

UPPER UNIVERSITY STREET—A magnificent residence property situated at the corner of Pine Avenue, and comprising an area of over 200,000 feet, cut stone residence and other buildings thereon. This property is especially adapted to subdivision purposes, and there is money in it for any enterprising capitalist or sub-divider. A splendid site for an institution. Particulars at this office (B-37)

VERSAILLES STREET—A neat brick encased cottage just below St. Antoine street. House is built in rear of lot, leaving the front available for building. Price only \$2,200. (212-B)

VICTORIA STREET—A 2½ story stone front house, in good order, heated by hot water furnace, concrete basement. Lot 23½ feet x 96 feet, 18 foot lane in rear. (171-B)

VICTORIA STREET—Solid brick three story house, 10 rooms, newly painted and papered throughout. New Daisy furnace. Price only \$4,000. (829-3)

VICTORIA SQUARE—Two stone front stores with dwellings above, rented to good tenants; in very good order. (17-B)

VICTORIA STREET—Two-cut stone front houses in good order; Daisy furnaces; each rented for \$400 per annum. Price only \$6,000 each. (268-B)

VICTORIA STREET—Stone front house, in good order and well built; will be sold at a low figure to close an estate. (195-B)

VICTORIA SQUARE—A fine business site now occupied as warehouse, well rented in the meantime. (24-B)

WELLINGTON STREET—A good brick house, near the subway; heated by hot water furnace, and in good order throughout. Only \$8,500. (879-3)

Business Properties And Building Lots FOR SALE.

—BY—
J. CRADOCK SIMPSON & Co
Real Estate Agents.

ST. JAMES STREET—One or two centrally situated properties, between Post Office and McGill Street. Particulars at Office. (445-3.)

CHOICE BUILDING LOTS IN CITY OF ST. HENRY.

We have for sale some very desirable building lots on the following streets, on very easy terms and small cash payments:—

Delisle, Albert and Richelieu sts., 40 to 45 cents per foot. Two lots on Richelieu st., at 30 cents per foot; Notre Dame st., 75 cents per foot.

St. James and St. Antoine street, 50c. and 55c. per foot. Brewster, Bel-Air Aves., and Rose de Lima st., 40c. to 45c. per foot.

Lots range from 78 feet to 100 ft. deep, and are situated in the best part of the city. Specially good terms given to parties building.—(284-B).

mply and almost as mechanically as the water can be turned off at the bathroom faucet. . .

The trouble with us when we say we "can't stop thinking" is really that we do not want to. Like the self-deluded victims of bibulous indulgence, the man that cannot stop could stop if he would. He that goes to bed simply because it is ten o'clock, without once and definitely dismissing thought, is an unconscious hypocrite. He does not sleep, of course; and this is why it is better to sit up and work, so long as the impulse (or need) to work lasts, until one acquires the power to suspend thought at will. This can be cultivated—it must be if the brain is to do its duty. The man that cannot stop thinking soon falls in with the popular idea that insomnia is a disease, and therefore beyond his control. Disease—that magic word that gives self-indulgent weakness respectability and removes it from the limbo of responsible imperfections! There is no limit to the power of an intelligent will. Humboldt could live and be sane and useful on an allowance of two hours' sleep out of the twenty-four. Edison once remained awake for seventy-two hours in order to complete a mental task. Such feats, however, are but little harder than that of going to sleep at will, which Napoleon, with Europe on his shoulders, was able to do. Almost any business man would pronounce them easier; but sleep, being normal, should be far more readily enjoyed than dispensed with.

The New Testament—which among other admirable things, is a good and simple exposition of healing philosophy—gives a receipt for the cure of insomnia. Physicians say the difficulty proceeds from the pneumogastric nerve, or some other physical centre; hence, they prescribe nux, or bromides. The New Testament tells you what to employ—a better medicine than any drug—"Take no thought for the morrow." Stop thinking, that is to say, and go to sleep; if there is some weighty decision to be made the hour will find you equal to it. Going over it all beforehand, in the moments stolen from sleep and drugged with the fumes of fatigue, only confuses the brain. Moreover, veritable inspirations from the subconscious realm come, not when you are sleeping with one eye anxiously open, but when deep and refreshing slumber has followed the deliberate and trustful closing of the gates of consciousness against thought. This can be done. It may take a few seconds to convince the intruder that there is absolutely no admittance; but when it has finally turned away there ensues a physical and mental calm—at once elation and repose—that almost immediately passes into sleep.

Insomnia is not a matter of fatality. Men have it in their power to sleep as much as their individual brains need, given external conditions reasonably favorable, as surely as they can choose from well-spread tables food sufficient to repair the waste of muscular activity. It is a matter of mental control.—A. L. Mearkie in *Mind*.

BEAVER HALL HILL—Choice lot of land, with small wooden building, occupied by C. Marlot, Esq. Particulars at office. (96-B)

BISHOP STREET—Three choice building lots, each 20 ft. x 120 ft. 3 in. on the best part of the street, Moderate price. (270-B).

BLEURY STREET—A fine block of land above Ontario street, will eventually form the corner of Concord street; frontage about 150 feet, area 24,000 feet, with large cut stone house. A good property for development and speculation. (888-A)

BLEURY STREET—A very favorably situated block of land, near Sherbrooke street, suitable for business and residence purposes; 70 feet front and about 80 feet deep. (888-A)

CEDAR AVENUE—A magnificently situated block of land for villa residences, over 300 feet frontage, commands a view of all the western part of city. (7-3)

CHATHAM STREET—A block of land with a frontage of about 125 feet and a depth of 105 feet on Hunter street; desirable manufacturing site. (2-B)

COTE DES NEIGES ROAD—Choice building lot, just above Sherbrooke street, 51 ft. 9 in. x 115 ft. deep. Price \$1.25 per foot. (184-B)

DELORIMIER AVENUE—A fine block of land, 120 ft. front by 380 ft. deep; first class site for manufacturing purposes; Low price.

DELORIMIER AVENUE—The well known property, known as "The Kennels of the Montreal Hunt," comprising an area of 154,867 ft. of land with the buildings thereon erected, viz: the Club House, Stables, Kennels, etc. Full particulars at office, (192-B)

DORCHESTER STREET—A vacant lot 80 feet by 110 feet, just west of the Windsor, the only one for sale in the vicinity. Particulars and price at office. (778-3)

DORCHESTER STREET—A good building lot on the eastern part of the street, 40 x 100 ft. Price only 40 cents per foot. (196-B)

DRUMMOND AND MOUNTAIN STS.—A block of land with a frontage of 150 feet on each of these popular residential streets, 130½ feet deep to a lane in rear, and adjoining the residence of Lord Mount Stephen, almost the only piece of ground in the vicinity, suitable for building high class residences. Particulars at office. (97-B)

DRUMMOND STREET—Three choice building lots above Dorchester St., 78 feet by 127½ feet, with lane at side and in rear; very low price. (103-B)

DUROCHER STREET—Close to Sherbrooke St., a choice lot of land for a row of houses or a detached residence. Would be sold on block to a builder, on favorable terms. The situation of this lot ensures a good return from suitable buildings.

FULLUM STREET—A block of land near Ontario street, 188 feet by 217 feet, suitable for factory site. (269-3).