

Slow performance

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In the past, my computer would occasionally experience a slow down in performance which would be easily corrected by doing a clean up/tune up. I use several methods to do this. I am running XP, sp3 with Windows Live One Care which includes regular tune ups. Somoetimes, if I have been doing a lot of web surfing, I just do a manual cleanup using my IE tools, and occasionally I use Speed Up My PC, which does a great job of optimizing.

But recently I started having problems that don't respond to these methods. I have run several virus/spyware scans and can't find anything. I notice that I frequently get the message that "Virtual Memory Is low". I started watching my Task Manager Performance and see that my Page File History never drops below 800 MB, even when I have no programs open. at the same time, it shows my Physical Memory at 522,736 with 158,960 going to System Cache with only 181,508 available.

How can I find out what is using up all my physical memory and why my Page File History is so high all the time? BTW- What is Page File History anyway. I can't find anything in the help files about it?

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