Time Capsule progress display in a second-by-second fashion (provided your Mac isn't very busy with some other task).

Alas, this command is forgotten when you reboot. If you want it to stick around when you reboot, you'll need to add a launch-time script, as follows.

1

Back in the Terminal window, paste in the following single line (it might be split into two lines in your web browser – just highlight all lines at once, then copy and paste):

```
sudo nano
/Library/LaunchDaemons/nothrottle.plist
```