input (mathematica code)

```
Clear[K, r, h, m, k, C];
m = Highlighted[#, Background → Magenta] &;
h = Highlighted@# &;
p = Panel;
r = Row[{##}] &;
tt = TraditionalForm;
address =
  "/Users/johncosnett/Dropbox/05_PROGRAMS/13_images" <> "/soundSquare.pdf";
```

```
SystemOpen@Export[address,
```

r[p["Ctrl"], "+", p["K"]]	h@"KHR*BG"	p["Del"]	h@"PW*FP"
r[p["Ctrl"], "+", p["V"]]	h@"KHR*F"	p["Del"]	h@"PW-FP"
r[p["Ctrl"], "+", p["W"]]	h@"KHR*T"	r[p["↵"], "{^}"]	h@"R*R"
r[p["Ctrl"], "+", p["C"]]	h@"KHR-BG"	r["{^}", p["↵"], "{^}", "{-|}"]	h@"R-R"
r[p["⌘"], "+", p["K"]]	h@"KPH*BG"	r[p["Ctrl"], "+", p["Home"]]	h@"SH-FT"
r[p["⌘"], "+", p["V"]]	h@"KPH*F"	r[p["↵"], "{^}"]	h@"SKW-BGS"
r[p["⌘"], "+", p["W"]]	h@"KPH*T"	r[p["↵"], p["↵"], "{^}", "{-|}"]	h@"SKWRAEUR*BGS"
r[p["⌘"], "+", Panel["C"]]	h@"KPH-BG"	r[p["↵"], p["↵"], "{^}", "{-|}"]	h@"SKWRAURB*GS"
"PLOVER: SUSPEND"	h@"PHRO*F"	r[p["Ctrl"], "+", p["End"], "{^}"]	h@"SR-RS"
"PLOVER: TOGGLE"	h@"PHROLG"	p["↓"]	h@"STPH-B"
"PLOVER: RESUME"	h@"PHROPB"	r[p["Ctrl"], "+", p["→"]]	h@"STPH-BG"
r[p["Ctrl"], "+"	m@"KHRA*"	"PLOVER: SHORTCUTS "	m@"SHO*RT"

input (mathematica code)

Clear: Symbol C is Protected.

---

the ‘b_’ sound is stroked PW_

the ‘d_’ sound is stroked TK_

We could do this in alphabetical order (perhaps we could include examples?)

In mathematica, the underscore is equivalent to the Kleene star for expressions. So we will use it for steno to disambiguate from the steno star. I know the dash (hyphen) is used for this in Plover

```
th_: TH_
_th : _ * T
ch_: KH_
_ch : _FP
sh_: SH_
_sh : _RB
_ng : _PBG
_nj : _PBG
_A _ : _AEU _
```

alpha Order (we could also do sounds at the beginning etc.)

```
a_ ⊢ A_      "app"
a_ ⊢ AEU_     "ape"
aw_ ⊢ AU_     "awe"
b_ ⊢ PW_
_b ⊢ _B
c_ ⊢ K_     "kit"
_c ⊢ _BG    "clock"
d_ ⊢ TK_
_d ⊢ _D
e ⊢ E    "met"
e ⊢ AOE  "meet"
e ⊢ AE   "meat"
f_ ⊢ TP_
_f ⊢ _F
g_ ⊢ TKPW_  "god"
_g ⊢ _G     "dog"
h_ ⊢ H_
_h ⊢ _*
i ⊢ EU    "kit"
i ⊢ AOEU "kite"
j_ ⊢ SKWR_  "jam"
_j ⊢ _PBLG  "sponge"
k_ ⊢ K_     "cat"
_k ⊢ _BG     "tac"
l_ ⊢ HR_
_l ⊢ _L
m_ ⊢ PH_
_m ⊢ _PL   "gum"
n_ ⊢ TPH_
_n ⊢ _PB
o ⊢ O    "opera"
o ⊢ OE   "oat"
p_ ⊢ P_   "pin"
_p ⊢ _P   "nip"
q_ ⊢ KW_
r_ ⊢ R_
```

_r ⊢ _R

s_ ⊢ S_

_s ⊢ _S

t_ ⊢ T_

_t ⊢ _T

u_ ⊢ X_

_u _ ⊢ _X _

_u ⊢ _X

v_ ⊢ X_

_v ⊢ _X

w_ ⊢ X_

_w ⊢ _X

x_ ⊢ X_

_x ⊢ _X

y_ ⊢ X_

_y ⊢ _X

z_ ⊢ X_

_z ⊢ _X

Short Vowels

a ⊢ A, “cat”

e ⊢ E, “wet”

i ⊢ EU, “hit”

o ⊢ O, “bot”

u ⊢ U, “gut”

Long Vowels

a ⊢ AEU, “grape, saint”

e ⊢ AOE, “meet, preach, feet”

e ⊢ AE, “meat, feat”

i ⊢ AOEU, “kite”

o ⊢ OE, “boat, grown”

u ⊢ AO, “mushroom”

u ⊢ AOU, “glue, few, ruse”

Diphthongs

aw ⊢ AU, “bought, tawny and faun”

ow ⊢ OU, “down, mound”

oi ⊢ OEU, “toil, ploy”

Digraphs

th_ ⊢ TH_, “thug”

ch_ ⊢ KH_, “chat”

sh_ ⊢ SH_, “shell”

_th ⊢ _*T, “thug”

_ch ⊢ _FP, “touch”

_sh ⊢ _RB, “rush”

_ng ⊢ _PBG, “rang”

_nj ⊢ _PBG, “sponge”

a_ ⊢ A_

In[•]:= **mag**

In[73]:= **di["match"]**

Out[73]= PHAFP

how does our pleasure centre work

When you take a drug, your pleasure centre adapts. Making it less pleasureable next time you take the drug. What is changing? Could we stop it changing? Could we make a drug that people do not build a tolerance to? So you experience the same pleasure each time!

In[267]:= ex