



Hon. Thomas B. Dunn

Representative to Congress from 38th Dist. of N.Y.

Hon. Thomas B. Dunn, who is the Republican nominee for re-election in congress from the 38th District of New York, was born in Providence, R. I., but was taken to Rochester by his parents when five years of age and has since made this city his home. He was educated in the Public Schools but gave up a college education for a business career in which he has been remarkably successful. For two years, Mr. Dunn was president of the Rochester Chamber of Commerce and is at present one of its trustees.

Entering the political field Mr. Dunn was elected to the New York Senate and served in that in body 1907 and 1908. In 1907 Mr. Dunn was made Chief Commissioner to the Jamestown Exposition from New York State. In 1909 and 1910 he was Treasurer of New York State for two years. In 1913 Mr. Dunn was the Republican nominee for Congress from the 38th District of New York and was elected by a good majority after a hard fight. Mr. Dunn is now up for re-election and his many friends predict his election this fall.

Mr. Dunn is an enthusiastic booster of Rochester and is for everything that will make for the city's welfare. He is a member of the Genesee Valley, Athletic, The Country, The Oak Hill Country and Rochester Yacht Clubs and is one of the few member of the Rochester News-writer Club.

## How to Live

Common Sense Comments on Health, Happiness and Longevity

By GEORGE F. BUTLER, A. M., M. D.

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### HASTY EATING

Indigestion, like the poor, appears to be always with us, and there is very little doubt that this is largely due to the hurried eating of meals, followed immediately by some employment that occupies the whole attention and takes up all or nearly all of the physical energies. Sometimes the malady shows itself in excessive irritability, a sure indication that nerve force has been exhausted; the double draft in order to digest food and carry on the business has been more than nature could stand without being thrown out of gear. In another case the person is exceedingly dull as soon as he has a few minutes of leisure. The mind seems a blank and can only move in its accustomed channels, and then only when compelled. This also is an indication of nervous exhaustion. Others will have decided pains in the stomach, or a sense of weight, as if a heavy burden was inside. Others again will be able to eat nothing that will agree with them; everything that is put inside the stomach is made the subject of a violent protest on the part of that organ, and the person suffers much distress in consequence. Others suffer from constant hunger. They may eat all they can and feel hungry still. If they feel satisfied for a little time the least unusual exertion brings on the hungry feeling, and they can do no more until something is eaten. Scarcely any two persons are affected exactly in the same way, the disordered condition manifesting itself according to temperament and occupation. Employments that call for mental work, and those whose scene of action lies indoors, affect persons more seriously than those carried on in the open air, and those which are merely mechanical, and do not engage the mind. All, or nearly all, of these difficulties of digestion might have never been known by the sufferers had they left their business behind them and rested a short time after eating. Instead of rushing off to work immediately after hastily swallowing their food, Nature does not do two things at a time and do both well, as a rule. Everyone knows that when a force is divided it is weakened. If the meal were eaten slowly, without preoccupation of the mind, and the stomach allowed at least half an hour's chance to get its work well undertaken before the nervous force is turned in another direction, patients suffering from "dyspepsia" would be few. "It does not so much matter what we eat as how we eat it." While this is only partly true, it certainly is true that the most healthful food hurriedly eaten, and immediately followed by work which engages the entire available physical and mental forces, is much worse than a meal of poor food eaten leisurely and followed by an interval of rest.

The tendency of hasty down-town luncheons upon the health and morals of all ought to be pointed out, with a view to impress on people's minds the importance of devising some remedy for evils so great and so inevitable. Many business men take a hasty luncheon at noon to prevent the stomach becoming too empty, or the system from too great exhaustion from the long interval between breakfast and the regular evening dinner. The object is good and the philosophy of it is founded on true physiological reasons; but the manner of the performance makes all the difference in the world. A change from our hurried, unsocial, pigish bolting of food, to order, beauty, deliberation and sociability of the table, would increase tenfold our table pleasures, and add indefinitely to our health. LEARN HOW TO LIVE.

We are constantly devising plans for cutting our life short. We eat and drink it; we burn it up in our overheated houses; we exhaust it in overwork, worries and anxieties; we smash it on railroads and in automobiles and drown it in steamers.

The amount of food which you can eat and thoroughly masticate in 20 minutes will give you more nourishment and will sustain you better than twice the amount thrown into the stomach in the same manner in which a man usually packs a trunk.

Rapid eating is especially injurious when it is caused by the hurry of business, or by anxiety, or nervous irritability, or by the common habit of "bolting" our food. Such eating is sure to produce indigestion.

People who shovel great vulgar mouthfuls of food into their mouths and bolt it down, as though they had but ten minutes for a meal, are gourmandizers instead of polite people.

There is hardly any individual who cannot by study of health laws modify his own disposition and substitute by training that which he was denied by inheritance.

All reforms must have an initiative and the indispensable prerequisite is to make people start them.



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