Observable to see how this works.

Pseudocode for the
Observable Class.

```
setChanged() {
    changed = true
}

notifyObservers(Object arg) {
    if (changed) {
        for every observer on the list {
            call update (this, arg)
        }
        changed = false
    }
}

notifyObservers() {
    notifyObservers(null)
}
```

The setChanged() method sets
a changed flag to true.

notifyObservers() only
notifies its observers if the
changed flag is TRUE.

And after it notifies the
observers, it sets the
changed flag back to false.