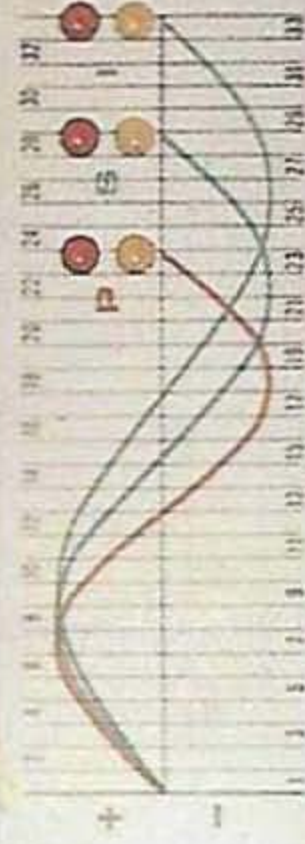


KOSMOS I

# OWNER'S MANUAL



BIO

←R

F→

CLR

DATE

C/S

B1

B2

7

8

9

÷

4

5

6

x

1

2

3

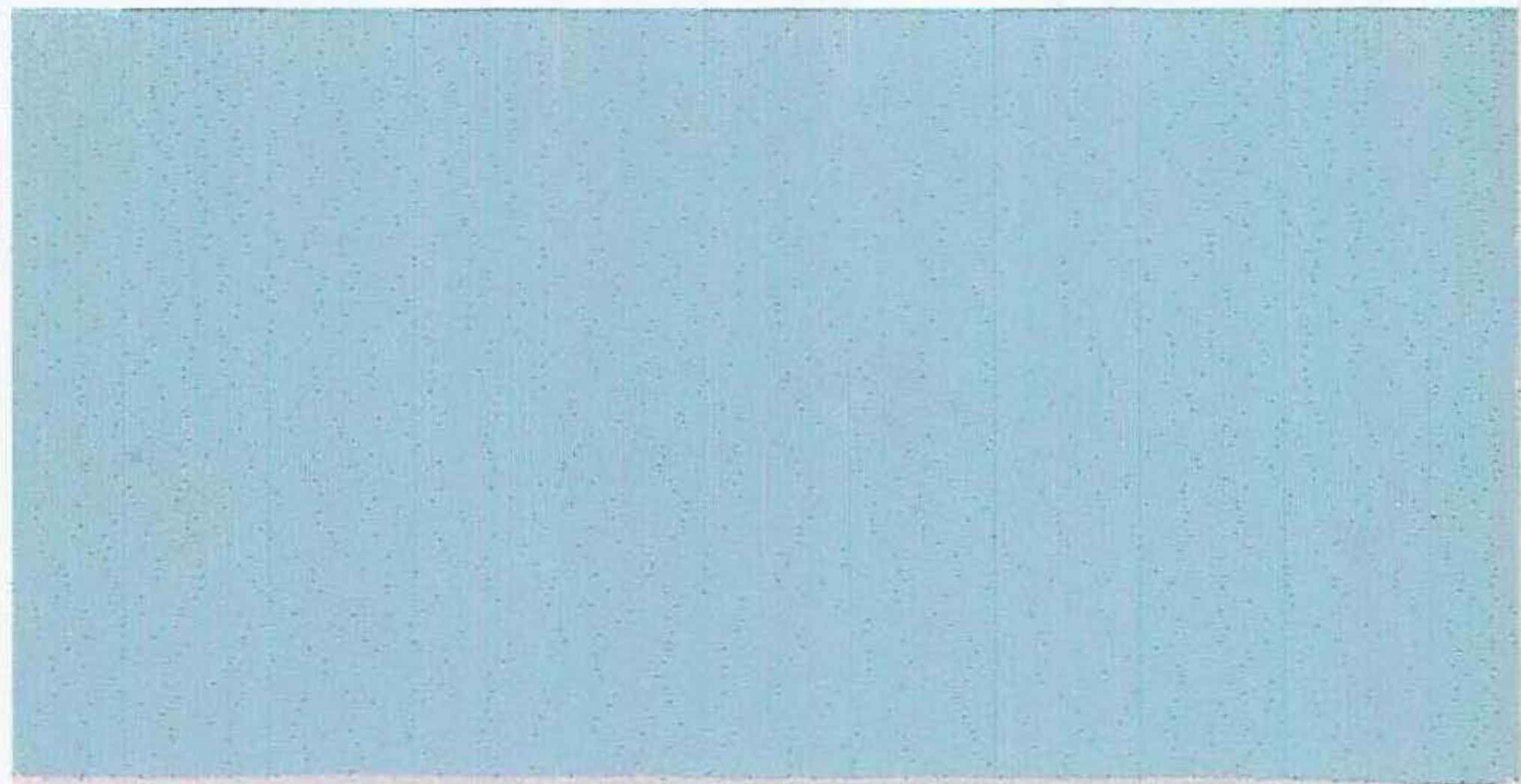
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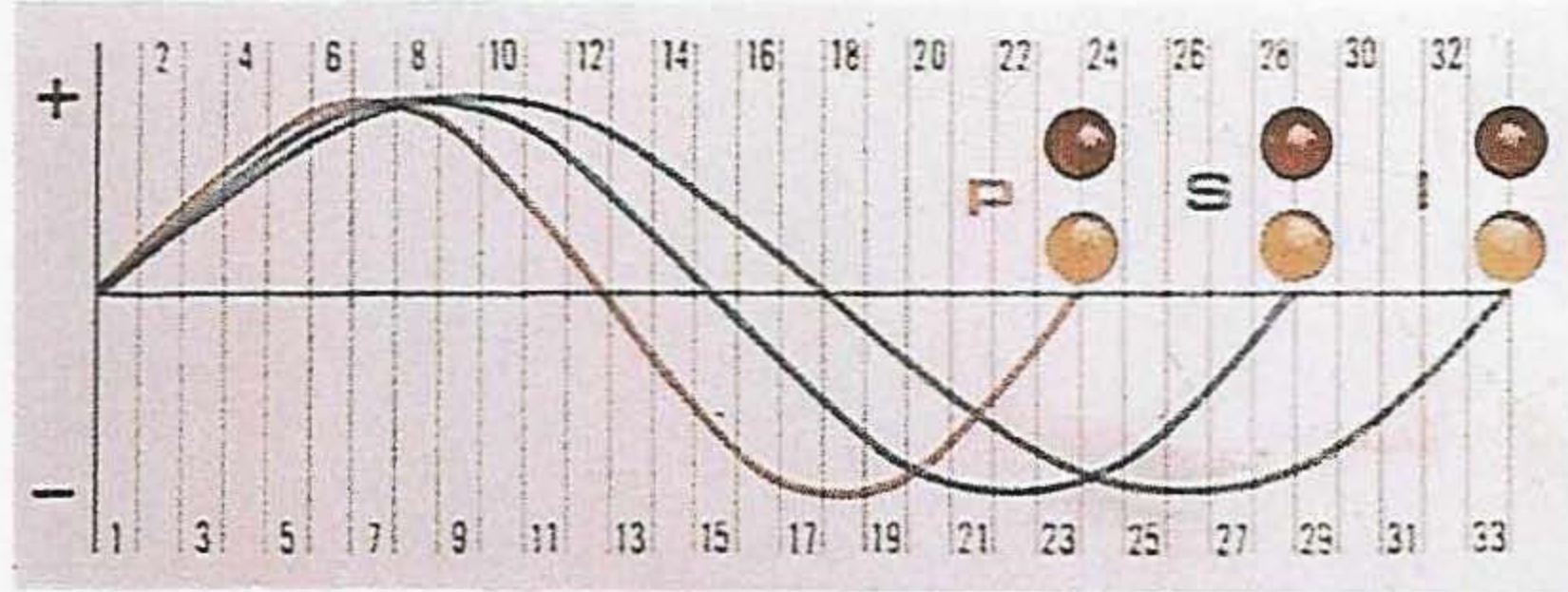
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**KOSMOS I**  
TM

Copyright—Kosmos International, Ltd.  
Patent Pending



You have 3 biorhythm cycles. Physical, emotional and intellectual. The theory states that your daily position in each of these cycles has a lot to do with how you feel.

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2. General Description
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Why is it  
some days you feel  
like a million bucks?



**And others  
like small change?**





## INTRODUCTION TO BIORHYTHM

---

Congratulations.

You've just shown the good sense to buy the best pocket-size biorhythm computer on the market.

Kosmos I.

But before you start pushing buttons, take a minute to be sure you understand what you'll be learning about yourself.

Biorhythms are defined as the different cycles your mind and body go through every day.

There are three of them. A 23-day physical cycle. A 28-day emotional cycle. And a 33-day intellectual cycle.



You also have critical and mini-critical days (which we'll get to in the glossary), along with up (+) and down (-) periods in each cycle.

Your daily position in each of these cycles has a lot to do with how you feel.

For example, when you're full of energy, you're probably in the up period of your physical cycle. When you tire quicker than usual, chances are you're in the down period.

By punching the correct formula into your Kosmos I (which we'll get to in the instructions) you'll learn just where you are in each of your three cycles.

#### KOSMOS I

The Kosmos I Biorhythm Computer and Calculator can give you any biorhythmic information you need. It can chart your physical, emotional and intellectual cycles. It can alert you to critical and mini-critical days. It can give you compatibility ratios and has 2 memory banks.

It can also add, subtract, multiply and divide.

It's not hocus pocus. It's a behavioral science.

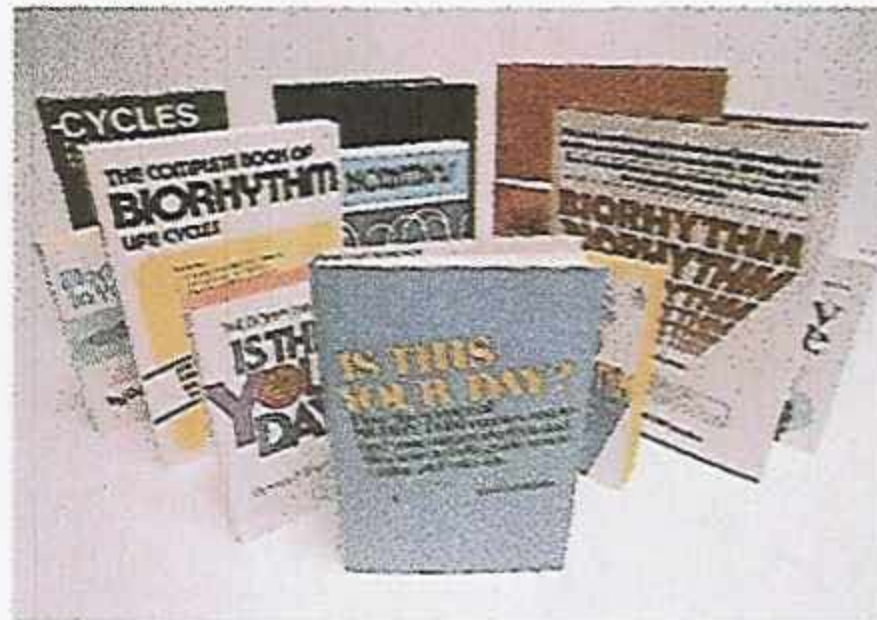
Dr. Wilhelm Fleiss discovered the physical and emotional cycles in 1887. Dr. Alfred Telltscher discovered the intellectual



cycle a few years later. And people all over the world have been monitoring biorhythms ever since.

Over 100 books have been written describing what has already been learned.

IBM built a computer costing over \$2,000,000 that can give researchers all of the biorhythmic information they want. Biocom built a \$3,000 desk computer that can do almost as much for industry.







**IBM 360**

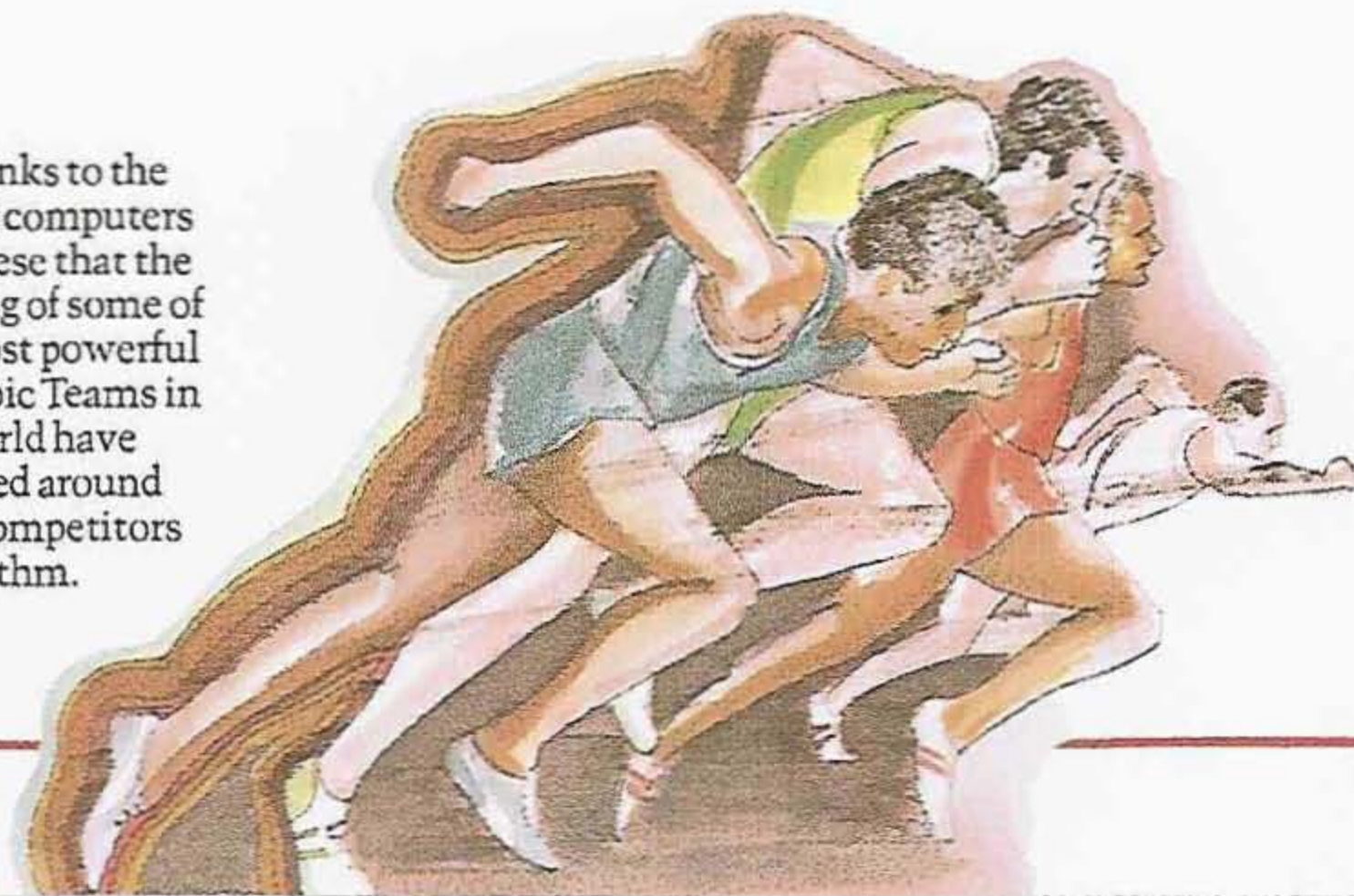
The IBM 360 computer can give you all the biorhythmic calculations you want. It's as big as a room and costs about \$2,000,000.

**BIOCOM 200**

The Biocom 200 computer can monitor your biorhythm, too. It takes up most of a desk top and costs about \$3,000.



It's thanks to the help of computers like these that the training of some of the most powerful Olympic Teams in the world have revolved around each competitors biorhythm.





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United Airlines, Japan Airlines and Swissair have all biorhythmically monitored their employees. Even members of the USAF Tactical Air Command and Army Aviation have had their biorhythms charted.

In Japan, taxi, bus and truck drivers, along with train conductors and industrial workers, have all had their accident rates cut sharply when their biorhythms were watched.

And if you just turn the page, you'll learn everything you need to know to use your Kosmos I to monitor your biorhythm cycles everyday.

And even to add, subtract, multiply and divide, too.

## GENERAL DESCRIPTION

### **Kosmos I — Biorhythm Computer**

#### **1. General Description**

Kosmos I is a uniquely designed electronic computer for rapid determination of biorhythmic data. Birthdates plus other desired dates are entered via a keyboard and the desired biorhythm data is displayed on a digital display. In addition, the machine can be used as a standard four function calculator.

#### **2. Basic Functions**

##### **2.1 Personal Biorhythm**

Key in your own birthdate, along with the day of interest and the appropriate days on each of the three biorhythm cycles will be displayed.

##### **2.2 Biorhythmic Compatibility**

Your personal data is stored in the memory and another person's birthdate is keyed in. The

machine will compute and display the days on their biorhythm cycles and also the percentage compatibility between yourself and the other party.

### **2.3 Critical & Mini-critical Days**

When calculating the points on your biorhythm cycles for a given day, the calculator will allow you to go forward or backward in daily increments to quickly determine the dates of critical or mini-critical days. These days are easily recognized by red or amber indicating lights.

### **2.4 Basic Four Function Calculator**

When not in use for biorhythmic calculations, Kosmos I will operate as a basic four function calculator.



## KEY DESCRIPTION

Digital Display

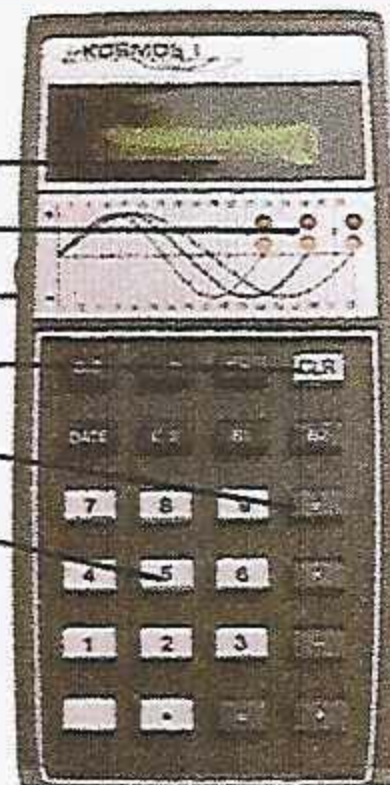
Traffic Lights

On/Off Switch

Clear Key

Arithmetic Keys

Number Keys



### Biorhythm Function Keys

**BIO** Biorhythm

**DATE** Date


**B1** **B2** Birthdate

**C/S** Compatibility/  
Similarity

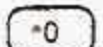
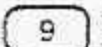
**▶F** Forward

**◀R** Reverse

**Power Switch:**

Move the side-switch backward to start a calculation. You should now see displayed .

**Numeral Keys:**


 -  Enters numerals.

**Decimal Point Key:**

For decimal places, use the  key in its logical sequence.

**Arithmetic Keys:**

Press the numeral and arithmetic keys in the same logical sequence as the formula and the  key obtains the answer.

### Date Key:

**DATE** Enters the desired date (Month, Day, and Year). To enter the date, for example, June 7th, 1976, operate: **06 07 76 DATE**  
Month Day Year

After pressing the **DATE** key, the date plus the day of the week will be visible on the display.

### Birthdate Keys:

**B1** This **B1** key is for keying in your own birthdate.

**B2** This **B2** key is for keying another persons birthdate.



---

After pressing the birthdate keys, the date plus the day of the week will be visible on the display.

"In addition, use of either the B1 or B2 keys is illustrated by a display in the extreme left hand digit. When using B1—A U will appear in the top half of digit. When using B2—An inverted U will appear in the lower half of digit."

**Biorhythm Key:**

**BIO** When all data has been put in correctly, pressing this key obtains the biorhythm and displays them.

**Compatibility/Similarity Key:**

**C/S** This **CS** key will cause the computer to calculate the compatibility between yourself and another person and display them.

**Forward/Reverse Keys:**

**◀R** This decrement key will cause the date to reverse each one. Simultaneously the new biorhythm will be computed and displayed.

**▶F** This increment key is identical to the **◀R** key except that it advances the date in daily increments. Inc./Dec.


**Clear Key:**

**CLR** This key is used either to clear the last entry if it were made in error by pressing once or by pressing twice to completely clear all register to begin a new calculation. The computer will again be in the four function calculation mode at this point until one of the biorhythm function keys is again pressed.

**Note:** When you're operating in this mode, the calculator will be computing data on the basis of the last birthdate key which was pressed.



**Error/Overflow:**

Error and overflow are indicated by an "I" sign and interrupts further calculation. To reset the error or overflow to continue operation, press the  key.

Error and overflow occurs:

1. When an answer exceeds 8-digit integers.
2. In case the date or year is entered as a 1-digit number.
3. In case the number of the month, day and year are outside of the permissible range.
4. In case the abnormal key sequence is executed.
5. When incorrect operations are performed on biorhythm calculations.

## BIORHYTHM APPLICATION

### Personal Biorhythm

**Step 1.** Turn the power switch **ON**

**Step 2.** Key in today's date (or date on which the biorhythms are to be calculated.) Example:

For June 7, 1976, press the keys in the following order:

0 6    0 7    7 6

Mo.    Day    Year

Only the last two digits of the year are to be keyed in. Note: For month and day Two


Digits Must be keyed in.


Month 01 through 12

Day 01 through 31.

**Step 3.** Press **ENT** key.

**Step 4.** Key in the birthdate in the same form as today's date (Step 2).

**Step 5.** Press  key.

**Step 6.** Press  key.


The display will now change to indicate the points on the three biorhythm curves.

**Rapid Determination of Biorhythm Points Ahead or Behind Today's Date.**


**Step 1.** Calculate Biorhythms as in 3.1 through Step 6.

**Step 2.** Press  (increment) key.

Display will change to show date immediately following that initially set.

**Step 3.** Press  key. Display will change to show the biorhythm points for that day.


Note: Steps 2 and 3 may be repeated as many times as desired.



The  (decrement) key functions in the reverse.





**Rapid Determination of Critical and Mini-Critical Days**

**Step 1.** Calculate biorhythms as above (Step 1-6).

**Step 2.** Press  key. Display will show new date.

**Step 3.** (a) If none of the traffic lights are lit, press  key again. Display will show new date. (b) If traffic lights are lit, press  key to obtain all biorhythm data for that day.

Note: Steps 2 and 3 may be repeated using either  or  as often as required.

At anytime the calculator is operating in the biorhythm mode, the indicator lights will give a flashing warning of critical and mini-critical days as follows.

	Critical Days (Red Light)		Mini-Critical Days (Yellow Light)	
Physical	1	12 & 13 *	7	18
Sensitivity	1	15	8	22
Intellectual	1	17 & 18 *	9	26

**Note:** What this means is that depending on your hour of birth, you could begin your critical day on one day and end it on the next. This holds true especially for your physical and intellectual cycles when you're on your way to the minus phase of each.

---

### Another Person's Biorhythm

**Step 1.** Key in today's date (or date on which the biorhythms are to be calculated.)

**Step 2.** Press **DATE** key.

**Step 3.** Key in person's birthdate.

**Step 4.** Press **EQ** key.

**Step 5.** Press **EO** key.

The display will now change to indicate the points on this person's three biorhythm curves.



---

### Biorhythmic Compatibility Between Yourself and Other People\*

Step 1. Key in your own birthdate.

Step 2. Press **B1** key.

Step 3. Key in other birthdate.

Step 4. Press **B2** key.

Step 5. Press **C/S** key.

Display will now change to show compatibility as a percentage each of the three cycles between you and the other person.

#### Note:

(1) Steps 3 through 5 may be repeated for as many people as required.

(2) If your birthdate and that of any other person have already been input, all that is required is to press **C/S** key.

\*See glossary, page 37





## CALCULATOR APPLICATIONS

### Basic Operation

The following pages show you the proper procedures of manipulating the calculator and instructs you in its basic operations so that you may soon learn the correct methods of computing particular functions. This calculator has a built-in feature to clear all registers automatically when the power switch has been turned on.

An example will be explained in the following format.

EXAMPLE:	KEY OPERATION	DISPLAYED RESULT								
$2 + 2 = 4$	2  2 	<table><tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td>4</td></tr></table>								4
							4			

**EXAMPLE:****KEY OPERATION****DISPLAYED RESULT****Subtraction:**

$$12 - 389 = -377$$

$$12 \text{ [=]} 389 \text{ [-]}$$

-					3	7	7
---	--	--	--	--	---	---	---

Note: To perform a problem using a negative 1st number,  
operate  $\text{[CLAR]}$  [=] then the number.

**Example:**

$$-1.5 + 0.5 - 4.5 = -5.5$$

$$\text{[CLAR]} \text{ [=]} 1.5 \text{ [+]} .5 \text{ [-]} 4.5 \text{ [=]}$$

-					5	.	5
---	--	--	--	--	---	---	---

**Multiplication/Division:**

$$\frac{3 \times 4 \times 5 = 10}{2 \times 3}$$

$$3 \text{ [X]} 4 \text{ [X]} 5 \text{ [=]} 2 \text{ [=]} 3 \text{ [=]}$$

					1	0
--	--	--	--	--	---	---



**Mixed Calculations:**

$$\frac{3 \times 4 - 2}{2} = 4$$

$$3 \times 4 \div 2 \div 2 =$$

								4
--	--	--	--	--	--	--	--	---

$$\frac{3 \times 4 + 2}{2 \times 3} - 4 = -1.666667$$

$$3 \times 4 \div 2 \div 3 \div 4 =$$

-	1	.	6	6	6	6	6	7
---	---	---	---	---	---	---	---	---

Constant calculations are performed as follows:

Entry  $\times$  ( $\div$ ) Entry  $=$

Set as constant

Entry  $\div$  ( $\times$ ) Entry  $=$

**EXAMPLE:****KEY OPERATION****DISPLAYED RESULT****Constant:**

$30 \times 22 = 660$

$30 \times 22 =$

						6	6	0
--	--	--	--	--	--	---	---	---

$30 \times 28 = 840$

$28 =$

						8	4	0
--	--	--	--	--	--	---	---	---

$123 \div 3 = 41$

$123 \div 3 =$

							4	1
--	--	--	--	--	--	--	---	---

$333 \div 3 = 111$

$333 =$

						1	1	1
--	--	--	--	--	--	---	---	---

$3^2 = 9$

$3 \times =$

								9
--	--	--	--	--	--	--	--	---

$3^3 = 27$

$=$

							2	7
--	--	--	--	--	--	--	---	---

$3^4 = 81$

$=$

							8	1
--	--	--	--	--	--	--	---	---

$4^6 = 65536$

$4 \times = \times = \times =$

			6	5	5	3	6
--	--	--	---	---	---	---	---

Note: When operating in the constant mode, if the machine capacity is exceeded, (indicated by [E]) press the [CLR] button once only and the constant is still retained for continued use.

## SPECIFICATION

**Operating Temperature:** \* 0°C-40°C (32°F-104°F)

**Dimensions:** \* 140 m/m (5.52") Depth x 70 m/m (2.76") Width x 27 m/m (1.06") Height.

**Weight:** \* 160 grams (5.14 oz) [including batteries]

**Calculation Range:** \* Entry/Result 8 digits

**Calendar:** \* Jan. 1, 1901 ~ Dec. 31, 1999

**Calculation Method:** \* Algebraic method

**Decimal Point:** \* Full floating decimal point system

**Negative Number:** \* Indicated by minus (−) sign on the left of the digit.

**Error/Overflow Check:** \* Indicated by the "E" sign, looking the calculator.

**Main Element:** \* MOS LSI complete 1-chip

**Power Consumption:** \* W

**Power Source:** \* DC, AA size (UM-3) dry batteries—3 pcs or \* by AC ADAPTOR



## DISPOSABLE DRY BATTERY OR AC OPERATION

This calculator operates on either dry batteries or AC with the use of the AC ADAPTOR.

### DRY BATTERY OPERATION

With three AA size manganese dry batteries (SUM-3) it operates for approximately 10 hours continuously. Even when battery power decreases, the display will merely darken but cause no miscalculation. When you have finished your calculation, be sure to switch off the power to save the battery.

To change batteries, put the power switch off first. Slide open the battery cover and replace batteries.

#### AC OPERATION.

If you are in a 117V area, for instance, use a 117V AC ADAPTOR. When you use an AC ADAPTOR of a different voltage, it may cause damage to both the AC ADAPTOR and calculator. Plug the applicable AC ADAPTOR into the AC outlet and cord into the calculator. When plugged in, battery power supply stops automatically, so battery power is not wasted.

**Note:** To prevent damage to the calculator, use only the AC ADAPTOR recommended by your dealer.

## PRECAUTIONS

- The calculator is a durable, precision-made instrument. So, we recommend that the inside of the calculator not be touched.
- It is also inadvisable to subject the calculator to hard knocks, drops, and unduly strong key pressing.
- Extreme cold (below 32 F or 0 C), heat (above 104 F or 40 C) and humidity may also effect the function of the calculator.
- To prevent damage if the batteries leak, take out the batteries when you do not use the calculator for a long period.



- Remember to place power switch in "OFF" position upon completion of your use of the calculator.
- Do not clean the calculator with harsh cleaners or petroleum and alcohol, always use the silicon cloth.
- To avoid damage to the calculator, when changing batteries, be sure you have placed them in the correct position.

## GLOSSARY

**Biorhythm:** The theory goes like this: From our birth to our death, we are influenced by 3 internal cycles. A 23-day physical cycle. A 28-day emotional cycle. And a 33-day intellectual cycle. Our daily position within these cycles has a lot to do with how we feel.

**Compatibility/Similarity Ratio (c/s):** This simply shows how your biorhythm blends in with someone else's.

People with the same birth dates have biorhythms that run in the same cycles. So they are compatible 100% of the time.

People with different birth dates have biorhythms that run in different cycles. They are compatible a lower percentage of the time.

The farther apart their cycles are, up to the half-way point of each, the less compatible they are.

Check the Compatibility/Similarity Ratio Chart and you'll see what we mean.

COMPATIBILITY/SIMILARITY RATIO CHART					
23-DAY PHYSICAL CYCLE		28-DAY EMOTIONAL CYCLE		33-DAY INTELLECTUAL CYCLE	
Days Apart	Percentage Change	Days Apart	Percentage Change	Days Apart	Percentage Change
0	100%	0	100%	0	100%
1	91.3	1	93	1	94
2	82.6	2	86	2	88
3	73.9	3	79	3	82
4	65.2	4	71	4	76
5	56.5	5	64	5	70
6	47.8	6	57	6	64
7	39.1	7	50	7	58
8	30.4	8	43	8	52
9	21.7	9	36	9	46
10	13	10	29	10	39
11	4.3	11	21	11	33
11½	0	12	14	12	27
12	4.3	13	7	13	21
13	13	14	0	14	15
14	21.7	15	7	15	9
15	30.4	16	14	16	3
16	39.1	17	21	16½	0
17	47.8	18	29	17	3
18	56.5	19	36	18	9
19	65.2	20	43	19	15
20	73.9	21	50	20	21
21	82.6	22	57	21	27
22	91.3	23	64	22	33
23	100	24	71	23	39
		25	79	24	46
		26	86	25	52
		27	93	26	58
		28	100	27	64
				28	70
				29	76
				30	82
				31	88
				32	94
				33	100

NOTE: The percentages in the 28-Day and 33-Day columns are expressed in the nearest whole number.



**Critical:** On your biorhythm graph, any day of any cycle that crosses the center line of division is called a critical day. On those days you are prone to be a little less sharp than you would normally be.

**Critical Line:** This is the center line of division on your biorhythm graph. In each of your cycles, the days above your critical line are apt to be better than the days below it.

**Cycle, Emotional (Sensitivity Cycle):** This biorhythmic cycle is 28 days long and affects your creativity, sensitivity, and mood, as well as your perceptions of the world and yourself. Some researchers even feel that the sex of your children is affected, to some degree, by which phase of your emotional cycle they were conceived under.

**Cycle, Intellectual:** This cycle takes 33-days to complete. It helps regulate your memory, alertness, receptivity to knowledge and the logical and analytical functions of your mind.

**Cycle, Physical:** This is a 23-day cycle. It affects your strength, coordination, speed, physiology, and your resistance to disease. Basically, your daily position in your physical cycle has a lot to do with whether you're full of pep. Or feel lazy.

**Fleiss, Dr. Wilhelm:** He's one of the people who started it all. In 1887, he discovered the 23-day physical cycle and the 28-day emotional cycle.

**Gittelson, Bernard:** Mr. Gittelson is one of the leading authorities on biorhythm. If you want to learn more about it, pick up any of his books.



Olympic Teams from all over the world have monitored their biorhythms in training. And as biorhythm gets more and more publicity, more and more people admit to keeping track of theirs, too.

**High (plus day):** On any days which appear above the critical line on your biorhythm graph, you are on what researchers call a high. On those days, you are apt to have more energy, feel more emotionally stable and be more alert.

**Low (minus day):** On any days which appear below the critical line, you are on a low. So, the conditions above are prone to be just the opposite.



**Mini-Critical:** "The mini-critical is a recent important discovery that has been made by researchers specializing in biorhythm studies. It seems to indicate that at the mid-point between two critical days individuals, especially athletes, seem to be less coordinated than on critical days which have long been looked at by scientists as the accident-prone day of an individual. This theory may be the missing link that has been sought by scientists to prove the validity of biorhythm, as well as the explanation of why certain individuals behave irrationally during these biorhythmic peaks and valleys, and sometimes at a time when biorhythmically they should be at their highest point."  
Bernard Gittelson.

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## BIRTHDATE REGISTER

NAME	DATE



NAME

DATE


NAME

DATE


NAME

DATE


**KOSMOS I**  
TM



BIO	CRITICAL DAYS	MENT- CRITICAL DAYS	UP CYCLE +	DOWN CYCLE -
P	1 AND 12/13	7 AND 18	2 TO 11	13 TO 23
S	1 AND 15	8 AND 22	2 TO 14	16 TO 28
I	1 AND 17/18	9 AND 26	2 TO 16	18 TO 33
DAYS OF THE WEEK		4	THURSDAY	
1	MONDAY	5	FRIDAY	
2	TUESDAY	6	SATURDAY	
3	WEDNESDAY	7	SUNDAY	

**KOSMOS-1** BATTERY SUPPLY 1.5V  $\times$  3  
 OR USE AC ADAPTOR, 0.36W  
 NO. **7003452** MADE IN JAPAN