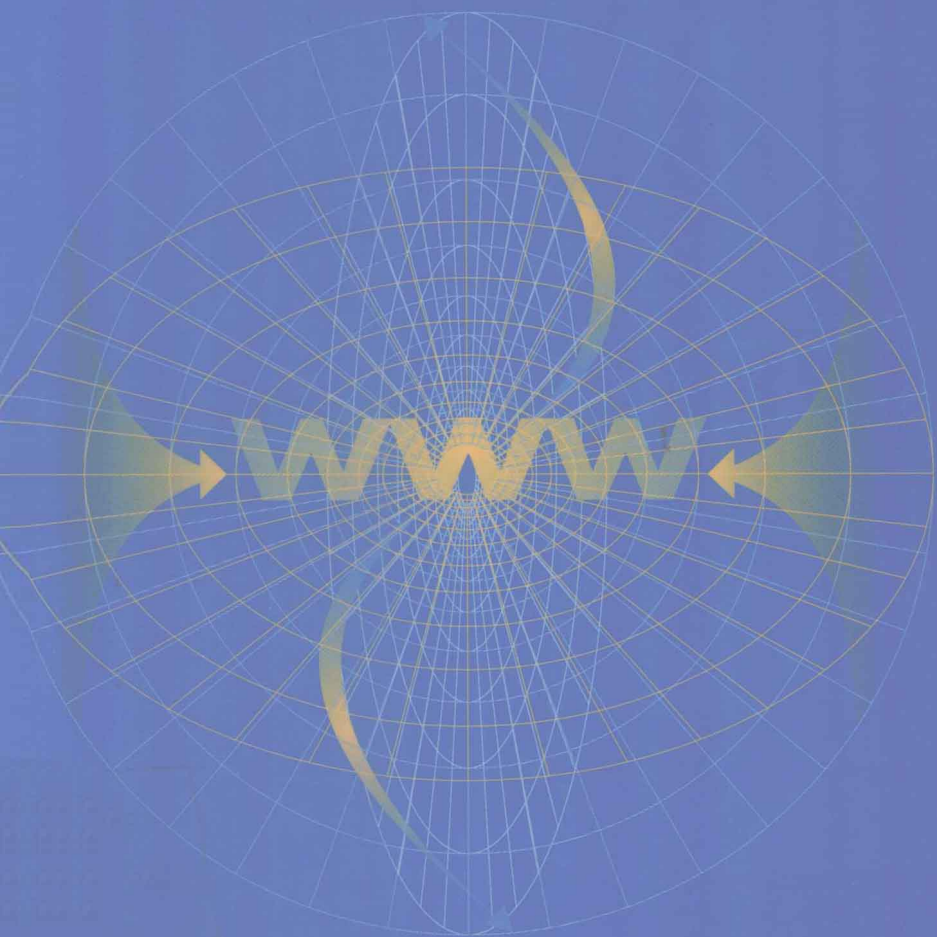


Mayfield's Quick View Guide to the Internet

FOR STUDENTS OF HEALTH,
PHYSICAL EDUCATION, AND EXERCISE SCIENCE

VERSION 2.0



Jennifer Campbell Koella

Michael Keene

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The Mayfield Quick View Guide to the Internet for Students of Health, Physical Education, and Exercise Science

VERSION 2.0

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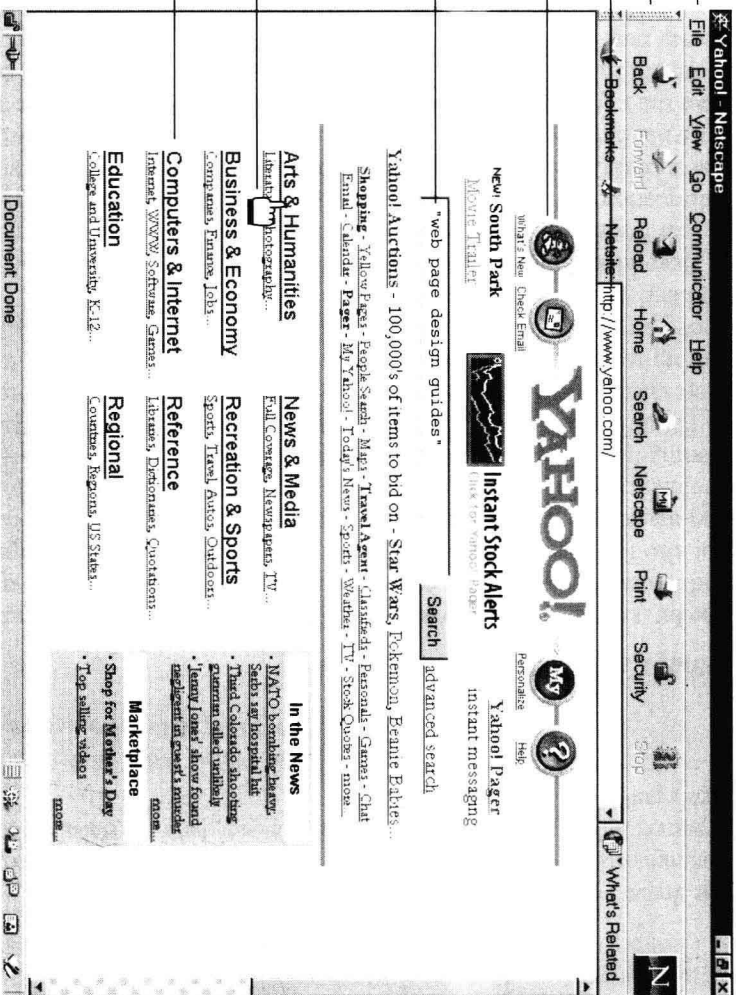
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- ① Menubar
- ② Toolbar
- ③ URL of this page
- ④ Icons to click on for other
Yahoo! functions
- ⑤ Textbox for search engine
- ⑥ Cursor arrow over link
- ⑦ Subject tree categories



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INTRODUCTION

The dream behind the Web is of a common information space in which we can communicate by sharing information. Its universality is essential: the fact that a hypertext link can point to anything, be it personal, local, or global, be it draft or highly published.

—Tim Berners-Lee, “Press FAQ,” 7 December 1998
<<http://www.w3.org/People/Berners-Lee/FAQ.html>>

What Can the Internet Do for You?

The **Internet** is a vast resource—not only for information, entertainment, and interaction with other people in other places who share your interests, but also for learning. You can do everything from reading newspapers and magazines to learning how to create your own Web page, to video-conferencing, to watching video clips from your favorite movies, to downloading free software for your computer, to taking a virtual tour of Hawaii or Frank Lloyd Wright’s house, Fallingwater. The Internet often has the most current news, the best views of the weather anywhere, the best maps, and up-to-the-minute discussions of current events. Additionally, it is convenient to have a variety of dictionaries, thesauruses, and encyclopedias on hand while writing a paper.

Beyond all those uses, *the Internet frees you from the physical boundaries of your hometown, your campus, your city, your state, and your country.* Information from Japan or Germany or Australia can come to you just as fast and easily as information from across the hall. Because the Internet does not have opening or closing hours, its information is more accessible than the information in your library. (And, at many schools, more and more of the library’s resources are available on the Internet.) Your school’s library may be tiny, but with access to the Internet, you have more information at your fingertips than the biggest library anywhere. All you need to do is learn how to find it. To help you find information on the Internet quickly—and document it correctly—is the purpose of this book.

What Are the Internet and the World Wide Web?

The Internet is a global network of computers. It is composed of many parts, such as Web documents, e-mail, Telnet, file transfer, Usenet (newsgroups), and Gopher. Until the **World Wide Web** came along, the Internet was difficult to use. *The Web is a huge number of sites of information within the Internet.*

2 Introduction

Not only does the Web make accessing the Internet easier, but it also makes the Internet more fun because of the Web's **hypermedia** capabilities, such as audio, video, 3-D images, virtual reality, real-time communication, and animation. Sounds good, doesn't it? So let us help you get started!

QUICK VIEW

HOW CAN I USE GRAPHIC ACCESS TO THE INTERNET?

Many students have access to computers that already have Netscape, Explorer, or some other graphic browser. If that's your situation, this page will get you off to a fast start. If you need to start from scratch, go to page 5 for more detailed directions.

Using Netscape and Other Graphic Browsers

To access the Web's multimedia capabilities, you need a graphic browser, such as Netscape or Microsoft's Internet Explorer. (Note: You also need TCP/IP software; see page 5.) Netscape is used in the following description; other browsers, such as Explorer, work in essentially the same way.

Click on the Netscape icon to launch the program. The first page you see will depend on your ISP (Internet service provider). Most providers have designated a Web page to appear when you start Netscape. Many people like their first screen to be a search engine, such as Yahoo! <<http://www.yahoo.com>>. The Netscape Help button or the Yahoo! Help button will show you how to change your start-up page. (For more customization, see your browser's Preferences section, on the View menu.)

There are several ways to access a **Web page** using Netscape. One option is to follow a **hyperlink**, which can be either text or an image. Textual hyperlinks, or **hypertext**, have a different look from the rest of the text. Depending on the browser you use, hypertext will be either a different color or underlined, or both. To follow a link, use your mouse to drag the arrow over the hypertext. When positioned over a link, the arrow will turn into a hand. Click the mouse, and you will go to that Web page. (Some links on some pages are not marked, but whenever your cursor arrow turns into a hand, you can click there and be taken somewhere else.)

Another option to clicking a link is to type out a page's address (the URL or uniform resource locator). Click on the Open button on the toolbar, type the URL in the box provided, and press Return. To navigate through a sequence of pages you have already seen, use the Back and Forward buttons on the toolbar. You may also access a Web page you have already seen by choosing it from your list of **Bookmarks**, from entries on the History list (from the Window menu), or from the Go menu.

(Note: URLs in this book, within the text, are enclosed in angle brackets, < >, for readability. The angle brackets are not part of the address.)

QUICK VIEW

HOW CAN I USE TEXT-ONLY ACCESS TO THE INTERNET?

Some students have access to computers that will give them only text from the Internet. If your computer gives you access to Lynx or some other text-only browser, this page will help you get off to a fast start. Otherwise, please turn to page 5 for more detailed instructions.

Using Lynx and Other Text-Only Browsers

Lynx is the most popular text-only browser. With text-only browsers, you cannot view the multimedia functions on the Web, such as pictures, audio, or video. You see only text. (Note: You do not need TCP/IP software, see page 5, to use Lynx.)

If you have a computer account at school, find out if it is a **UNIX** or **VMS** account. Chances are it will be a **UNIX** account. (Lynx runs on both, but our example shows how it works on **UNIX**.) Next, find out whether Lynx is available; if so, you can access Lynx by logging on to your computer account and then on to Lynx. After logging on, you will see either a \$ or a %. Then type **lynx**. Your screen will look like this:

```
$ lynx
```

The first screen displayed should be a page containing information about the World Wide Web and giving you access to other pages.

To access a specific Web page, type **lynx** followed by the specific Web page's Internet address (its URL). For example, if you wanted to go to Netscape's home page, your command line would look like this:

```
$ lynx http://www.home.netscape.com
```

When you view a Web page, the hypertext links (shortcuts to other pages) will appear in bold. To move your cursor to a link (in bold text), use your up and down arrow keys. When you place your cursor on the bold text, the text will become highlighted. To follow the link, press the right-arrow key. To go back, press the left-arrow key.

At the bottom of the screen, you will find a list of other commands. Simply type the first letter in the command name to execute that command. When you are finished, type **q** to quit. You will be asked if you really want to quit; type **y** for yes. This will bring you back to your system prompt (the \$ or the %).

(Note: URLs in this book, within the text, are enclosed in angle brackets, < >, for readability. The angle brackets are not part of the address.)

CHAPTER ONE

FINDING INFORMATION ON THE INTERNET

The Internet started in the 1960s as a project by the U.S. government to link supercomputers; eventually, its networking technology also came to be used by academic institutions. In the beginning, the Internet was “user hostile,” and the numbers of computers and people it connected were limited. With the creation of the World Wide Web in the early 1990s by Tim Berners-Lee in Switzerland, the Internet became much more “user friendly.” Today, the Internet, a global network of computers, has a great many parts: the World Wide Web, Usenet, Gopher, Telnet, and FTP (file transfer protocol).

Technically, the World Wide Web is an Internet facility that uses hypertext to link multimedia sources. Web **servers** store files that can be viewed or downloaded with a Web **browser** via **HTTP (hypertext transfer protocol)**. The most popular text-only browser is Lynx; some popular graphic browsers are Netscape, Explorer, and AOL (America Online). This book's examples use Netscape; Explorer works much the same way as Netscape.

How the Internet Works—In Brief

To find the information you want, you should know a little about how your computer works with the Internet. That is the subject of the next five brief sections. If you are not interested in learning more about how computers work, you can skip to “How to Find the Information You Want,” on page 8.

Hardware and Software

To gain access to the Internet, you need a computer with the appropriate hardware and software and an **ISP (Internet service provider)**. Some popular ISPs are AOL, CompuServe, MSN, and AT&T WorldNet. To access the Internet from home, you need a computer with a **modem** to connect your computer to the phone lines. Most modems run at 28.8K or 56K **bps (bits per second)**. Faster modems can save you money if you are charged by the amount of time you spend on the Web. You will need a computer that has at least 16MB (**megabytes**) of **RAM (random-access memory)**. (Note: You will also need to find out the networking capabilities of your ISP; information is transferred only as fast as your ISP's slowest connection.)

For software, you will need **TCP/IP (transmission control protocol/Internet protocol)**—languages that allow computers to communicate with each other) to provide an interface between your computer and the Internet. If you have a Macintosh, you need MacTCP. If you have an IBM or clone,

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you need Winsock (which stands for “Windows socket”). Generally these networking protocol utilities are already provided with your computer system. There are two main types of browsers, graphic and text-only, which are explained in more detail on pages 3 and 4.

Client/Server Systems

The Web works on a client/server system. The **client** is your computer and software; a **server** is any computer that houses files (text, audio, video, software) you want; and **networks** are systems that connect clients and servers. Think of your computer (the client) as a customer in a restaurant and the information provider (the server) as the chef. You order a meal (the information), and the waiter or waitress (the network) brings it back to you (your computer).

URLs and How They Work

To access a file by means of a Web browser, you must know the file's location. A **URL (uniform resource locator)**, the Internet address for a file, is composed as follows:

`protocol://server and domain name/file path/file`

For example, suppose a student named Jane Smith at the University of Tennessee, Knoxville, has created a personal Web page for her résumé. The address for that page might be as follows:

`http://funnelweb.utcc.utk.edu/~jSmith/Resume.html`

Here, **http** is the **protocol**; **funnelweb.utcc.utk.edu** is the server and **domain name**; **~jSmith** is the **file path**; and **Resume.html** is the file. When you type this address in Netscape or Lynx, the browser reads the URL's components to find the specific page. The first part of the URL not only tells you what type of file you are accessing, but it also tells the computer what kind of language it needs to speak. In this case, you want a Web page in **HTML (hypertext mark-up language)**, so the computer needs to speak hypertext, using HTTP (hypertext transfer protocol).

The next thing your computer needs to know is where the file is kept. This is what the second part of the URL, the server and domain name, designates. The server where the Web page in this example is kept is called **funnelweb**. The **funnelweb** server is a computer at the University of Tennessee, Knoxville (UTK), that is denoted by **utcc.utk.edu**. The **.edu** tells you that the domain is “educational.” Other types of domains are **.com** for “commercial”; **.mil** for “military”; **.org** for “organizational”; **.net** for “network”; and **.gov** for “governmental” sites. Recently, seven new domain categories were added: **.firm** for “business”; **.store**

for “retail”; `.nom` for “individual”; `.rec` for “recreational”; `.info` for “informational”; `.arts` for “cultural”; and `.web` for “Web-oriented” sites.

Of all the Web pages at UTK, how does your computer know which one is Jane Smith’s? The last two parts of the URL tell how to get to Jane Smith’s file. (Note the tilde symbol [~], which is generally used to indicate a personal page.) The user identification for Jane’s file path, or “user area,” is `~jSmith`. The file your computer wants is `Resume.html`. Now that the computer knows where to go, which file to get, and how to read it, the computer can display Jane Smith’s page on your browser’s screen (such as Netscape or Lynx). Notice that the file name has a mix of upper- and lowercase letters. Most URLs are case sensitive, so be sure to enter the URL exactly, including the uppercase letters. Note also that URLs never contain spaces.

Downloading Information

When you access a page, it sometimes takes a long time for the page to appear on your screen. If you are using Netscape and look at the bottom of the browser window while waiting for a Web page to appear, you should see a display indicating the percentage of the amount of data transferred. When you access a Web page, a copy of the file is transferred to your computer’s memory. This is called **downloading** a file. So, when you are **surfing** the Web, copies of all those Web pages are downloaded to your computer. However, the file is not downloaded all at once; it is transferred in pieces, or **packets**. Depending on the size of the files you are downloading, the length of time it takes for the Web page to appear will vary: A large Web page or a Web page with lots of graphics will slow the transfer. Image files are larger than text files and take longer to download. To shorten the download time in Netscape, turn off Auto Load Images (from the Preferences menu under “View”). Also turn off **Java** loading. To remove the check mark, click on Auto Load Images. To turn Auto Load Images back on, simply click on that line and it will be reactivated. By turning off Images, Web pages containing graphics will download faster, but you will not see any of the graphics automatically. To see the graphics individually, you have to click on each picture frame; to see all the graphics at once, turn Auto Load Images back on and click on Reload (from the View menu) or on the Reload button on the toolbar. Your computer stores Web pages it has loaded in its **cache**; some computers empty their cache automatically, while with others you may need to empty it yourself.

Internet Service Providers

To get onto the Internet, you will need an ISP. Before looking into commercial ISPs, check with your college or university’s computing center

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because some schools offer Internet services for home access to students, faculty, and staff. Internet services through your school will probably be the best deal. Although your school may not always have the latest upgrades of hardware or software, the price will probably be hard to beat.

If you decide to go with a commercial ISP, you should do some comparison shopping. Think about what you will be using your Internet connection for, such as e-mail, Internet mail, graphic access to the Web, file transfer, Telnet, or storing Web pages. Once you decide what you will need, find out which ISPs offer all those services. After you have gathered a list of possible providers, ask some questions:

- What is the level of customer support, such as online help, user manuals, and telephone support (preferably 24 hours)?
- Is there an installation fee?
- Is there an extra cost for e-mail? If so, is the charge by message, by time, or by size of the message? Is there a storage fee for mail?
- Are there different rates for access at different times of the day?
- Is there a local dial-in number? Will long-distance fees be charged?
- What is the **bandwidth** (the amount of information that can be transferred across a network at one time)? The size of the bandwidth can affect access speed.
- Is all the necessary software provided, such as TCP/IP and a browser (such as Netscape or Explorer)?
- Is storage space available for Web pages? If so, what is the charge?
- Are backup servers available to help maintain continuous access?
- What kind of security is offered?
- Read some reviews, such as those from *PC Week* (also available on the Web).

How to Find the Information You Want

The Internet is a vast and rapidly changing conglomeration of information. Finding your way to the particular piece of information you need can be difficult if you are not familiar with the search options available.

World Wide Web Search Engines

You can search the Web with **search engines** such as Yahoo! or AltaVista; search FTP archives with **Archie** and **ArchiePlex**; burrow through **Gopher** with **Veronica**, **Archie**, **Jughead**, and **Gopher Jewels**; and access library computers directly with **Hytelnet** <<http://www.lights.com/hytelnet>>.

A Note on the URLs in This Book

Change is inherent in the Web. As we prepared this guide, we verified every URL we list. But, by the time you read this book, some of the URLs will almost certainly have changed. If you cannot find one of these URLs, try deleting the last set of letters in the URL (going “up” a level in the address). If that does not work, try searching for the page’s title in your favorite search engine, such as Yahoo! or AltaVista.

Sometimes the problem is *not finding enough information*; more often the problem is *finding way too much information*; and, always, the problem is *finding the right information*. Here are some suggestions for solving these problems.

Search engines are computer programs that allow you to find the information you want through key word searches. The search engine provides a text box, into which you type key words associated with the information you want. Most search engines also offer more complex searches involving some variation of **Boolean logic** with the aid of “logical operators,” such as AND, OR, and NOT. (Some search engines let “+” stand for AND and “-” stand for NOT.) Some even offer more advanced searching, such as limiting your search to specific dates, ranking key words in order of appearance within the document, or giving you other ways to refine your search.

There are hundreds of search engines for the Internet—too many to discuss here. Two popular and different types of search engines, Yahoo! (a searchable, browsable directory) and AltaVista (a powerful search engine), are briefly described below. For a more extensive list of search engines, see the Library of Congress list at <<http://lcweb.loc.gov/global/search.html>>.

Yahoo! <<http://www.yahoo.com>>. Yahoo! is both a search engine and a directory made of subject trees. A **subject tree** is a hierarchical index system for finding information. You begin with a general subject, such as Medicine, and follow the subject tree’s branches to a specific document. Yahoo!’s subject trees begin on its main page, which can be found at its URL.

Yahoo! is a good way to start searching because it looks at only a few key elements. Consequently, Yahoo! is the place to go for general discussions of your topic. To learn more about how to do a search on Yahoo!, click on the Options link located by the text box where you type in your key words.

AltaVista <<http://www.altavista.com>>. Unlike Yahoo!, AltaVista does a thorough full-text search of documents for key words. If you put a fairly general key word into AltaVista, you will most likely receive hundreds or even thousands of links to pages that may only mention your topic in

passing. AltaVista is a good place to search for obscure items or for very specific topics.

If you are getting too many hits for a topic on AltaVista, try doing the same search on Yahoo!; this should cut down the number of possible matches. Likewise, if you are searching on Yahoo! and you are not getting enough matches, try AltaVista.

AltaVista offers both a Simple Search and an Advanced Search. The Advanced Search helps you limit your results by specifying date ranges and ranking key words. To find out more about Simple and Advanced Searches on AltaVista, click the Help button at the top of the first AltaVista page.

Metasearch engines. Today there are a number of metasearch engines—search engines that search a number of other search engines at one time. For example, on Dogpile (<<http://www.dogpile.com>>), instead of getting a result such as “15 hits found,” you may read “5 hits on Yahoo!; 10 hits on AltaVista; 12 hits on InfoSeek,” etc. Then you can choose which results you may want to look at. This feature is often a great timesaver. Interestingly, however, the same search that may turn up 15 hits on AltaVista if you use a metasearch engine, may turn up 25 hits if you search on AltaVista alone. As a consequence, while some people prefer metasearch engines, others (including this book’s authors) prefer to use one or two or three separate search engines consistently. (Other metasearch engines are listed at <<http://www.islandnet.com/~pb/frames.html>>.)


Searching via Key Words

Key word searches may require some imagination if you are not getting the results you hoped for. In most cases, your search was either too narrow or too broad. The tips below should help. Also, when you do find information you want, remember to check it for credibility. (See pages 16–18 on how to judge the reliability of Internet information.)


Narrowing a search. If you are getting too many **hits** (successful key word matches), try narrowing your search by adding more key words. Sometimes this will help, because most search engines will look for each of the words independently but display the pages with the most matches first. Usually, you can narrow your search and make sure that all the key words appear in the document by using AND between the key words.



Info Bit—Narrow your search by looking for the most current information (or for the most relevant dates) in the AltaVista Advanced Search by entering a starting and an ending date for the information.

 **Info Bit**—Some search engines, such as Yahoo!, allow you to search within document titles only. This will narrow your search results and may give you better sources on your topic.

Broadening a search. If you are not getting enough hits, you need to broaden your search by deleting some of the more specific key words or substituting synonyms for the key words you already have listed. For example, for a search about how to make a Web page, you might try several search strings, such as “Web page design,” “creating a Web page,” and “making a Web page.” Also, you may want to try a more general category under which your topic falls. For example, if you want information on the Hopi god Kokopeli, but you get only one or two hits, you could try searching for “Hopi religion” or just “Hopi.”

 **Info Bit**—The Web is a big place with millions of documents, and it is growing by the hour. No single search engine can cover the whole Web. Each search engine covers different, although overlapping, territory. If your search does not work with the first engine you use, try running it on several different ones, or try a metasearch engine.

 **Info Bit**—Some search engines are designed to find specific topics, such as Law Crawler at <<http://www.lawcrawler.com>> or the Amazing Environmental Organization Web Directory at <<http://www.webdirectory.com>>.

Finding phrases. If you want to find documents containing a specific phrase, such as “Green Bay Packers,” put the phrase in double quotation marks to lock them together. Otherwise you will get thousands of pages that have only “green” or “bay” or “packers” in them.

Searching via Subject Trees

As described previously in the section on Yahoo!, a subject tree is a hierarchical index of topics that allows you to begin with a broad category and follow the subject tree’s branches down to a specific file. Subject trees can be good places to start your search because you can get an idea of the different types of information available on your topic.

One of the first and best subject trees is The Virtual Library <<http://www.w3.org/vl>>. There are different ways to search The Virtual Library. You can start searching the Subject Index on the main page, or you can search the Category Subtree or the Top Ten Most Popular Fields.

Other Places to Start

You can start your Web research in many places besides search engines. One possibility is traditional reference tools (such as encyclopedias) that