

ST. DENIS STREET—A cut stone front double tenement house, situated in the upper part of St. James ward, in good order; upper tenement rented, and lower tenement occupied by owner. Price \$3,500. (15-B)

ST. DENIS STREET—A handsome and well built stone front tenement property, facing St. Louis Square, heated by hot water furnace, gas and electric light throughout. (155-B)

ST. DENIS STREET—A well built stone front tenement, containing two dwellings, near St. Louis Square. Price \$6,000. (811-3)

ST. DOMINIQUE STREET—A solid brick tenement near Pine Avenue, two dwellings, lower heated by Daisy furnace, in good order, will be sold \$500 less than city valuation; also small cottage adjoining above at a very low price. (128-B)

ST. DOMINIQUE STREET—A solid brick tenement, comprising two dwellings, and a solid brick cottage in rear. Would be sold at a moderate price. (148-B)

ST. FAMILLE STREET—A very handsome stone front house, very tastefully laid out, extension kitchen, high basement cellar, with laundry and servants' accommodation. Up to date in every respect. (813-3)

ST. FAMILLE STREET—A stone front full size house, in good order, heated by furnace, good central situation, close to Sherbrooke street. Price, \$8,000. (242-B)

ST. FAMILLE STREET—A stone front house, in thorough order, five bedrooms, hot water furnace; price, only \$5,500. Terms to suit purchaser. (280-B)

ST. HYPOLITE STREET—Brick encased tenement, two dwellings and shop, rented for \$375 per annum. Price \$4,300. (887-3)

ST. HYPOLITE STREET—A comfortable brick house of eight rooms, hot water furnace, open plumbing, in good order. Price only \$2,400. (279-B)

ST. HYPOLITE STREET—A good brick cottage, eight rooms, daisy furnace, open plumbing, in A 1 order throughout. Possession can be had this fall, if desired. Price \$2,400. (279 B)

ST. LAWRENCE AND ST. CHAS. BORROMEE STS.—A very desirable business property comprising 2 stores on St. Lawrence street, and 5 dwellings on St. Lawrence and St. Chas. Borromee Sts. Rented for over \$2,500 per annum. (235-B)

ST. LOUIS SQUARE—A full sized stone front house, 27 x 40 feet and extension, heated by hot water furnace, dining-room, and small conservatory on ground floor, 9 bedrooms; carefully planned and well built for owner's occupation. Price moderate. (835-3)

ST. LUKE STREET—Two story stone front house, with two story extension. Larder, laundry, servants' room and w. c. in basement. Daisy furnace. In first-class order throughout. Price \$600 (857-3)

ST. LUKE STREET—A handsome stone front house, in good order, built by the owner for his own occupation, 26 ft. by 35 ft., and extension, Daisy furnace, 7 bedrooms. Will be sold at city valuation. (277½ B.)

thing" in the nature of a drug, when what the brain and body need is sleep, is a crime. If the conditions of urban life make it impossible for men or women to rest when rest is called for, and they feel that they must continue to work for several hours after being tired out, those conditions are all wrong and ought to be changed. The fancied necessity is one against which men instinctively rebel, and they would gladly eliminate it from the problem of existence, if they could only trust one another and act unanimously.

However, a greater amount of work can be accomplished in a given time, and with less fatigue, when the hours given to sleep are really hours of sleep. Many persons on retiring, nominally for the purpose of resting give themselves up to a process more wearisome to the brain than the active work of the day. Instead of going to bed to sleep they go to bed to think. Well-meaning moralists taught our parents that they ought not to close an eye in slumber before reviewing all the transactions of the day and setting them down as the debits or credits in a Franklinesque sort of mental book-keeping. They must also impress upon their wearied minds at that time facts they desired to remember—texts of Scripture, demonstrations in Euclid, addresses of acquaintances, Latin declensions, or French verbs. Particularly must they charge the mind with the time chosen for waking in the morning. If, after an hour, lying on his back in strenuous cerebration of this sort, your father found that he could not go to sleep, he might think of interminable processions of sheep jumping one by one over a hedge, and count them as they jumped; or he might count his own heart-beats or the ticking of the clock on the stairs. If still unable to sleep, he might sit up and read for an hour or two, until his eyelids felt as if lined with sand-paper and his feet were like ice. By this time the clock would be striking one, and he would begin to count the hours till time to get up; and then, after determining to have the satisfaction of declaring in the morning that he did not sleep a wink all night, he probably fell into an uncomfortable, dream-plagued slumber.

Now, that is not the way to sleep. Instead of taking cares to bed, one should dismiss them the moment one begins to undress. The bed should be sacred to sleep, and ordinary waking thoughts should not be permitted to invade it for a moment. If the usual working day proves too short for business that has to be considered, let the gas burn all night for once and sit up to work it out; but do not go to bed to lie awake thinking. Some persons declare that they cannot cease to think. When the light is out, and there are no external objects present to divert the attention, the mind begins to act with extraordinary persistency and refuses to stop. They are at its mercy. The best they can do is to set it to counting silly rural sheep, instead of calculating the movements of bulls and bears on the "Street." Nonsense! Thinking is voluntary. The current of thought can be stopped by an act of the will as pro-

ST. LUKE STREET—Two stone-front apartment houses close to Guy street, costing over \$12,000, rented (at low rentals) for \$900; will be sold for the mortgage and charges amounting to \$9,500. An opportunity for a small capital—only \$8,000 cash required. (575-3)

ST. MARK STREET—A good stone front corner house, in good order, well rented, heated by furnace. Would be sold at a very low figure. (158-B)

ST. MARK STREET—A stone front double cottage, 30 feet wide, heated by hot water furnace, has all modern conveniences. (375-a)

ST. MATTHEW STREET—Two 1½ story stone front cottages, near Sherbrooke street, well built and comfortable, nine rooms each, Daisy furnace, in good order. Price \$5,250 and \$5,500. (165-B)

ST. MATTHEW STREET—A well-arranged and roomy stone front house, with two story extension, heated by hot water furnace, in thorough order; good stable and coach-house. (181-B)

ST. URBAIN STREET—A comfortable, well built brick house, well situated in vicinity of St. Martin's church, in good order, large garden. Would make a very nice family residence. (291-B)

ST. URBAIN STREET—A brick encased cottage in good order. Price only \$3,200. (285-b)

ST. URBAIN STREET—A well built stone front cottage, with extension kitchen, heated by Daisy hot water furnace; everything in first class order. Built for owner's occupation. Lot 25 feet by 100 feet. Good stables; moderate price. (768-3)

TORRANCE STREET—A two-story solid brick house, extension kitchen, nice family house at a very low price, 6 bedrooms. Price only \$4,500. (769-3)

TOWER STREET—A handsome pressed brick double house, on lot 50 ft. by 100 ft., with two story extension, fitted with all modern improvements, ground floor contains drawing rooms, dining room, library, kitchen and bed rooms, pantry. Upper floors contain eight bedrooms; w. c. on each bedroom flat. (871-1)

TUPPER STREET—A well built stone front house, ten rooms, Daisy furnace, in good order. Price only \$4,250. (284-5)

TUPPER STREET—Stone-front cottage, nine rooms, furnace, dumb waiter, etc., in good order, brick stable in rear. Price only \$4,800. Terms to suit purchaser. (205-B)

UNIVERSITY STREET—A stone-front full sized family house, just below Sherbrooke street. Ground floor contains double parlor and extension dining room. In perfect order throughout. Owners anxious to sell. (850-3)

UNIVERSITY STREET—A stone-front corner house, beautifully situated on the best part of the street, heated by hot water furnace; all modern improvements. (791-3)

VICTORIA STREET—A good stone front house, in perfect condition, on lot 20 ft. by 96 ft.; lane in rear; new Daisy furnace; plumbing all new. Price \$5,200. (210-B)