



LIVING IN A HOT HOUSE?

ENJOY

the "Great Indoors" with central Air Conditioning

HOUSEWORK IS EASIER Air conditioning puts you in control of housework. You select the work you want to accomplish on any given day—regardless of how high the outside temperature goes. And, you don't have to rush to complete it in the early morning coolness. The biggest change you'll notice will be in your attitude. You won't spend your energy fighting the heat. Instead, it's directed toward the housework . . . and it gets done with ease.

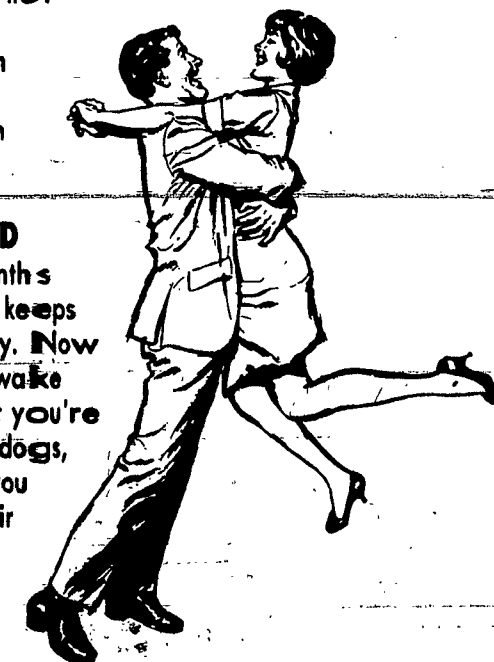
MEAL TIME IS A PLEASURE A hot kitchen normally limits your menus to monotonous cold cuts, salads and gallons of cool drinks. With central air conditioning, you plan your meals around what you want to eat—without a worry about the weather. Shopping and planning are much easier when you're not limited to few choices. Dining is more relaxed, too. Even the kids eat better—and with less friction. A relaxing meal gives you more time to spend with the family—a good chance to know more about what the children are doing.

HEAT RASH and ALLERGIES ARE LESS Unfortunately, allergies seem to be gaining in popularity. The many shots and drugs needed to combat allergies leave you tired and limp as a dishrag. Air conditioning relieves these symptoms indoors because you're able to keep all the windows closed, shutting out pollen, dirt.

ENTERTAINING IS MORE FUN Everyone likes a backyard barbecue with relatives or friends, but nobody likes flies and mosquitoes. The modern way is to barbecue outside, then eat in the comfort of your air conditioned home. Air conditioning is a must for formal entertaining. People always look so much better when they are comfortable. And you, as host and hostess, won't have that hot and harried look from taking care of all the last minute details. And if the teenagers have a "rock" party (which tends to get a little noisy), there's no comments from the neighbor the next day because the sound is contained in your house.

YOU'LL SLEEP BETTER — WAKE UP REFRESHED Do you tend to go to bed later during the summer months because it's hot in the bedroom? Central air conditioning keeps your bedrooms at the temperature you select—constantly. Now you go to bed at your regular time; sleep better and awake refreshed. Another advantage of air conditioning is that you're able to shut out all annoying noises. There's no barking dogs, sirens or screeching tires to disturb your sleep. And, if you enjoy the comfort of a light blanket, even in summer, air conditioning makes this possible.

Contact Your Heating Contractor or RG&E.



RG&E ROCHESTER GAS AND ELECTRIC
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