

## Re: Backup files with Windows defender or Norton??

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Thank you very much Charlie42 for all the information and the other guys out there. Did you say that there is free antivirus software? I had no idea that you could get free protection software programmes, silly question, but why are they free?

I have another question perhaps you might be able to help me. Do any of you guys know anything about the new speech recognition program in vista?

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andy t

"Charlie42" wrote:

"andy t" <[andyt@xxxxxxxxxxxxxxxxxxxxxxxxxxxx](mailto:andyt@xxxxxxxxxxxxxxxxxxxxxxxxxxxx)> wrote:

I am beginning to understand now, I accidentally clicked on something recently, so I went to "system restore" went back a couple of days, and it restored the problem. I think I am I right in saying that it backs up files for so many days, and automatically terminates the old ones so as to free up disk space, perhaps you can confirm this to me Guy's.

System restore points are created regularly + when you install software or updates. Old restore points are not overwritten until the disk space used by System Restore is full. Be aware that System Restore does *\*not\** back up your personal files and folders. You must use the Backup and Restore Center for that.

What is System Restore?

<http://windowshelp.microsoft.com/Windows/en-US/Help/9f6d755a-74bb-4a7d-a625-d762dd8e79e51033.m>

I have Windows Vista Home Premium and Norton 360 version 2.0.  
What are "disk image backups" and how do you perform them?

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They are backups of entire hard drives; operative system, bootloader, user files & all. Like I said, a crashed or compromised hard drive can be restored with such backups. System Restore is *\*not\** a disk imaging utility, neither is Norton 360. Search Google for more information.

My Norton shows that it is disabled and say's "your scheduled automatic backups are currently turned off".

As I said, my scheduled automatic backups are working anyway, and if I open the Norton backup as well, will this not clog up the system more? I know when opening it, it will show me a list of the files to be backed up, and as you said, scan everything.

One backup system is sufficient. If you do not need Norton to back up your files, you can ignore the "disabled" warning.

Finally, you mentioned that the "Norton antivirus" package is one of the worst, why is it?

The main issue with Norton products is their massive use of system resources. There are security products on the market that will protect you equally well or better, with smaller footprints. By exchanging Norton for a different program, you can free up resources you would rather spend on being productive.

And what would be a more suitable replacement?

I recommend NOD32 for antivirus. Use it along with Windows Firewall and Windows Defender, and you should be well protected.

If you are looking for a security suite, try Eset Smart Security (by the makers of NOD32) or Kaspersky Internet Security. In my opinion, suites are not the best solution though. They will protect you, but they usually come bundled with programs and features you really do not need.

Some of the free solutions will also provide decent security. AVG and Avast! are two popular, and good, programs. For a free firewall, I would go with Comodo, but again: Windows Firewall will suffice for most home users. Run an additional spyware scanner now and again, like Spybot or Superantispyware.

<http://www.eset.com/>

<http://www.kaspersky.com/>

<http://free.avg.com/>

[http://www.avast.com/eng/avast\\_4\\_home.html](http://www.avast.com/eng/avast_4_home.html)

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<http://www.personalfirewall.comodo.com/>

Charlie42