

## RE: System too slow

**Source:**

<http://www.tech-archive.net/Archive/WinXP/microsoft.public.windowsxp.basics/2005-03/0003.html>

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**From:** Andras (*Andras\_at\_discussions.microsoft.com*)

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Dear secret alias "yba02"

You can download fastboot-winxp.exe from

<http://www.microsoft.com/whdc/system/sysperf/fastboot/fastboot-winxp.msp>

which has a document and describes how windows XP boots up faster and then runs self optimization routines later, when the computer is idle. This might explain why your system memory goes down after a while. This doesn't exclude you having any viruses or trojans.

You didn't mention what A/V program you are running, I once tried a trial of F-Secure and I uninstalled it within 10 minutes as my system slowed down tremendously. I tried then NOD 32 (you can download a free trial if you do a search on it) and I got no noticeable slowdown. It has daily updates and it already alerted of several incoming viruses.

700 Mb for page file is not much. By default Windows tries to double the system ram in Pagefile size, by what I've seen.

I also suggest getting more RAM. I ran Win XP with 256 Mb RAM and it ran ok. But when I added another 512 Mb, it sped up INCREDIBLY!!!!!! I also then disabled my swap file and ran my system for 10 months with no swap file without any trouble. Even Doom3 runs well on 768 MB RAM and no swap file.

If I were you I'd uninstall any anti spam and anti virus and get a NOD 32. If you haven't heard Windows now has his own Microsoft AntiSpyware Beta1, which you can download from microsoft's site, which blasted several spyware, which was just hidden before. It even found Microsoft Spyware!!!! :) Not joking, try it and see what it finds.

"yba02" wrote:

- > *High,*
- > *My PC runs XP Pro.*
- > *Before installing a certain antivirus, it was fine and dandy.*
- > *After installing that AV, the system became terribly slow. But, that is not*

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- > *the only problem.*
- > *I use a memory monitoring and recovery tool.*
- > *When monitoring memory, it starts declining while the system is idle. That*
- > *is, while no user or apparent system activity is taking place, memory*
- > *starts declining by its own.*
- > *My AV is up-to-date and I have a dedicated Anti-spam.*
- > *Right now, the system uses a chubby page file of over 700 MB.*
- > *Any idea what could be going on there AND any suggestions.*
- > *Thanks*
- > *Yba*