I need to process 5000 frames of video through an IDL program. The
video is in a NetCDF file, and the total size of the file is 650MB.
Does anyone have any tips on how to effectively work with files this
large? Essentially right now I read in the entire file, store the
frame data in a variable, then start my computations. This was
working nicely with the 130MB video file I was using previously, but
now I get out-of-memory errors with the larger file.

IDL version: 5.1
System RAM: 256MB
Free harddrive space: 8GB
Virtual memory is set to 2GB currently.

I'm fairly new to programming and pretty clueless about memory
management. I don't yet know the basics of allocating memory and
clearing memory. Any tips would be appreciated, thanks.