How can I detect whether the user is logging off?

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There may be cases where you want to know whether the user is logging off. For example, your program might be responding to external events by (say) launching a helper program, but you don't want to do that if a logoff is in progress.

The way to find out is hidden in the `GetSystemMetrics` function, which is admittedly a rather non-obvious place to put it.

```
if (GetSystemMetrics(SM_SHUTTINGDOWN)) {
 // user is logging off, don't start anything new
}
```

Compounding the confusion is that the flag is called "shutting down", but in fact it reports whether the user is logging off (which in today's parlance is called *signing out*). The logout may be part of a shutdown, or it might not.

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