

## Macros

Macros can be inserted at any point in a text, e.g. to set the speed of transmission or the pause between words (or to change it during playback). The program recognizes macros by the angle brackets that enclose them.

Important: All settings are retained and are not changed by macros.

### Macro for the transmission speed

The <100> macro, for example, sets the transmission speed to 100 cpm or 20 wpm.

Important: Only numerical values from 20 to 900 (in steps of 5) are permitted.

### Macro for the character speed (Farnsworth timing)

Ideally, the character speed should be identical to the transmission speed. However, you can also choose a faster speed. This creates an additional pause between the characters. This is known as the Farnsworth learning method or **Farnsworth timing**.

The macro <F120>, for example, sets the character speed to 120 bpm or 24 wpm.

Important: Numerical values from 60 to 900 (in steps of 10) are permitted.

The <F-> macro can be used to adjust the character speed back to the speed of the transmission. You can even combine these macros, e.g. <100F120>.

### Macro for word spacing (Pause between the words)

The pause between words and groups is normally the same length as 7 short tones, e.g. at a speed of 100 bpm it is  $7 \times 60 \text{ ms} = 420 \text{ ms}$ .

The macro <W3000>, for example, sets it to 3 seconds, regardless of the speed. The macro <W0> reverses this setting.

Important: Only the following numerical values are permitted: 0, 500, 1000, 1500, 2000, 3000, 4000, 5000 and 6000.

You can even combine all three macros into one, e.g. <100F120W3000>.

Attention: You cannot increase the pause between words with several spaces in a row. You have to use macros.