

**McLAREN STREET.**

Brick row of three houses each house containing parlor, dining-room, kitchens, 4 bedrooms, sewing-room, bath and w. c., and all modern conveniences. Well built of good material in 1898. This is a good investment on a very popular street in Centre town. Price, only \$7,000. (350).

**McLAREN STREET.**

Solid brick dwelling on corner lot, 66x99. House contains large double parlors, spacious library and sitting-room, separate dining-room, breakfast room, large kitchen and china closet. Hall extends from the south to the west side of building; 5 bedrooms, dressing-room, bath and separate w. c. on 2nd floor; 3 bedrooms, with large storage room and a smoking-room in attic. Gourney hot water heating, electric and gas lights throughout; brick cellar floor, with separate drain for kitchen. On the premises are erected good stable for two horses, coach house and coachman's apartments; harness rooms, nice lawn and entrance from both streets. This is one of the finest residences in the city and in the best of order throughout. Well suited for a doctor's residence and office. Price, \$10,000. (406).

**NEPEAN STREET.**

A brick dwelling containing double parlors, separate dining-room, summer and winter kitchens and sheds; 5 bedrooms, bath and w. c. Hot water heating. Lot 66x99. Price, \$3,500. (486.)

**NEVILLE STREET.**

4 lots on the north side of street. Each lot 60x145. High and dry. Prices, \$600 to \$700 each. (380.)

**NEPEAN STREET.**

Brick veneer dwelling on north side, containing 8 rooms and all conveniences. This property will be sold at a sacrifice. Price, in 1896, \$2,625; will now sell for \$2,500. Don't fail to see this house if you want a desirable comfortable home. (96.)

**OTTAWA EAST.**

A frame detached house and lot, 60x39. House partly finished. Price, \$500; also in connection a corner lot, 50 frontage by 99 deep. This lot can be purchased in addition for \$200. (419.)

**OTTAWA EAST.**

A brick veneer dwelling on Canal street, on the banks of the Rideau Canal. House contains parlor, library, dining-room, kitchen, china closet, pantries, 6 bedrooms, concrete floor in cellar. Stable and coach house on premises. The owners of this property are very anxious to sell. Price reduced from \$4,000 to \$3,500. (88.)

**OTTAWA EAST.**

2 detached frame houses on Herridge street; each house contains 8 rooms. Price, \$550 and \$700 each. (497.)

**PERCY STREET.**

Frame dwelling on a corner lot, 40x109. House contains 6 rooms. Well drained. Good cellar. Price, \$1,400. (458.)

**PERCY STREET EAST, SOUTH MUTHMOR.**

2 lots, 33x208. Thereon are erected a frame dwelling containing 6 rooms. The entire property for \$800. (423.)

**CORRECT BREATHING.**

Air is a prime requisite of a seeker after health and beauty, for the two are inseparable. Our first act in life is to breathe; the cessation of breath is death. Between that first instinctive act of respiration and the last feeble fluttering gasp how little practical thought is given to the vital subject of correct breathing. 'As free as air,' runs the proverb. The economy practiced by many in breathing the proper amount of air would apparently mark it as a rare and expensive commodity. At least twice a day practice any good exercise that will fully inflate the lungs and fill the blood with life-giving oxygen. Do not breathe as if under a bell glass and you feared to exhaust the supply! Lie flat on your back upon the floor. Stretch the arm high above the head. Inhale slowly through the nostrils until the lungs are filled. Retain the air as long as possible, then exhale slowly, letting the hands fall gradually to the side. If practiced daily this breathing exercise will broaden and deepen the chest and effectually ward off incipient pulmonary trouble, as well as develop the figure. Of course, it is understood that the exercise is taken with wide-open windows.

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**THE SANITATION OF PUBLIC  
PLACES OF AMUSEMENT  
AND CHURCHES.**

The hygienic arrangement of theatres and other places of amusement all the world over is disgracefully neglected, says an editorial in The Medical Record. The importance of thorough sanitation of schools and similar institutions is now fully realized and no expense and trouble is grudged in carefully looking after the bodies as well as the mental welfare of the young. It is therefore, curious, that while adults are so solicitous for a state of sanitary soundness in schools they should exhibit a complete indifference towards hygienic matters in theatres, music halls, and churches. One reason for this apparent disregard for the laws of health, is that the stay in such places is necessarily brief. Nevertheless, there are signs that the general public are becoming more alive to the dangers lurking in theatres and churches. The less said about the toilet rooms of theatres, both for use of the public and employees, the better. The ventilation of public places has received very elaborate attention in some places, but in the older theatres and churches the means of ventilating them are either non-existent or antiquated. So long as play-goers are indifferent, the managers and theatre owners will allow matters to remain in statu quo. Theatre proprietors are not the only sinners in this respect, for churches of all denominations are in many instances overcrowded and insufficiently ventilated. In churches where services are held at frequent intervals, special means should be taken to provide a sufficient allowance of pure air by mechanical process for ventilation.

**PRIMROSE AVENUE.**

2 lots on the corner of Primrose and Victoria Avenue, 100 ft., facing on Victoria, 155 ft. on Primrose. A beautiful view of the Ottawa River and Mountains to the north. Price for 2 lots reduced to \$1,000. (320.)

**PRESTON STREET.**

2 lots on the east side of Preston, near Somerset. Price each, \$150. (339.)

**PATTERSON AVENUE.**

Brick veneer dwelling on full lot. House contains 9 rooms, bath and w. c., furnace, gas and electric light, hot and cold water. Cellar full size of house. North side of street. Price, \$2,200. (322.)

**PATTERSON AVENUE.**

10 lots, each 36x100, near Elgin street. These lots are high and dry and a nice location, extending from Patterson ave. through to Hickey street. No better lots in the city at price. Intending purchasers ought to see those lots before investing elsewhere. Price, \$400. (191.)

**PERCY STREET, CORNER JAMES.**

Frame dwelling, good stone foundation and cellar, 7 rooms. Lot, 48x109. Price, \$1,350. (41.)

**PATTERSON AVENUE.**

A new brick dwelling containing 9 rooms, bath and w. c., furnace. All conveniences built by the owner of the best material. A complete comfortable house high and dry. Nice elevation. Price reduced to \$2,400. (500.)

**QUEEN STREET WEST.**

A frame row of 4 shops and 5 dwellings. Intending investors should see this property. Price, \$5,000. (314.)

**RIDEAU CANAL.**

A frame house containing 7 rooms and summer kitchen, together with bath and w. c., city water. Lot 132 ft. frontage by depth 88 ft., facing on Rideau Canal. Very pretty situation. Shade trees. Property is all in good order. Built in 1897. Would make a fine summer cottage and is very convenient—only about 15 minutes' walk from the electric cars. Price, \$1,800. (463.)

**RIDEAU PARK STANLEY AVENUE.**

3 lots, high and dry. These will be sold very cheap, price being reduced to \$60 a lot, if sold before 1st May. (437.)

**RIDEAU PARK.**

4 lots on Billings' avenue. Each lot 65 x 215. Over 11-3 acres. This property would be well adapted for poultry raising. Price, \$600 for 4 lots. (399.)

**RIDEAU STREET.**

A brick dwelling and shop, with bakery in basement. Lot 66 x 99. House contains 7 rooms, bath and w. c. Shop medium size. Large sheds, stables and store-rooms on the premises. Price, \$3,300. (352.)

**RIDEAUVILLE.**

2 1-2 lots, each 88 x 132, with small dwelling thereon. This would make a nice market garden plot or suitable for poultry raising. Price, \$1,500. (327.)

**RIDEAU PARK.**

3 lots, each 66 x 215, about one acre, with frame dwelling, well finished inside and out. Good soil. Price, \$1,200. (203B.)

**RICHMOND ROAD.**

Frame dwelling. Large lot. House contains 10 rooms, good cellar. Stone foundation under whole of house and extension. Stable and coach-house on premises. This dwelling is near the electric railway and is a nice suburban home. Price, \$1,650. (185.)