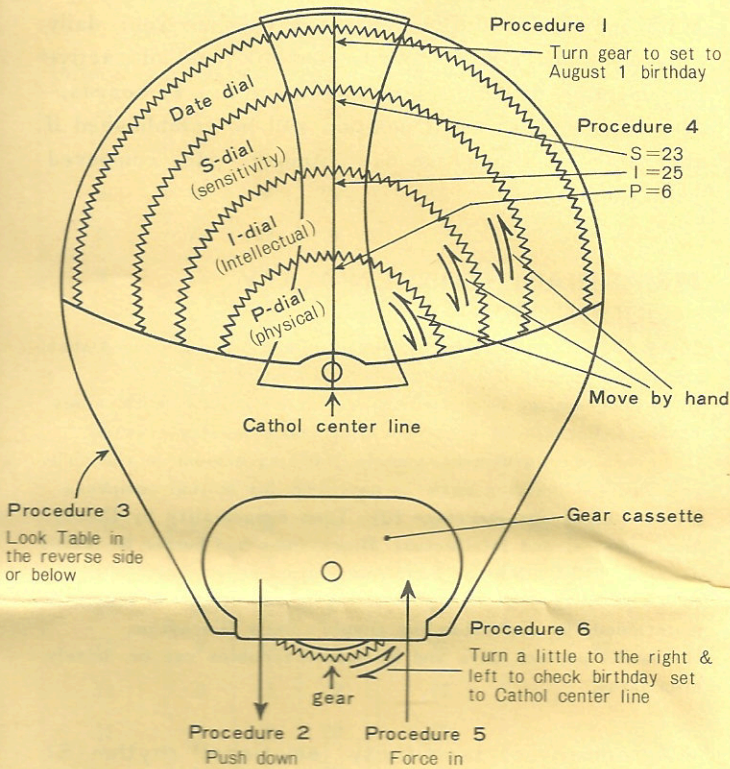
Procedure 6. Turn the gear to the right and to the left and again check that August 1, S=23, I=25 and P=6 are all arranged to the Cathol center line.

Your handy Biomate is now set for use.

With the above ended, turn the gear to the right or left of your birthday on the Cathol line, thereby knowing your condition of rhythm for the date shown on the Cathol line.

*Exercise caution to the following point-

* Turn Biomate to the right and left so that the border line of December 31 and January 1 graduation on the date board should not pass across the Cathol center line. (Turning round in one direction makes date graduation dated in next or last year, for it is necessary to correct the lag of one day on account of the leap year).



Age*	S.	I.	P.	Age*	S.	I.	P.
53	11	21	16	67	28	19	23
54	12	23	13	68	2	22	21
55	13	25	10	69	3	24	18
56	15	28	8	70	4	26	15
57	16	30	5	71	5	28	12
58	17	32	2	72	7	31	10
59	18	1	22	73	8	33	7
60	20	4	20	74	9	2	4
61	21	6	17	75	10	4	1
62	22	8	14	76	12	7	22
63	23	10	11	77	13	9	19
64	25	13	9	78	14	11	16
65	26	15	6	79	15	13	13
66	27	17	3	80	17	16	11

*Age this calendar year

Please see if it is necessary to add (1) according to the following Revision List. For example, you should set Biomate so that S. I. P. figures obtained to be 26, 13, 15 are 27, 14, 16, if one (1) must be added. Incidentally, when one is added to S=28, I=33, P=23, S. I. and P. each become one (1), as next to 28 of S, 33 of I and 23 of P is all 1.

REVISION LIST

In the square at the intersection of the horizontal and vertical columns is a square marked A, B, A&B, or is blank. Determine what square applies to the combination of your age this calendar year and your year of birth. If one's birthday is between January 1 - February 28 and either A or A&B is the result of the vertical and horizontal line crossing, then add (1) to the S. I. P. numbers obtained from the Table. If one's birthday is between February 29 - December 31, and either B or A&B is the result of the vertical horizontal crossing, then add (1) to the S. I. P. numbers obtained from the Table. If the above two conditions are not true then do not adjust the S. I. P. numbers.

TABLE OF BIORHYTHM
(Figures set by your birth date)

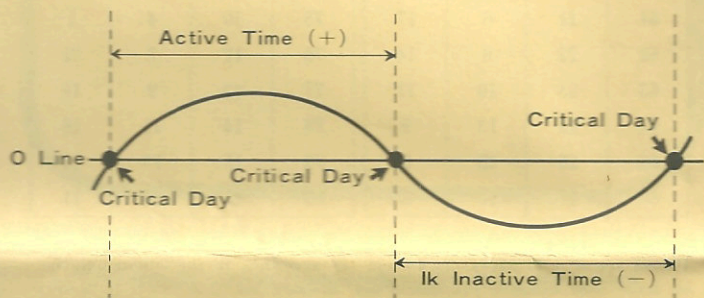
Age*	S.	I.	P.	Age*	S.	I.	P.
1	2	3	21	27	6	28	18
2	3	5	18	28	8	31	16
3	4	7	15	29	9	33	13
4	6	10	13	30	10	2	10
5	7	12	10	31	11	4	7
6	8	14	7	32	13	7	5
7	9	16	4	33	14	9	2
8	11	19	2	34	15	11	22
9	12	21	22	35	16	13	19
10	13	23	19	36	18	16	17
11	14	25	16	37	19	18	14
12	16	28	14	38	20	20	11
13	17	30	11	39	21	22	8
14	18	32	8	40	23	25	6
15	19	1	5	41	24	27	3
16	21	4	3	42	25	29	23
17	22	6	23	43	26	31	20
18	23	8	20	44	28	1	18
19	24	10	17	45	1	3	15
20	26	13	15	46	2	5	12
21	27	15	12	47	3	7	9
22	28	17	9	48	5	10	7
23	1	19	6	49	6	12	4
24	3	22	4	50	7	14	1
25	4	24	1	51	8	16	21
26	5	26	21	52	10	19	19

Age this Calendar year	Birth year							
	1896	1897	1898	1899				
	1900	1901	1902	1903				
	1904	1905	1906	1907				
	1908	1909	1910	1911				
	1912	1913	1914	1915				
	1916	1917	1918	1919				
	1920	1921	1922	1923				
	1924	1925	1926	1927				
	1928	1929	1930	1931				
	1932	1933	1934	1935				
	1936	1937	1938	1939				
	1940	1941	1942	1943				
	1944	1945	1946	1947				
	1948	1949	1950	1951				
	1952	1953	1954	1955				
	1956	1957	1958	1959				
	1960	1961	1962	1963				
	1964	1965	1966	1967				
	1968	1969	1970	1971				
	1972	1973	1974	1975				
	1976	1977	1978	1979				
1	13	25	37	49	61	73		
5	17	29	41	53	65	77	A	
9	21	33	45	57	69			B
2	14	26	38	50	62	74		
6	18	30	42	54	66	78	A	
10	22	34	46	58	70			B
								A & B
3	15	27	39	51	63	75		
7	19	31	43	55	67	79	A	B
11	23	35	47	59	71			A & B
4	16	28	40	52	64	76		
8	20	32	44	56	68	80		
12	24	36	48	60	72			

★HOW TO WATCH BIORHYTHM★

Moving rhythm on zero line (0 line) is indicated in blue, green and red lines on S.I.P. boards.

- 1) Rhythm curve line standing over the 0 line means a plus period, i. e., active time.
- 2) Curve line lower the 0 line means a minus period, i. e., inactive time.
- 3) Day crossing the 0 line means a caution-needed day, called Critical Day.



* S (blue line) — Sensitivity (emotional) condition.

Human relation in home and office is stressed now. 28-day cycle. The former 14 days are plus when one can adjust himself to other people in pleasant and merry condition.

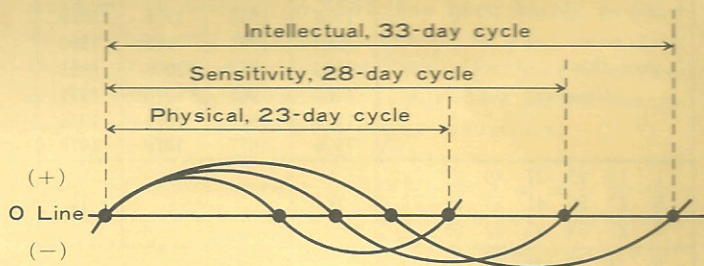
The latter 14 days are minus when one tends to suffer irritation, gloominess and self-dislike.

* I (green line) — Intellectual condition

This line is most important for students, scholars, authors, managers, politicians and other brain workers. 33-day cycle. The former 16½ days are plus, one's intellect is fully utilized. Perception is sharpened. It is time of rich judgement and creativity. The latter 16½ days are minus, one is often subject to illusion, cannot absorb knowledge well.

* P (red line) — Physical condition

Generally the most important element of all three rhythms. 23-day cycle. The former 11½ days are plus, one's power of endurance and physical strength are active. The latter 11½ days are minus; one become sluggish, gloomy, tiring.



The turning points of the above three rhythms from (plus) to (minus) and (minus) to (plus) fall on the time of irregularity, so full caution is needed.

★APPLY BIOMATE TO YOUR LIFE★

With application of Biorhythm can enhance your daily judgement and action, if critical day, time of active and inactive conditions are known on S.I.P. boards. A better, richer social relation will be established if the partner's Biorhythm is obtained and compared with yours.

■ MARRIAGE-CONGENIALITY JUDGEMENT

Biorhythm can help to better judgement of marital congeniality and better family life for the married couple.

Good congeniality is proved in agreement with both sides' rhythms, because of great harmony and sympathy created.

However, over-agreement, namely 100% agreement in the Critical Day and inactive days, is not ideal, for mutual compensation is basis for marriage life. Then congeniality by Biorhythm physical and intellectual Biorhythms had better be 100%; sensitivity 50% for the best combination.

If congeniality degree is low, a better and happier family is maintained, by understanding couple's daily Biorhythm.

Husband's peevish days and household troubles can be wisely eliminated.

● Agreement of sensitivity (emotional) rhythm (S)

Easy, like-minded and fall-in love congeniality.

This state leads easily to tired relationship; 50% congeniality degree is most recommended.

● Agreement of intellectual rhythm (I)

Agreement of this kind is very important for long-year collective life; 100% congeniality is best.

● Agreement of physical rhythm (P)

Sex agreement is ensured through this physical rhythm agreement. 100% congeniality is desired at the time of sexual unsatisfaction prevalent today.

<How to look Congeniality>

Procedure 1. Set Biomate based on your birth date (refer to the setting method of Biomate)

Procedure 2. Turn the gear to set partner's birth date to the Cathol center. (Turn the gear in a direction where border line of Dec. 31 and Jan. 1 doesn't pass the Cathol center line in order to see your rhythm on the partner's day of birth in the year.)

Procedure 3. Calculate the difference between S.I.P. figures on the Cathol line and S.I.P. values taken from the column for partner's full years, referring to the Table so that the percentage of congeniality is obtained by referring to the Congeniality Degree List.

<Example of calculation>

Turn the gear with your birth date setting, setting the partner's birth date on the Cathol center line.

	S	I	P
Suppose—on the Cathol center line	18	17	5
If partner's is 22 years on that birth date— Taken from Table	28	17	9
Difference	10	0	4
Congeniality %	29%	100%	65%

— Caution —

Please be certain whether to add 1, referring to the Revision List, in both the setting with your own birth date and counting with partner's birth date.

CONGENIALITY DEGREE LIST (%)

Difference	S.	I.	P.	Difference	S.	I.	P.
0	100	100	100	17	21	3	48
1	93	94	91	18	29	9	57
2	86	88	83	19	36	15	65
3	79	82	74	20	43	21	74
4	71	76	65	21	50	27	83
5	64	70	57	22	57	33	91
6	57	64	48	23	64	39	
7	50	58	39	24	71	46	
8	43	52	30	25	79	52	
9	36	46	22	26	86	58	
10	29	39	13	27	93	64	
11	21	33	4	28		70	
12	14	27	4	29		76	
13	7	21	13	30		82	
14	0	15	22	31		88	
15	7	9	30	32		94	
16	14	3	39				

■ Prevention of traffic accident (accident during operation)

Statistics show that many traffic accidents occur on a Critical Day in S rhythm.

It is proved that special caution is needed for the day when the day of S critical falls on the day of P critical.

Utilization of Biorhythm for accident prevention is actively enforced in the worldwide traffic means and much success reported.

The best example is Omi Railways in Japan, which uses Biorhythm for its daily running of the operator, marking the operator seat on the Critical Day and calling for full attention all day.

The Railways is worldly noted for its record-breaking 200,000 km run without accidents.

You are also advised to make the most of Biomate in driving and endeavour to eliminate dreadful traffic accidents.

■ Discrimination of Sex in Baby

Boy Baby: PLUS - rhythm of P on ovulation day } in above
 MINUS - rhythm of S on ovulation day } case, great possibility of boy baby in impregnation.

Girl Baby: MINUS - rhythm of P on ovulation day } in above
 PLUS - rhythm of S on ovulation day } case, great possibility of girl baby in impregnation.

■ Business

I and S rhythms get you excellent judgement when in Plus. Your business bargain will sail smoothly for good conclusion. Reckless failure comes in Minus condition.

Please execute important negotiation and proper judgement on the day of Plus I and S rhythms.

Be utmost prudent on the day Minus and avoid on Critical Day. This discretion had better be applied to human relation in superior, colleague and subordinate relation.

■ Study

I rhythm is top consideration. Make progress when in Plus and engage in repeated learning at the time Minus.

Greater effect is won by persisting when P and S rhythms are Plus.

■ Idea

Standing idle is occasional on a Critical Day in I rhythm, when however an extraordinary idea may be created.

Take memo of ideas on such a day.

■ Warning students

Choose a day when S rhythm becomes Plus. It is often hard to warn students calmly on a Critical Day, resulting in much regret. Considering other's S rhythm, listen calmly; select a Plus day when students may be understanding.

■ Drinking

Drinking on a Critical Day in P rhythm may overtake to the same extent as ordinary quantity even in half drink.

Either drink slowly or reduce quantity.

■ Sports

Statistics have proven that a sportman can achieve good result in the Plus of P rhythm. He should form strategy and scheme by considering mainly P rhythm.

Exercise planner never overlooks this rhythm for greater effect.

■ Gambling

Your judgement in bicycle race and race horse is best in Plus S and I rhythms. You may bet poorly in Minus.

Race winning is better facilitated in judgement, through combination of player's and jockey's birth date with rhythm.

Also winning backgammon play had better use the following indication.

S in Plus Good perception, bullish.

S in Minus Tends to be faint-hearted and fail.

S in Critical Day... A big failure from being shaky.
 Had better stop.

I in Plus Imagination and judgement excellent; deliberate play needed.

I in Minus Judgement become poor in bewilderment; over-bewilderment should be avoided.

P in Plus Winning in long-race.

P in Minus Refrain from long-race; take win-and-run strategy.