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Mac Warehouse → 800-255-

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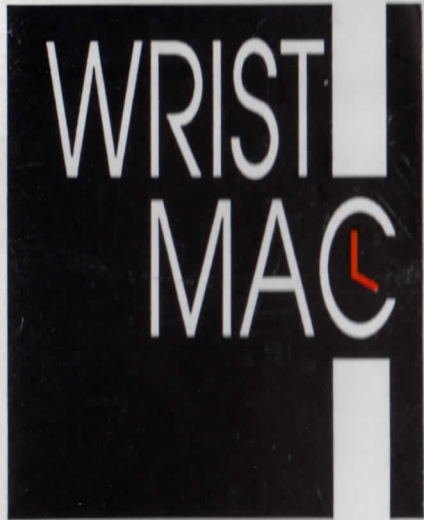
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Tutorial and
Reference Manual

The WristMac is a product of **Ex Machina, Inc.**
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(By the way, you might be interested to know that everyone involved in the production of the WristMac met online through the MAUG Macintosh forums on CompuServe: truly "the nicest place your computer can take you!")

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Burt
Toronto '90

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INTRODUCTION AND TUTORIAL

Welcome To WristMac

Tick Tock Tech!

You're about to have the time of your life using your new WristMac watch and your Macintosh computer to help you schedule your busy world. While you may have used so-called programmable watches before, WristMac is about to show you what the word "programmable" really means!

But first, we'll have to get your WristMac out of its box and working as a simple watch. You should have received the following:

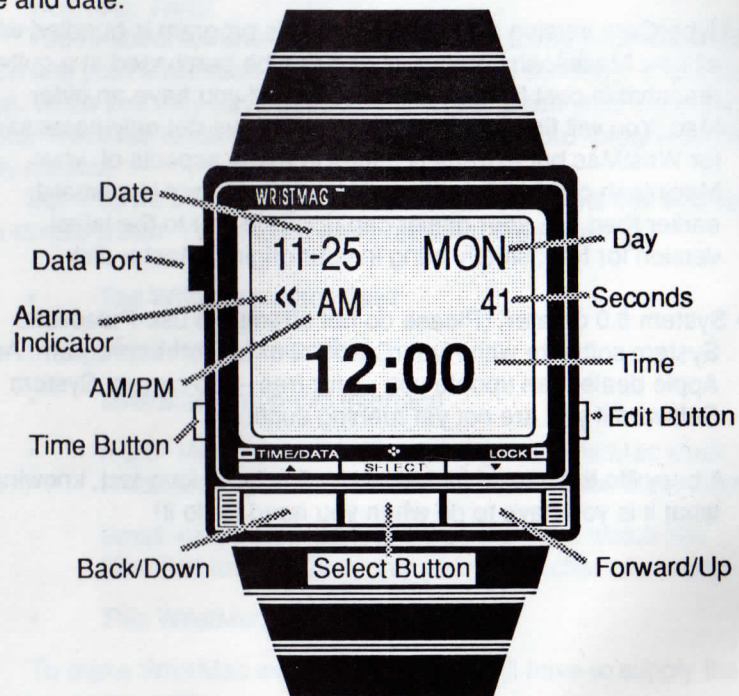
- The WristMac watch itself
- WristMac-to-Mac cable
- WristMac watch-clip interface
- A 3.5" Macintosh disk (Containing the WristMac stack, the WristMac Import Module Installer stack, and other files).
- Small watch-only manual inside the inner watch box (The first half of which only your sushi chef can read).
- This WristMac Manual

To make WristMac work properly, you will have to supply the following components:

- A Macintosh computer capable of running HyperCard. (This includes all Macs with one megabyte or greater RAM memory. WristMac has been tested with Mac Plus, Mac SE and Mac II).
- HyperCard version 1.2.1 or higher (This program is bundled with all new Macintosh computers and can be purchased at a quite reasonable cost from any Apple dealer if you have an older Mac. You will find that HyperCard will prove not only necessary for WristMac but extremely useful in many aspects of your Macintosh computing). If you have a version of Hypercard earlier than 1.2, your dealer can upgrade you to the latest version for free; simply bring in your original Master disk.
- System 6.0 or later. (Please do not attempt to use Paleolithic System software with HyperCard 1.2 or any other program. Any Apple dealer can update you — for free — to current System Software if you are not yet running such.)
- A busy life that would be helped by finally, at long last, knowing what it is you have to do when you need to do it!

Waking Up Your WristMac

The diagram below details the various controls on the WristMac watch. Please refer to it as we explain how to set WristMac to the proper time and date.



First, we need to make sure that WristMac is set to its watch-style operation and not to one of its data modes. The time button is on the left side of the watch, the bottom button. Press it several times until you see the watch display as shown.

Unless a wild coincidence occurs, the day, time, date will all need to be set by you. Here's how.

Press in on the edit button. The edit button is the only button on the right side of the WristMac. Pressing this button will result in a rectangular "cursor" being shown on the WristMac's display. The idea is to sequentially move the cursor atop the information that needs to be changed, and to change it.

Press the select button, which is the middle rectangular button on the WristMac's face just below the display. Note that by pressing the select button you can "jump" the cursor to different parts of the display in sequential order.

Press the select button until the cursor falls atop the month number. (At the top left of the display the date is shown such that 11-19 would mean November 19 and 8-29 is August 29). Then press on the forward/up button which is the rightmost button on the WristMac's front (labeled, for some obscure Japanese reason, with a downward pointing arrow.) Note how the month number changes sequentially from 1 through 12. You can press once on the forward/up button to change slowly, or hold the button down to scroll quickly through the twelve month numbers. (Note that you can only go forward in numbers. If you pass by the month you need, you will have to come "around" again.)

Now press the select button again. The cursor will move to the day-of-the-month field. Set this the same way you set the month field. Use the forward/up button to change the number to the present date.

The month and date should now read correctly. Remember that if you enter a field improperly you can always use the select button to return to the field and reenter it.

Press the select button again and the cursor will jump to the day of the week. Now use the forward/up button to scroll through the names of the days of the week. Set the field to today's day.

Now use the select button to move the cursor past the seconds field to the minutes field. Pick a time a few minutes yet in your future. Set the minutes field to that time. Press the select button again and now set the hour, make sure you pay attention to the AM/PM indicator.

Once the hour and minutes are set it is time to set the seconds. Use the select button to move the cursor back atop the seconds field. Wait until less than a minute before the hour and minute you have set. Call on the telephone to your local time signal, or get ready to synchronize your WristMac to an accurate timepiece.

When you get the signal that the hour and minute you preset have arrived, press quickly on the forward/up button. This will set the seconds to zero in synchronization with your time signal. Note that if the seconds were greater than 30 the minutes have increased by one and you may need to set the cursor atop the minutes again to correct.

When all is set properly just press the time button again and the cursor will vanish and the display is all correct.

Finally, press the up and down buttons simultaneously. That will result in a small symbol ("«") appearing on the display to the left of the AM/PM indicator. This is important, as it means alarms you will set later will be enabled. If you do not do this, your alarms will not go off!

Connecting To Your Macintosh

The next step is to introduce your Macintosh and WristMac to each other. They'll prove very compatible.

First plug the WristMac-to-Mac cable into one of the serial ports on the back of your Macintosh. Most people will use the modem port for this, but it is OK to use the printer port. (See "Setting Preferences" on page 10 if you use the printer port.) The other end of the cable, that with a mini-plug (such as found on the end of portable radio headphones) plugs into the matching jack of the WristMac's watch-clip interface.

Hold the watch-clip interface so that the thumb-shaped depression is on top. Note that on the WristMac's left side is a "data port". This is a small, round metal button that is surrounded and protected by a tiny collar. Now look into the watch-clip. You will see a small, metal protuberance inside the left of the interface.

Carefully take the WristMac and position it so that the watch's data port is fitted into the interface. Press down lightly on the watch. It will "snap" into place as the arm of the interface falls into place on the watch's right side.

This is the only critical connection to make. It is easy and will quickly become second-nature. But make certain that the watch seats itself tightly and properly.

A Timely Tutorial

The WristMac Stack

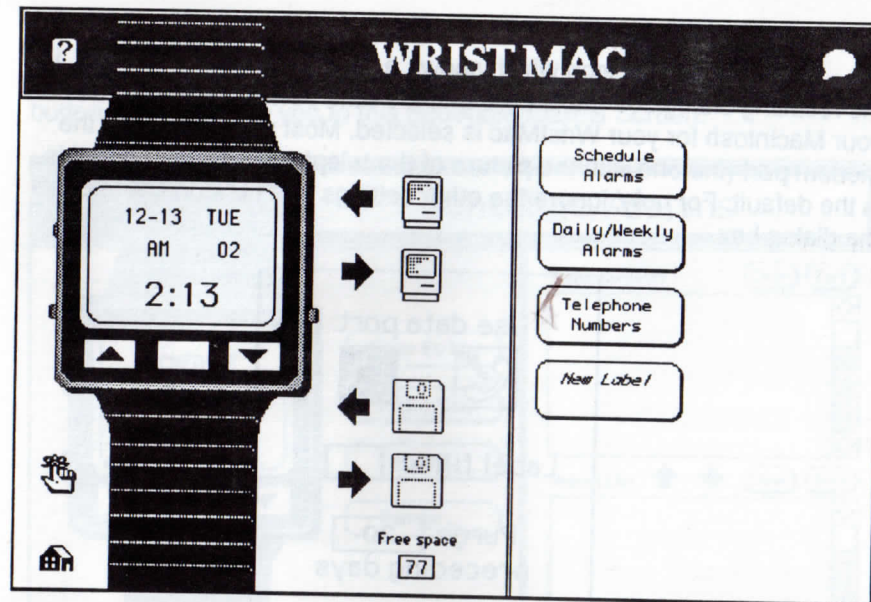
By this time you are probably anxious to use your WristMac with your Macintosh. While the use of the WristMac is very intuitive, we suggest that you study this complete manual before embarking on your own time-keeping endeavors. But, recognizing that almost no one will take this advice (based on the way we personally read manuals anyway) this section will help you to enter your first schedule alarm.

First, make certain that your original, master disk is write-protected. Never use it. Never unprotect it. This is extremely important when working with a Hypercard "stack" as disastrous changes may be accidentally and all-too-easily made. Make a backup copy and only use the original disk for a last-resort restore.

If you have a hard disk you may also move all of the WristMac files directly to your hard disk, a recommended procedure.

The file called WristMac on the included WristMac disk is a HyperCard "stack." It is this stack that you will use to control and communicate with your WristMac. Another stack on the disk is entitled "Read Me!" This stack contains updated information that came too late to include in this manual. You should open it before doing anything else.

Now start up HyperCard and open the WristMac stack from the File Menu, or, if you have HyperCard present on one of your drives, just double-click on the WristMac icon. You will see the first screen of the WristMac stack, the Main screen, as shown on the following page:



If the time and/or date are wrong on this screen that means you do not have your Macintosh set to the correct time/date. Use the Control Panel (as explained in your Macintosh manuals) to set your Mac's own built-in clock.

Setting Preferences

Click on the little icon which shows a string tied around a finger. In the resulting dialog box make sure that the data port you intend to use on your Macintosh for your WristMac is selected. Most people will use the modem port (the one with the picture of the telephone above it) and this is the default. For now, ignore the other settings and click on OK to close the dialog box.

Use data port:

Label filler:

Purge preceding days

Import Configuration

OK

Your First Alarm

Now click on the screen's top button, the "Schedule Alarms" button. That will take you to this Schedule Alarms Screen:

Schedule Alarms

Watch Contents Clear Sort

Import List ↑ ↓ Clear Sort

New Entry

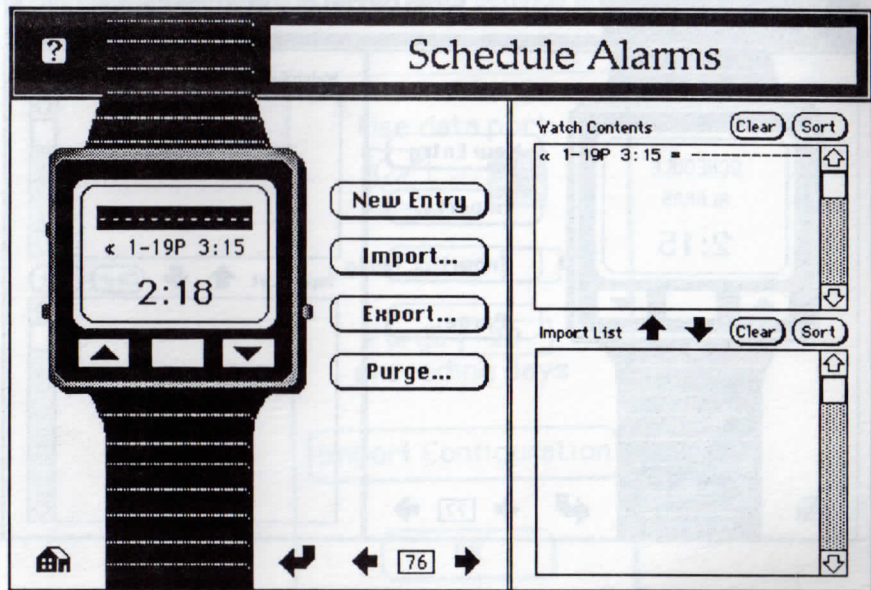
Import...

Export...

Purge...

77

This screen will be completely explained in the following chapters. But, for now, just click on the "New Entry" button. The screen will change to the following:



Note two things in particular here; that the onscreen watch face has changed and that there is now an entry in the top list box (the "Watch Contents" list box) on the right of the screen. The entry in the top list box mirrors the entry on the onscreen watchface. What it has defaulted to is whatever your current time and date may be.

Now let's change the watchface to reflect an alarm which you would like to go off at some future time and date.

Move the HyperCard cursor to the dashes at the top of the watchface display. As the hand-shaped "Browse Tool" touches the dashes it will change into the I-beam shaped "Text Entry Tool." (If these terms are unfamiliar you should read the HyperCard manual and HyperCard Help stack). Select the dashes by dragging through them.

You may now type over the dashes to enter a name for your alarm. Type the word TEST for now. Now press the enter key. You'll note that your name of "TEST" now also appears in the Watch Contents list box.

Once you have entered the name, it's time to set the alarm itself.

The idea of the WristMac stack is that it closely simulates the actual operation of the WristMac watch. So, as you learn how to control the WristMac stack, you will also be learning what all the buttons do on the real WristMac.

Click on the onscreen watchface's hour display. If, for example, it is showing the reminder time "<11-19P 2:00" click on the numeral 2. This will select and highlight both the numeral and the AM/PM indicator letter (the "P" in this entry example).

Now click on the onscreen WristMac's forward/up button, the button below the display with the downward-pointing arrow (we know, it should point the other way, but that's the way they made the watch!) The hour will increment by one. In our example it will change from a 2 to a 3. If you keep the mouse button held down on the forward/down button the hour number will scroll from 1 through 12 and the AM/PM indicator will show either an A or a P. The back/down button (the button with the upward-pointing arrow — at least they're consistent) will decrement, or decrease, the hour display.

Note that any changes you make to the onscreen WristMac's display are instantly reflected in the corresponding entry in the "Watch Contents" list box.

Once you have set the hour of the alarm, set the minutes. Do this by clicking on the reminder text's minutes field on the pictorial watch display (in our example of "«11-19P 2:00" you would click on the double-zeros). This will highlight the alarm minutes and the up- and down-buttons may be used as above to adjust the setting of the minutes.

Now, in the same way set the month and the day of the month on which the alarm should sound.

The option-backslash character "«" is an indication that the alarm is set. You can turn off the alarm by clicking on the "«" symbol to highlight it. Then clicking on either the up- or down-button will make it disappear, thus turning off that alarm. Clicking again on the up- or down-button will enable the alarm.

Now let's tell the real WristMac about this alarm!

WristMac: Listen Up!

It was pretty easy to set up an alarm using the WristMac stack. But have you noticed one thing? The Macintosh knows about the alarm now, but your WristMac is still in the dark. Here's how we transfer data from the Macintosh to the WristMac.

If you have not connected the cable and WristMac to your Macintosh as explained earlier, please do so now.

If you have been following right along, then the Schedule Alarms screen is still showing. If so click on the "return arrow" which is the curved arrow located just to the right of the onscreen watchband. If you have Quit from the WristMac stack, relaunch the stack. Either way you will be back at the WristMac stack's Main screen.

Note the two icons just to the right of the onscreen watch. The top one shows an arrow which points to the watch from a Macintosh. The next one down shows an arrow pointing to a Macintosh from the watch.

What we now want to do is to transfer information from the WristMac stack to the WristMac itself, called "downloading to the watch."

As you might expect, this process is represented by the top icon arrangement, the one which shows an arrow pointing to the watch from the Macintosh.

Click on the left-pointing arrow or the Macintosh next to it. You should be rewarded by a dialog box which reads: "Connect WristMac. Set DATA IN (H)..." and two buttons labeled "Cancel" and "Ready."

As we have connected the watch to the watch-clip interface already, all that is left to do is to prepare the watch to receive. Do this by pressing on the WristMac's time button, which is the button on the left of the watch that is just below the watch-clip interface. Press the button once or twice and you should see on the WristMac's face the words "DATA IN (H)."

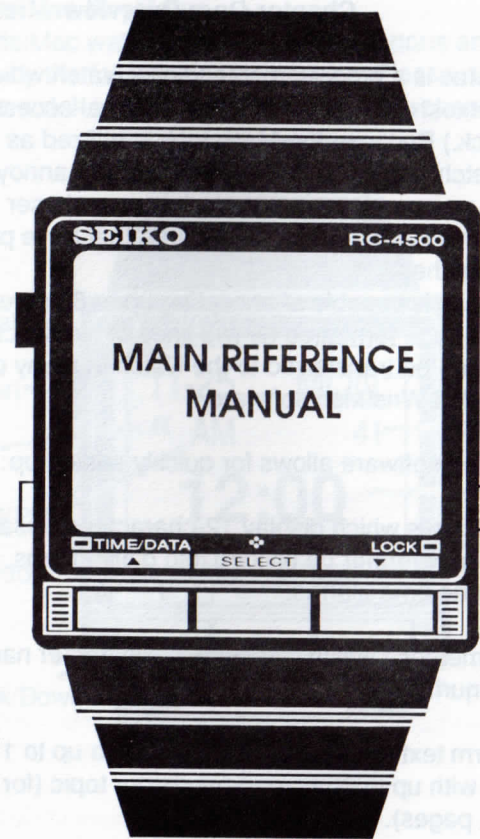
Now go back to the WristMac stack and click on the "Ready" button. The HyperCard cursor should change to a beachball shape and the WristMac will make a personable beep. (If you have excellent vision and look very closely at the WristMac display you will see the contrastiness of the LCD flashing in time to the arrival of the data.) When all data has been transferred the WristMac will give a little satiated beep.

(No beeps? Check to see that the WristMac is properly seated in the watch-clip interface. If you are using the printer port instead of the modem port make sure you clicked on the first screen's string-on-finger icon to set your preference for the printer port.)

Now unclip your WristMac from the watch-clip interface. Press on the time button and the time display will return. now press on the select button and there will appear the display:

```
==SCHEDULE==  
===ALARMS===
```

Now press the WristMac's forward/up button. You'll see the alarm that we scheduled in this tutorial. But don't just sit around waiting for it to go off — we've got a lot more to learn and there are many features of WristMac left to explore! Turn the page and let's begin.



Chapter One: Overview

The WristMac is a programmable, digital watch which can accept data from a Macintosh computer. (With an optional accessory, it can also transmit data back.) Because the Macintosh is utilized as a programming station for the watch, the WristMac avoids all of the annoying problems (such as buttons you need a microscope to use and user interfaces that could drive a genius computer hacker insane) that have plagued all other programmable watches.

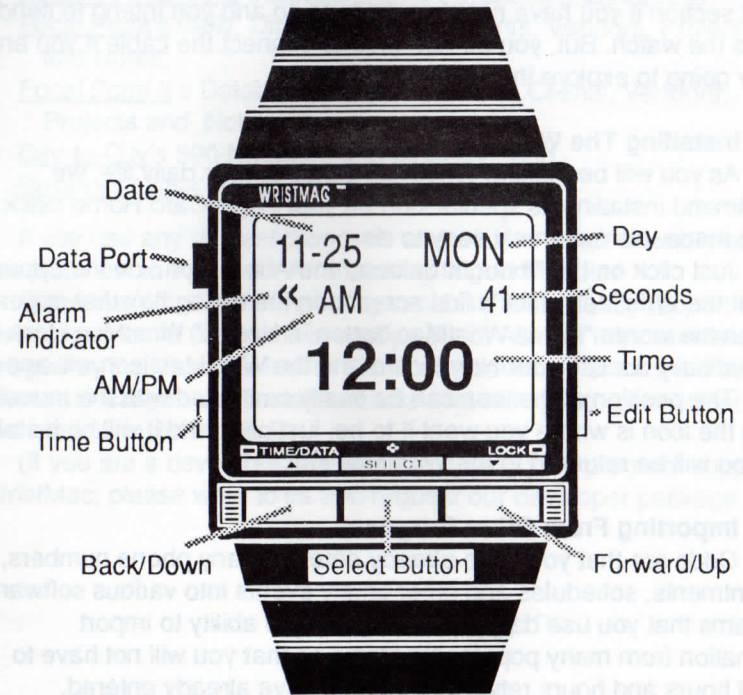
The WristMac is capable of accepting up to 80 screen pages of information, each page formatted as two lines of twelve characters each. The information can be transferred to the watch in many different ways utilizing the included WristMac software.

The included software allows for quickly setting up:

- Timed Alarms which display 12-character messages. These alarms may further be divided into daily alarms, weekly alarms, or just one-time alarms.
- Phone memos, which display a 12-character name plus a phone number.
- Free-form text which may be divided into up to 12 different topics, with up to 79 screen pages per topic (for a total of 80 screen pages).

The WristMac Physique

Your WristMac watch has a number of buttons and displays. They are referred to by the following nomenclature. Please refer to this diagram as the watch is explained in the following chapters.



Connecting the WristMac to your Macintosh using the included cable and the watch-clip interface has been previously explained in the "Introduction and Tutorial" section of this manual under the heading of "Connecting To Your Macintosh." Please read and follow the instructions in that section if you have not already done so and you intend to send data to the watch. But, you do not need to connect the cable if you are simply going to explore the Wristmac stack.

Installing The WristMac Icon

As you will be making WristMac a part of your daily life, we recommend installing its special icon on your HyperCard Home stack. We've made this extremely easy to do.

Just click on the "thought baloon," the About icon, on the upper right of the WristMac stack's first screen. In the dialog box that appears click on the words "Install WristMac button in Home." WristMac stack will automatically access your Home card and the WristMac icon will appear there. The position of the icon can be easily controlled with the mouse. When the icon is where you want it to be, just click and it will be installed and you will be returned to the WristMac stack.

Importing From Other Programs

Odds are that you have already entered many phone numbers, appointments, schedules and other timely events into various software programs that you use daily. WristMac has the ability to import information from many popular programs so that you will not have to spend hours and hours retyping what you have already entered.

This function is enabled in the main stack by first using the "Wrist-Mac Import Module Installer" stack which is on the included disk. As shipped, WristMac supports importing of information from:

Apple's HyperCard-included stacks Datebook and Address;
Focal Point's Daily, Directory, ToDo, Clients, Vendors, Projects and Notes;
Focal Point II's Datebook, Directory, ToDo, Clients, Vendors, Projects and Notes;
City-to-City's 800 Numbers and Itinerary; and
Business Class' Airline Numbers.

If you use any of these programs and wish to install import modules please turn now to Appendix A: "Installing Import Modules."

Since the WristMac's importing capability is modular, support for importing from other programs is easily added. As new importers are developed by Ex Machina, Inc. or third-party developers, they will be distributed in easy-to-use installer stacks that will update your existing Import Module Installer stack.

(If you are a developer interested in having your program support the WristMac, please write to us and request our developer package.)

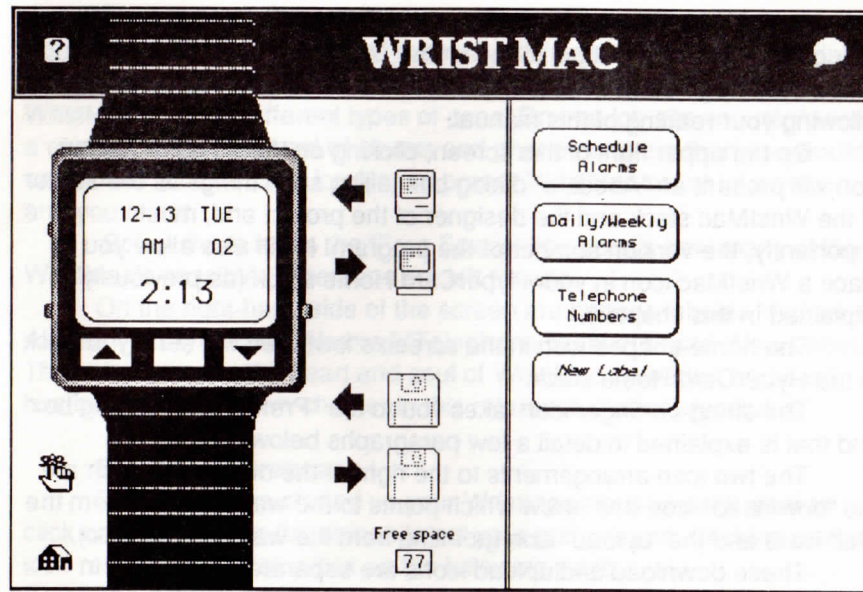
Chapter Two: The Main Screen

Launch WristMac Stack

As explained in the Tutorial, all programmable functions of the WristMac are accessed through the included software, the WristMac stack.

This program requires that you have Apple's HyperCard 1.2 and System 6.0 or later. If you do not have HyperCard it is available at modest cost from any Apple dealer. If you do not have the current System software, Apple Computer Inc. requires of their dealers that they update System software disks for free (although they are expected to charge for the packaged version of the System which includes various manuals.)

Launch your WristMac stack (if this seems unclear to you, please follow the tutorial step-by-step presented earlier in the manual) and the Main screen on the following page will appear:



You will, of course, be seeing a different time and date. If the time and date is not correct, you will need to set your Macintosh's internal clock using the Control Panel desk accessory. (If this is unfamiliar to you, it is all explained in your Macintosh's User Guide).

On the upper left of the screen, note the question-mark icon. If you click on that icon you will get to the online, WristMac help. The help section, although somewhat abbreviated, will serve as a handy reference following your reading of this manual.

On the upper right of this screen, clicking on the thought-balloon icon will present an "About...." dialog box telling such things as the author of the WristMac stack and the designer of the project and, most importantly, the version number of the program. It will also allow you to place a WristMac icon in your HyperCard Home stack (as previously explained in this chapter).

The home-shaped icon in the screen's lower left will send you back to the HyperCard Home stack.

The string-on-finger icon takes you to the "Preferences" dialog box and that is explained in detail a few paragraphs below.

The two icon arrangements to the right of the onscreen watch are the "download" icon (the arrow which points to the watch picture from the Mac icon) and the "upload" icon (pointing from the watch to the Mac).

These download and upload icons are separately explained in chapter eight of this manual.

The two icon arrangements below the download and upload icons are to allow you to keep more than one full WristMac's worth of information on disk and to let you back up your information without having to duplicate the entire large stack. The bottom icon (that with the arrow pointing from the watch to the floppy disk) is to save all of the information presently in the WristMac stack to disk.

The icon just above it (the one with the arrow pointing to the watch from the floppy disk) will reload such saved files into the stack. This is a very powerful feature. What it means is that you can easily change your WristMac to serve different types of uses. On one job site you might want a completely different set of alarms and phone numbers than you would on another job site. Just load in the proper WristMac-set of information and you're set.

Below these icons the "Free Space" box details how many of the WristMac's possible 80 screens are left for use.

On the right-hand side of the screen are buttons labeled "Schedule Alarms," "Daily/Weekly Alarms," "Telephone Numbers" and "New Label." These buttons are the heart and soul of WristMac operation and each has been given its own chapter in this reference manual section.

Setting Preferences

Once you have started up your WristMac stack you will want to click on the string-on-finger icon to set your preferences. Clicking on that icon results in the dialog box on the following page.

The data port selection should match the port into which you have plugged your WristMac's cable. This defaults to the modem port, but the printer port is can also be used.

The "Label fill character" is the character that will be used to set off the various headings on your WristMac's screen.

For example, using the "=" character results in headings on the WristMac's screen such as:

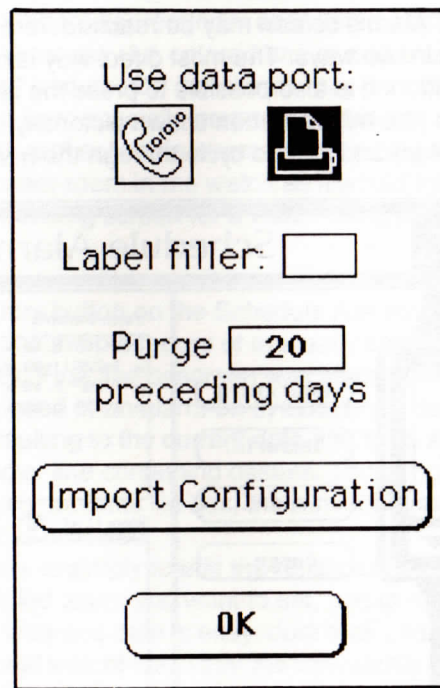
```
==TELEPHONE=  
===NUMBERS==
```

Changing the default character to "+" would result in:

```
++TELEPHONE+  
+++NUMBERS++
```

Since the WristMac doesn't keep track of years, it can't tell whether the date of a given alarm is in the past or the future. The "Alarm purge threshold" tells the Mac that any alarm from the previous x days is "past", and everything else is "future". The default is 20 days. Therefore, when you click on the "Purge" button on the Schedule Alarms page, the WristMac stack will delete any alarm scheduled to go off during the previous 20 days. If there had been alarms for 12/05 and 12/15, for example, and the present date is 12/27, the 12/15 alarm would be purged since it is considered past, whereas the 12/05 alarm will be left alone, since it is considered future.

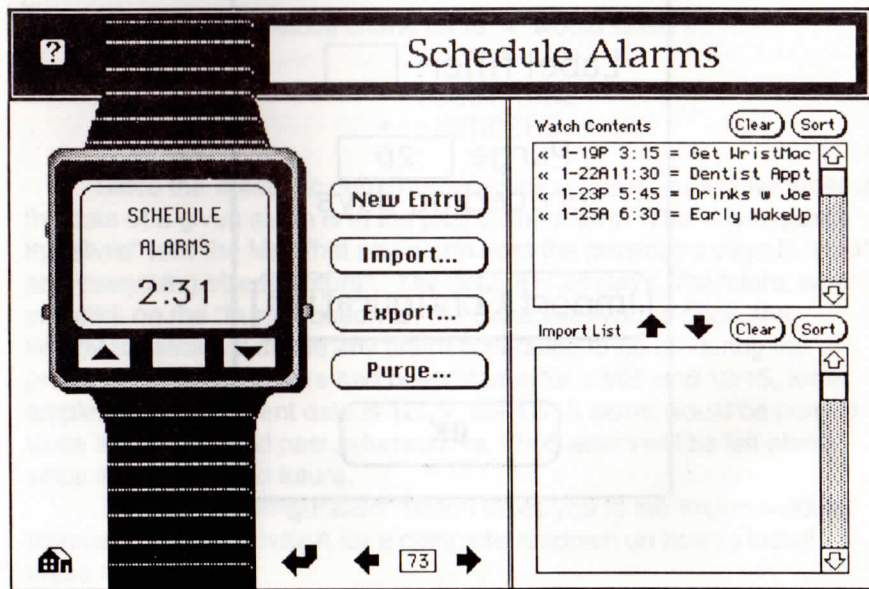
The "Imprt Configuration" button takes you to the Import Module Installer. (See Appendix A for a complete rundown on how to install these modules).



Chapter Three: Schedule Alarms

Overview

The Schedule Alarms screen may be reached from the WristMac stack's Main screen in two ways. The most direct way is to press the Schedule Alarms button. It is also possible to press the select button when on any screen (the middle button shown pictorially on the front of the onscreen WristMac) and then to cycle through the headings.



A "schedule alarm" is an alarm which is meant to ring only once, on a certain date at a certain time. The WristMac allows for each schedule alarm to have a 12-character reminder associated and displayed with it.

Schedule alarms may be entered one at a time using the WristMac stack's "New Entry" feature. Or, the alarms may be imported from existing Focal Point files or from specially-prepared text files.

Up to 79 different schedule alarms may be programmed (which would leave no further room in the watch as it would mean 79 alarm screens and one heading screen for a watch-filling total of 80 screens).

New Entry

The New Entry button on the Schedule Alarms screen (or pressing Command-N) begins the procedure of manually entering a new alarm into the WristMac stack. First, the onscreen watchface changes to show a reminder time composed of an alarm-on symbol («), a date and time; the date and time defaulting to the current date and time. Above the reminder line is a 12-character line containing dashes. To the right-top of the screen, in the watch contents list box, the reminder time shown on the pictorial WristMac is repeated.

The idea here is simply to edit the reminder time to the time and date of the scheduled alarm you want to set, and to enter the alarm text.

Editing the time and date is easy. Just click on the time or date fields on the pictorial watchface. They will individually select and highlight. Once they are selected, pressing on the onscreen watch's forward and back-arrow buttons will change them. You may also use the real Mac keyboard's arrow keys.

Each field may be cycled through sequentially using these buttons or keys. For example, selecting the hour field will highlight both the hour numeral and the AM/PM indicator. The forward-arrow will increment the hour from 1 through 12 and around again, while the AM/PM indicator will toggle between "A" to "P" to indicate day and night.

As changes are edited on the watchface's reminder time, the changes are instantly reflected in the watch contents list box.

To add a name to the new schedule alarm, just move the cursor to the field of 12 dashes. The cursor will change into the text-insertion, I-beam shape. Drag through them to select the field. Any 12-letter combination of letters, numerals 0 through 9 or special characters (" # \$ % & ' () * + , - . / : ; =) may be typed. Hitting enter will end the entry process for the name field. Once the name has been entered it will appear in the Watch Contents list box.

As schedule alarms are added they appear in the same order as entered in the watch contents list box, which may be scrolled through using the scroll bar.

Import...

The Import button can save you a tremendous amount of typing. When pressed it results in a dialog box showing the icons for the various programs for which you have installed Import Modules. (See "Appendix A: The Wrist Mac Import Module Installer.")

If you use Focal Point, or Focal Point II you have probably already set a number of dated reminders and you have installed WristMac's Focal Point modules as per the Appendix. Let's say that you have been using Focal Point and have fifty reminders in your Daily appointment book.

Clicking on the Import button will bring up a dialog box containing the Focal Point icons (and whatever other icons whose Import Modules you have installed). Just click on the FP•Daily icon. (Although not likely, you may get a file selection dialog box indicating that you need to show the WristMac stack where your Focal Point FP•Daily stack is placed on disk. If so, click on the proper folder in the list box, then on the FP•Daily stack itself.) The WristMac stack will read in the contents of the Focal Point stack and turn all of the reminders there into schedule alarms.

(Other import modules work in a similar fashion to the Focal Point modules explained above. Many dialogs will be dependent on the module chosen.)

Once read in, they will be listed in the import list box below the watch contents list box.

You can move all or any number (up to 79) of the alarms in the Import List into the Watch Contents. First click on the alarm you wish to put into the Watch Contents. Or click on the first alarm in a group, then shift-click on the last to highlight and select them.

Then click on the up-pointing arrow between the two dialog boxes. The alarms you have marked in the import list will move up into the watch contents list. As they do so, you will note that the pictorial watch generates a screen complete with name and reminder time for each one.

You may also double-click on an Import entry to send it directly to the Watch Contents list.

You can change your mind and move any of the Watch Contents alarms out of the watch either temporarily or permanently.

If you want to move one or more out temporarily, just select the alarm(s) to be moved and then click on the downward-pointing arrow between the Watch Contents and Import list boxes. The selected alarms will be moved to the Import list and their Schedule Alarm screens as shown on the pictorial WristMac will be deleted. Of course, once in the Import List they can, at any time, be moved back into the Watch Contents.

Or, select in either the Watch Contents or the Import List an alarm(s) to be deleted. Click on the small Clear button in whichever of dialog boxes the selected alarm(s) is in and it will be removed.

Double-clicking the clear button above either list box will, after a confirmation dialog box, delete all entries in the list box.

Remember: Only what appears in the watch contents list box will be sent to the WristMac watch. Information that has not been moved "up" from the import list box will not be transmitted. Further, such information will not be sent to the watch until you explicitly send it using the Main screen. (See Chapter Seven).

Next to each Clear button is a Sort button. You may find this quite handy after shuffling alarms back and forth and getting them out of by-date-and-time order. Pressing sort on either dialog box will sort that dialog box's contents.

The final choice for Importing a file is to use a text file on disk. You can use any word processor or database that can save a text file to create your own Schedule Alarm files. Such files must be saved with each alarm on its own line followed by a carriage return (including the last alarm) in the following format:

« MM-DDP H:MM = _____

This is the same format as is shown for the reminder texts onscreen; the alarm-on symbol (an option-backslash) followed by the date (padded with a space if it is only one digit), then the AM/PM indicator, then the time of the alarm, a space, an equal sign, a space, the 12-character name. So, for example, an alarm set to go off on January 21 at 6 PM to indicate a doctor's appointment would be shown as:

« 1-21P 6:00 = DOCTOR

(Should you not want the alarm to sound off, substitute a space for the option-backslash symbol. In that case, the reminder text will appear at the appointed time, but the watch will not beep.)

When such a file is imported the alarms appear in the import list box. By use of the up- and down-arrows between the Import List and watch contents list boxes the alarms may be juggled in and out.

Export...

The Export button will save to disk a text file which is formatted as described above and which later may be loaded in with the Import button.

A choice is given as to whether the contents of the watch contents list box, the import list box, or both will be saved in the text file. The text file itself may be named by the user or the default name may be used.

It is important to realize that although this routine will save the contents of both dialog boxes, the Import routine will only place alarms into the import list box and not into the watch contents list box. If you have a complex list of alarms you may want to use the Main screen to save the entire "state" of the WristMac.

Purge...

Pressing this button will result in a dialog box asking if old entries should be purged (deleted). The default for such is 20 days old but this can be changed to a different value in the Preferences dialog box (see "Setting Preferences — Page 26).

Editing and Maintaining

Editing a Schedule Alarm is simple. First, it needs to be called up on the pictorial WristMac. This may be done in two ways. You may scroll through the watch contents list box (if scrolling is necessary) and then to click upon the alarm you wish to edit. It will highlight and appear on the pictorial WristMac. Or you can press on the pictorial forward/up - and back/down-arrows on the watchface to cycle sequentially through the stored phone alarms.

Once the alarm appears onscreen, it may be edited in the same manner as it was originally entered. Click on the field you wish to change and then use the Forward/Up- and Back/Down-arrows to change the contents of the field.

Near the bottom of the screen is a small boxed number. This number indicates how many screen pages are left in the WristMac's memory.

On either side of the Free Space box are left- and right-pointing arrows. These will scroll through the various headings of the watch. In a similar manner the onscreen WristMac's select button will do also move forward through the headings.

At any time you may return to the Main screen by pressing the curved return arrow.

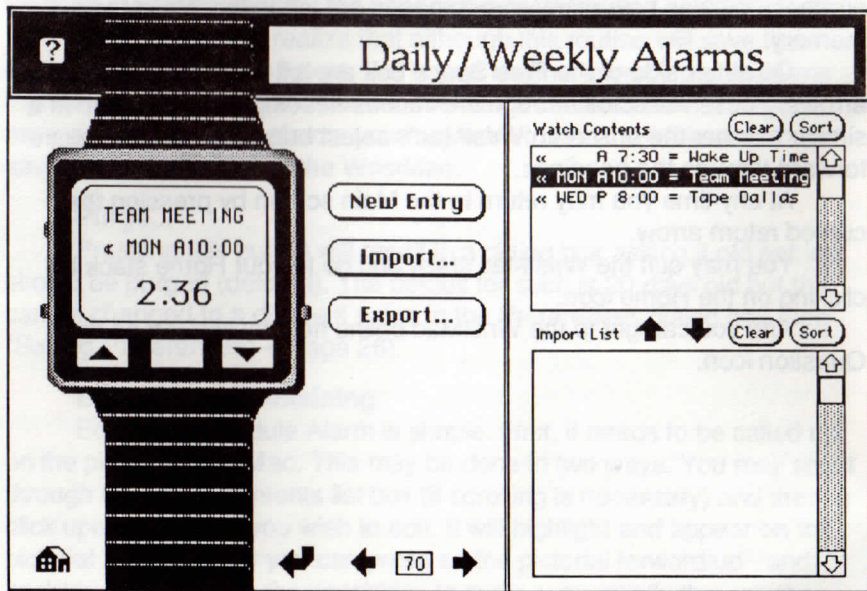
You may quit the WristMac stack and go to your Home stack by clicking on the Home icon.

And you can get to the WristMac online help by clicking on the Question icon.

Chapter Four: Daily/Weekly Alarms

Overview

To get to the Daily/Weekly Alarms screen press the Daily/Weekly Alarms button on the WristMac stack's Main screen, or use the center Select button to cycle through all of the watch pages.



A "Daily/Weekly Alarm" is an alarm which is meant to ring on a certain day of the week, at a certain time. If left turned on it will ring every week on that day and time. Or, if you leave the day-of-the-week field blank, the alarm will go off daily. The WristMac allows each Daily/Weekly alarm to have a 12-character reminder associated and displayed with it.

New Entry

The New Entry button on the Daily/Weekly Alarms screen (or pressing Command-N) begins the process of manually entering a new alarm into the WristMac stack. The onscreen watchface changes to show a reminder time composed of an alarm-on symbol (<<), a day of the week and time; the day and time defaulting to the current day and time. Above the reminder line is a 12-character line containing dashes. To the right-top of the screen, in the watch contents list box, the reminder time shown on the pictorial WristMac is repeated.

The default entry may then be edited, and a reminder added, as explained in the chapter on how to set Schedule Alarms. The only difference is that instead of a month and day date, a Daily/Weekly alarm contains a day of the week field which the up- and down-arrows will cycle through.

As Daily/Weekly alarms are added they appear one after the other in the watch contents list box, which may be scrolled through using the scroll bar as per usual Macintosh conventions.

Import...

The Import button works in a similar manner to that discussed in the preceding chapter on Schedule Alarms. In this case, using the Import routines will allow you to import alarms from a text file. As always, alarms read in will be listed in the import list box below the similar appearing watch contents list box.

You can move all or any number (up to 79) of the alarms in the Import List into the Watch Contents, and move any of the Watch Contents alarms out of the watch either temporarily or permanently. When marking selections in the Import list you may click to highlight a selection. To make an extended selection click on the first, and then shift-click on the last. And, if you double click on an entry in the Import list box it will move to the Watch Contents list box without having to use the up-arrow. You may also clear and sort alarms. The procedures are identical to those discussed in the chapter on Schedule Alarms. Please refer there for overall guidelines.

You can use any word processor or database that can save a text file to create your own Daily/Weekly Alarm files. Such files must be saved with each alarm on its own line followed by a carriage return (including the last alarm) in the following format:

« DAY PHH:MM = _____

This is the same format as is shown for the reminder texts on-screen; the alarm-on symbol («), followed by a space, followed by the day of the week, then a space, then the AM/PM indicator, then the time of the alarm, a space, an equal sign, a space, the 12-character name.

So, for example, an alarm set to go off on Thursday at 8 PM to indicate a dancing lesson appointment would be shown as:

« THU P8:00 = DANCING

When such a file is imported the alarms appear in the import list box. By use of the up- and down-arrows between the Import List and watch contents list boxes the alarms may be juggled in and out of the WristMac.

Export...

The Export button will save to disk a text file which is formatted as explained above and which may be loaded in by using the Import button. A choice is given as to whether the contents of the watch contents list box, the import list box, or both will be saved in the text file. The text file itself may be named by the user or the default name may be used.

Again, although this routine will save the contents of both dialog boxes, the Import routine will only place alarms into the import list box and not into the watch contents list box. If you have a complex list of alarms you may want to use the Main screen to save the entire "state" of the WristMac.

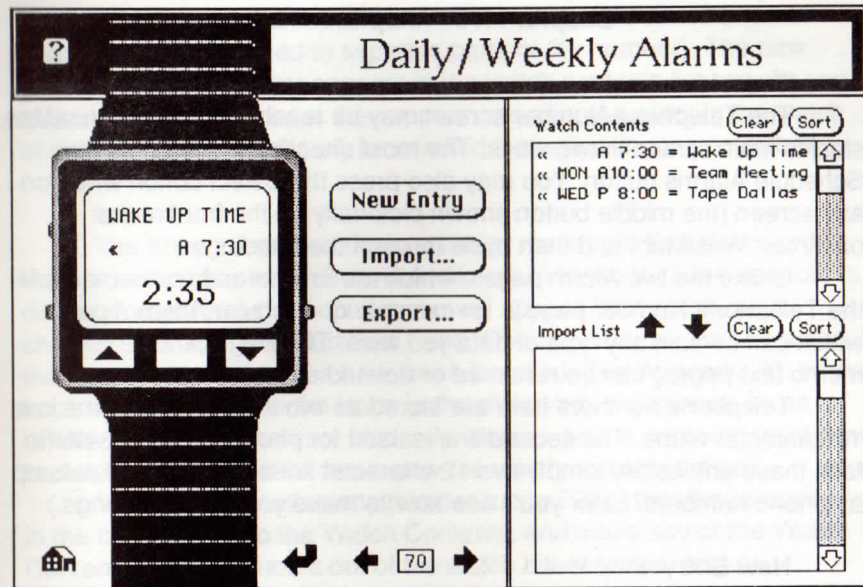
Editing and Maintaining

To edit a Daily/Weekly Alarm, first call it up on the pictorial WristMac. This may be done in two ways. You may scroll through the watch contents list box (if scrolling is necessary) and then to click upon the alarm you wish to edit. It will highlight and appear on the pictorial WristMac. Or you can press on the pictorial forward/up- and back/down-arrows on the watchface to cycle sequentially through the stored phone alarms.

Once the alarm appears onscreen, it may be edited in the same manner as it was originally entered. Click on the field you wish to change and then use the Forward/Up- and Back/Down-arrows to change the contents of the field.

Near the bottom of the screen is a small boxed number. This number indicates how many screen pages are left in the WristMac's memory. On either side of the screens-remaining box are left- and right-pointing arrows. These will scroll through the various headings of the watch, as will the onscreen WristMac's select button.

At any time you may return to the Main screen by pressing the curved return arrow. You may quit the WristMac stack and go to your Home stack by clicking on the Home icon. And you can get to the WristMac online help by clicking on the Question icon.



Chapter Five: Telephone Numbers

Overview

The Telephone Number screen may be reached from the WristMac stack's Main screen in two ways. The most direct way is to press the Schedule Alarms button. You may also press the Select button when on any screen (the middle button shown pictorially on the front of the onscreen WristMac) and then cycle through the headings.

Unlike the two Alarm pages, which are unique and non-removable, the Telephone Number page is an example of a regular "memo" page, which can contain any type of data you wish. This page (and all other memo text pages) can be renamed or deleted at your convenience.

Telephone numbers here are stored as two lines. The first line is a 12-character name. The second line is used for phone number itself. (In fact, these entries are simply two 12-character lines that the card sets up as phone numbers. Later you'll see how to make your own headings.)

New Entry

The New Entry button on the Telephone Number screen begins the process of manually entering a new phone memo into the WristMac stack. First, the onscreen watchface changes to show two lines of dashes. Move the cursor to the first line of dashes so that it becomes the I-beam text-insertion tool. Select the line by dragging. Type the name of the person or company (or abbreviation) of the phone number being stored and hit return. This will cause the second line of dashes to highlight. Now type in the phone number and hit return again.

(We recommend the format ###-###-### but slashes or other characters may be used to separate parts of the number). The new phone number reminder appears in the watch contents list box. As you add more phone numbers they appear one after the other in the watch contents list box, which may be scrolled through using the scroll bar.

Import...

The Import button works in a similar manner to that discussed in the preceding chapter on Schedule Alarms. However, if the user clicks on the word "Memos" a popup menu will appear from which other choices including "800 Numbers," and "Phone numbers" may be made if the proper import modules have been installed (See Appendix A). When such a choice is made the icons in the dialog box will change so as to reflect the choices the user made. As always, phone numbers read in will be listed in the import list box below the watch contents list box.

You can move all or any number (up to 77) of the phone numbers in the Import List into the Watch Contents, and move any of the Watch Contents phone numbers out of the watch either temporarily or permanently, and may clear and sort phone numbers. The procedures are identical to those discussed in the chapter on Schedule Alarms. Please refer there for overall guidelines.

Note that you have the flexibility of sequencing the items in the Watch Contents box in any order your desire. If you select an item in the upper box before clicking the New Entry button or moving an item up from the lower box, the new addition will be placed in the upper box immediately following the highlighted item.

You can use any word processor or database that can save a text file to create your own Telephone Number files (importing them via the "text" choice under Memos). Such files must be saved with each phone number on its own line followed by a carriage return (including the last phone number) in the following format:

```
AAAAAAAAAAAA###-###-####
```

This is the same format as is shown for the reminder texts on-screen; the 12-character name followed immediately by a 12-character phone number.

So, for example, an entry for Apple Computer Inc. might read:

```
APPLE COMP—408-996-1010
```

Export...

The Export button will save to disk a text file which is formatted as explained above and which may be loaded in by using the Import button.

A choice is given as to whether the contents of the watch contents list box, the import list box, or both will be saved in the text file. The text file itself may be named by the user or the default name may be used.

It is important to realize that although this routine will save the contents of both dialog boxes, the Import routine will only place alarms into the import list box and not into the watch contents list box. If you have a very long list of phones you may want to use the Main screen to save the entire "state" of the WristMac.

Editing and Maintaining

To edit a phone number, first call it up on the pictorial WristMac. You may scroll through the watch contents list box (if scrolling is necessary) and then click upon the phone number you wish to edit. It will highlight and appear on the pictorial WristMac. Or you can press on the pictorial forward/up- and back/down-arrows on the watchface to cycle sequentially through the stored phone numbers.

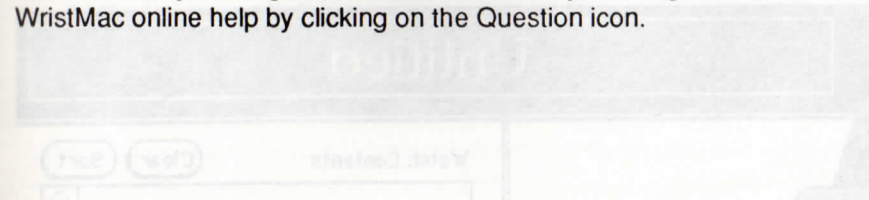
Once the phone number appears onscreen, it may be edited in the same manner as it was originally entered. Select and retype the information you wish to change.

The Delete Card button will instantly remove, permanently, all of your phone numbers from the stack.

Near the bottom of the screen is a small boxed number. This number indicates how many screen pages are still available

On either side of the screens-remaining box are left- and right-pointing arrows. These will scroll through the various headings of the watch, as will the onscreen WristMac's select button.

At any time you may return to the Main screen by pressing the curved return arrow. You may quit the WristMac stack and go to your Home stack by clicking on the Home icon. And you can get to the WristMac online help by clicking on the Question icon.

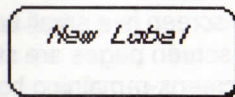


Chapter Six: Making Your Own Headings (The New Label button)

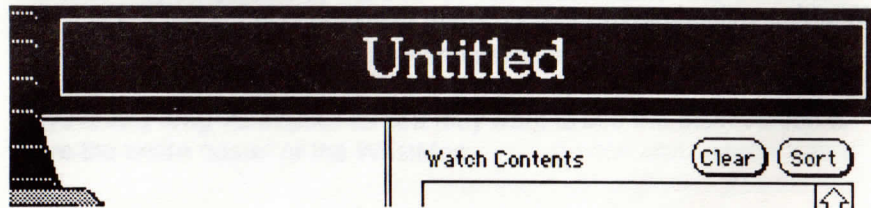
Overview

At its best, a computer is a tool that can be changed by the user to fit whatever job needs to be done. The Macintosh is the least "modal" of all computers in that it allows for the user to do things in his or her own manner much more so than most microcomputers can accomplish.

The WristMac stack, taking its cue from the design of the Macintosh itself, has included a sort of mini-construction set that will enable you to easily customize the stack for your own needs.



This is the New Label button which is reachable from the Main screen. When pressed, it takes you into the following sequence: a screen appears which contains a heading defaulting to the word "Untitled."



Let's say, for purposes of illustration, that you want to include a heading in your watch for you Things to Do list. In that case you would replace the word "Untitled" with a title such as "Things to Do." This would result in a new heading which would be shown on the watchface.

Further, the next time you went to the Main screen there would be a new button along with the "Schedule Alarms," "Daily/Weekly Alarms" and "Telephone Numbers" buttons. It would be the "Things to Do" button!

Pressing the new "Things to Do" button would take you back to this newly-made page. At this point you could enter new items — or other information all depending on what you had titled the heading. There may be up to 12 different headings in the watch at one time.

New Entry

On this type of user-designed page, the New Entry button (and Command-N) works the same as in the Telephone Numbers heading (because, of course, the Telephone Numbers card is the same type of card as this one. We just put it in as an example.)

First, the onscreen watchface changes to show two lines of dashes. Move the cursor to the first line of dashes so that it becomes the I-beam text-insertion tool. Select the line by dragging. Type whatever you would like into that 12-character space. Hit return and the second line highlights and you may type another 12-characters there.

In our example, you would type something like "Pick up the car".

Keep in mind that no matter what type of heading you have created, you are going to be treating the new entries as 2-line, 12-character per line memo screens rather than alarms. Although you may, as we will see below, import alarm lists from other text files and documents such will be treated as text and will not "go off."

Import...

Pressing the Import button on a user-defined screen works a little differently than we have previously seen. The first thing which happens when the Import button is pressed is that a dialog box appears. This dialog box is headed "Memos" and shows the icons of the type of documents it can import.

However, if the user clicks on the word "Memos" a pulldown menu will appear from which other choices may be made. The particular choices available will depend on which import modules have been installed. When such a choice is made the icons in the dialog box will change to reflect possible data sources associated with this type of entry.

Note that when set to "Memo" and text file is chosen, the WristMac stack can read in any file, placing each line of the text file as an entry in the import list box. This is an extremely useful feature that will allow you to set up headings and read in data for just about anything you might want to have access to from WristMac.

Export...

When pressed the Export button will save to disk a text file which is formatted as each entry in the watch contents list box being one line, followed by a return, in a text file. The Import routine will, of course, accept text files saved in this format to be reloaded.

Editing and Maintaining

To edit a user-defined reminder memo, first call it up on the pictorial WristMac. You may scroll through the watch contents list box (if scrolling is necessary) and then click upon the entry you wish to edit. It will highlight and appear on the pictorial WristMac. Or you can press on the pictorial forward/up- and back/down-arrows on the watchface to cycle sequentially through the stored entries. Once the entry appears on-screen, it may be edited in the same manner as it was originally entered. Select and retype the information you wish to change.

The Delete Card button will instantly remove, permanently, all of your entries from the user-defined heading and the corresponding button button on the Main screen.

Near the bottom of the screen is a small boxed number. This number indicates how many screen pages are left in the WristMac's memory. On either side of the screens-remaining box are left- and right-pointing arrows. These will scroll through the various headings of the watch, as will the onscreen WristMac's select button will do likewise.

At any time you may return to the Main screen by pressing the curved return arrow. You may quit the WristMac stack and go to your Home stack by clicking on the Home icon. And you can get to the WristMac online help by clicking on the Question icon.

Chapter Seven: WristMac Stack Meets The WristMac

Sending (Downloading) To The WristMac

The preceding chapters showed how various information such as Schedule Alarms, Daily/Weekly Alarms, Telephone Numbers and customized memos could all be entered into the WristMac HyperCard stack and set up to be sent to the WristMac watch.

Sending to the WristMac watch involves the use of the Main screen, the first screen the stack shows on launch. (Please see the "Connecting To Your Macintosh" section of this manual's introduction for complete information on how to attach the WristMac to your computer.)

Once the WristMac is attached to its watch-clip interface and the interface is connected to your Macintosh, sending information to the watch is very quick. As the tutorial at the beginning of this manual explains in greater detail, do the following:

- 1) Make certain that all of the WristMac's various headings, in their watch contents list boxes, contain the information you want to be fed to the WristMac watch.
- 2) Check connections to the watch-clip interface and to the Macintosh. Loose connections are the biggest reason for failure.
- 3) On the Main screen click on the arrow which points from the Macintosh to the WristMac.
- 4) The "Connect WristMac. Set DATA IN (H)" dialog box appears.
- 5) Press the time button on the WristMac. (Which if it is properly positioned in the interface will be the only button visible on the left side of the watch. See the WristMac diagram in the Introduction.)

The words "DATA IN (H)" will appear on the LCD screen.

6) Click on "Ready" or hit return to begin the transfer.

7) The WristMac will beep. In about 30 seconds the data will finish downloading and the WristMac will beep again.

8) Remove the watch from the clip, put it on your wrist, and away you go!

Working With The WristMac

Once all of this good data is in the WristMac you'll find that it is quite simple to access and use.

The select button on the WristMac (the middle button on the front — see the diagram in the introduction if there is any confusion) now will cycle through the headings that the WristMac stack has loaded in. Hold it down and you will see the headings of "SCHEDULE ALARMS," "DAILY/WEEKLY ALARMS," and "TELEPHONE NUMBERS." If you used the "New Label" routines to add your own custom heading(s) such headings will also scroll by.

Press or hold the select button until the heading you want to examine comes onto the LCD screen.

Now the WristMac's forward/down and back/up buttons will scroll through the data stored in the heading shown. You may use the two buttons to scroll sequentially backwards or forwards until you find the information you seek. Holding the buttons in will result in a fast scroll.

You can even edit and change the information once it is in your WristMac! (Although the process will make you appreciate your Macintosh more than ever.)

The WristMac has the capability of manually changing every character stored. This is done by using the watch's edit button. (The edit button is the one on the right side of the watch).

Go to a screen of data. Press the edit button and a rectangular cursor appears on the LCD screen.

The WristMac's select button will now move the cursor from character to character. When the cursor is atop the character to be changed the back/up and forward/down buttons will change that character. When held down the scroll forwards and backwards through the WristMac's possible characters of the alphabet, numbers and special characters. When the character has been changed to the proper one, the select button will move the cursor to the next character to be edited.

In this character-by-character manner a screen may be edited. When the screen is satisfactory a press on the edit button will accept the corrections. You may edit memo screens, headings, even alarms.

This will come in handy when a person tells you, miles from your Macintosh, that he or she has a new phone number.

If you find yourself making a lot of editing changes "in the field" you may want to purchase the optional bi-directional adapter.

Bi-Directional Adapter

The "RC-4200 Bidirectional Adapter" attaches between your WristMac and your Macintosh. It will upload information from your WristMac back into the WristMac stack. Most people will find that they seldom need such capability. But if you do a lot of changing of the WristMac's screens while away from your Mac this will come in handy.

The WristMac-to-Mac cable is removed from the watch-clip interface but still left plugged into the Mac's serial port. The free end (with the mini-plug) attaches to the "PC 1" jack on the two-way adapter. The built-in cable from the two-way adapter is then attached to the watch-clip.

Whenever a transfer is to be made the adapter's switch should be "on" and the red LED lit. (The adapter is powered by two 9-volt batteries).

For normal downloading to the watch, the adapter's PC IN/OUT switch should be left in the OUT position.

But when it comes time to change the WristMac stack from the watch — to upload from the watch to the Macintosh — put the switch into the IN position. Make sure the WristMac is properly seated in the watch-clip interface. Then go to the WristMac stack's Main screen. Press on the arrow which points to the Macintosh from the watch.

You will see a dialog box telling you to press the Time button on the watch until DATA IN (H) is showing, then press the Edit button on the right hand side. You will hear a beep from the watch, and the upload will begin.

Presto! The information will be transferred from your watch to the stack. At that point you may want to save the entire "state of the stack" to disk by clicking on the arrow which points to the disk icon.

Have A Great Time!

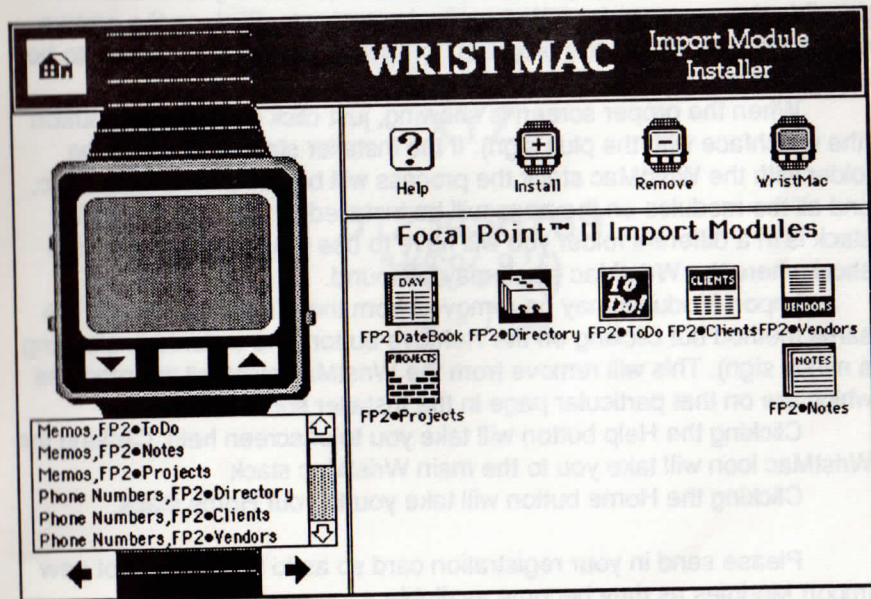
We hope that you enjoy using your WristMac watch and that it proves to be useful for you in your business, in your recreational time, and throughout your busy life. If you come up with an interesting idea for a custom screen we would be most interested in hearing from you, as well as any comments you may have. Please write with your suggestions to:

Customer Service
Ex Machina, Inc.
45 East 89th Street #39-A
New York NY 10128-1251

May all your alarms be pleasant ones!

Appendix A: The Wrist Mac Import Module Installer

It's easy to install the ability to import information from many popular programs. You may choose to launch the Import Module Installer by double-clicking on the stack's icon from the desktop, or there is a



handy Import Configuration button in the Preferences dialog box, which will launch the stack from within the main WristMac stack.

You'll be presented with a screen similar to the one at left.

The two arrows to either side of the onscreen watchband will allow you to cycle through the various programs from which WristMac supports importing. On each page you will see icons representing all of the possible data sources from that particular program. Click on the arrows until the screen shows the program from which you want WristMac to be able to import.

When the proper screen is showing, just click on the Install button (the watchface with the plus sign). If the installer stack is in the same folder with the WristMac stack the process will be completely automatic, and all the modules on the page will be installed. If the main WristMac stack is in a different folder you will have to use the resulting list box to show where the WristMac stack may be found.

Import Modules may be removed from the WristMac stack by the same method but clicking on the Remove button (the watchface showing a minus sign). This will remove from the WristMac stack all the modules which are on that particular page in the Installer stack.

Clicking the Help button will take you to onscreen help. Clicking the WristMac icon will take you to the main WristMac stack.

Clicking the Home button will take you to your Home stack.

Please send in your registration card so as to be informed of new Import Modules as they become available.

Appendix B: The WristMac Character Set

The LCD on the WristMac is capable of displaying the following characters:

ABCDEFGH
IJKLMNOP
QRSTUVWXYZ
XYZ

0123456789
"#\$%&'()
*+,-./:;=