

microsoft.public.windowsxp.perform_maintain: Re: Shredding files on a journal using file system

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If you want to "shred" files so as to make them unrecoverable in normal use you'll need third party software, of which there is plenty. (Look on the Internet.)

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Ted Ziegler

"John" <anonymous@discussions.microsoft.com> wrote in message news:7dd201c4d0da\$9670f690\$a401280a@phx.gbl...

> I use Windows XP Home edition. NTFS format hard drive.

>

> I need to make sure that files and file content on my
> hard drive are shredded.

>

> I have been told that if the file system uses
> a "journal," the journal can store significant amount of
> information about a file and that information could be
> used to rebuild/recover the file or its contents after it
> has been shredded.

>

> So my questions are:

>

> 1. Is NTFS a journal using file system?

>

> 2. If it is, where is the journal?

>

> 2. If it is, how can I see what information my journal
> has?

>

> Thanks,

>

> John