Macintosh: Proper Way to Shutdown and Restart

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TOPIC
Is it okay to shut down my Macintosh by turning off the power?
DISCUSSION

The only correct way to restart or shut down a Macintosh system is to use the "Restart" or "Shut Down" commands from the "Special" menu in the Finder. On startup, when a volume is mounted successfully, a flag is set on that volume telling the system that the volume was mounted properly.

When the volume is unmounted properly by using the "Restart" or "Shut Down" commands in the Finder, this flag is cleared. If the computer is turned off by the power switch or reset using the reset button, the volume has been unmounted improperly, and this flag is not cleared.

During startup, this flag is tested. If the flag is clear, the volume was unmounted properly, and the system starts up as normal. If the flag is set, the system knows that the volume was unmounted incorrectly. The system then proceeds to rebuild the volume bitmap. On a large volume with many files, this operation may take several minutes. Copyright 1989 Apple Computer, Inc.

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