

Re: Slow performance

Source:

http://www.tech-archive.net/Archive/WinXP/microsoft.public.windowsxp.perform_maintain/2008-11/msg00080.htm

- *From:* "Gerry" <gerry@xxxxxxxxxx>
 - *Date:* Thu, 6 Nov 2008 17:26:17 -0000
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What is the CPU speed?

How much RAM?

Try Ctrl+Alt+Delete to select Task Manager and click the Performance Tab. Under Commit Charge what is the Total, the Limit and the Peak?

You should be able to gather more information from Task Manager. With the Processes tab open select View, Select, Columns and check the boxes before Peak Memory Usage and Virtual Memory size. What are the figures for the 6 processes using the largest amounts?

Do you leave your computer on 24/7?

Many do not rate Windows Live One Care very highly. It includes a Registry Cleaner, which many here think provides negligible benefits and potentially can seriously damage the system. It also takes a lot of resources to run, which may go some way to explaining your disappointing system performance. You can use Windows Defender, a component of Windows Live One Care, as a standalone. Are you using any other anti-virus and anti-spyware software?

I would be interested in seeing a Disk Defragmenter report . Open Disk Defragmenter and click on Analyse. Select View Report and click on Save As and Save. Now find VolumeD.txt in your My Documents Folder and post a copy. Do this before running Disk Defragmenter as it is more informative.

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Hope this helps.

Gerry
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FCA

Re: Slow performance

Stourport, England  
Enquire, plan and execute

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Magsmom wrote:

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?