H & R REAL ESTATE INVESTMENT TRUST

Unitholder Distributions
Year Ended December 31, 1998

	No. of Units Outstanding	Total Distributed	Record Date	Payment Date	Capital Gain (Box 21) Per Unit	Capital Gain (Box 21) %	Taxable Capital Gain (Box 21 x 75%) Per Unit	Taxable Capital Gain (Box 21 x 75%) %	Other Taxable Income (Box 26) Per Unit	Other Taxable Income (Box 26) %	Return of Capital Per Unit	Return of Capital %	Total Taxable Income Per Unit	Total Non-Taxable Amount Per Unit	Total Non-Taxable %	Total Distribution Per Unit
	25,858,009	5,688,761.98	03/31/98	04/15/98					$ 0.0834258	37.92082%	0.1365742	62.07918	$ 0.0834258	$ 0.1365742	62.07918%	$ 0.22000
	25,858,009	2,249,646.78	04/20/98	04/30/98					$ 0.0329911	37.92080%	0.0540089	62.07920	$ 0.0329911	$ 0.0540089	62.07920%	$ 0.08700
Issued May 21	8,510,640															
	34,368,649	2,990,072.46	05/22/98	06/01/98					$ 0.0329911	37.92080%	0.0540089	62.07920	$ 0.0329911	$ 0.0540089	62.07920%	$ 0.08700
	34,368,649	2,990,072.46	06/19/98	06/30/98					$ 0.0329911	37.92080%	0.0540089	62.07920	$ 0.0329911	$ 0.0540089	62.07920%	$ 0.08700
	34,368,649	2,990,072.46	07/21/98	07/31/98					$ 0.0329911	37.92080%	0.0540089	62.07920	$ 0.0329911	$ 0.0540089	62.07920%	$ 0.08700
	34,368,649	2,990,072.46	08/21/98	08/31/98					$ 0.0329911	37.92080%	0.0540089	62.07920	$ 0.0329911	$ 0.0540089	62.07920%	$ 0.08700
	34,368,649	2,990,072.46	09/21/98	09/30/98					$ 0.0329911	37.92080%	0.0540089	62.07920	$ 0.0329911	$ 0.0540089	62.07920%	$ 0.08700
	34,368,649	2,990,072.46	10/20/98	10/30/98					$ 0.0329911	37.92080%	0.0540089	62.07920	$ 0.0329911	$ 0.0540089	62.07920%	$ 0.08700
	34,368,649	2,990,072.46	11/20/98	11/30/98					$ 0.0329911	37.92080%	0.0540089	62.07920	$ 0.0329911	$ 0.0540089	62.07920%	$ 0.08700
	34,368,649	1,580,957.85	12/15/98	12/31/98	$ 0.001300667	2.82754%	$ 0.0009755	2.12065%	$ 0.0170737	37.11674%	0.0276256	60.05572	$ 0.0180492	$ 0.0279508	60.76261%	$ 0.04600
Issued Dec.16	4,600,000															
	38,968,649	1,792,557.85	12/23/98	12/31/98	$ 0.001300667	2.82754%	$ 0.0009755	2.12065%	$ 0.0170737	37.11674%	0.0276256	60.05572	$ 0.0180492	$ 0.0279508	60.76261%	$ 0.04600
Total Amount		$ 32,242,431.68														