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The Association Aims.

1. To obtain for all Post Office clerks one day in each week for a day of rest.
2. To impress upon the Government our desire that eight hours shall constitute a day's work, such eight hours to be completed within twelve hours and to consist of not more than two attendances.
3. That seven hours constitute a day's work between the hours of 10 p.m. and 7 a.m.
4. To obtain time off for all overtime worked or payment in lieu thereof.
5. To secure equal conditions for all Post Office clerks, whether employed in semi-staff or city offices.
6. To abolish, by any and every means in its power, the patronage system, at the same time bringing all possible pressure to bear upon the Government in order to obtain the adoption of the merit system throughout the entire Civil Service.
7. To secure, as a reward for merit and long and faithful service, the higher positions in the Postal Service, knowing that such positions can be filled more advantageously from the rank and file of the service than by the appointment of individuals having no knowledge of Postal work.
8. To stimulate and foster organization among Post Office clerks, believing, as we do, that by this method only is it possible to obtain justice at the hands of the Department and equal rights for all.

All correspondence, matter for publication, etc., should be addressed to the Editor, A. Venables, Calgary, Alberta.

GUIDE CLASSES.

"Nemo" Tells How Lethbridge Works Them.

A good deal of talk seems to be going on in the various branches with regard to Guide classes, and as the Lethbridge branch has had some experience along this line I am giving our views as to this method of preparing for our exams. We found that it was much more interesting

and beneficial to study "that dry old guide" collectively than separately, but there were several difficulties that we run up against, and it is of these that I propose to speak. When we were made a semi-office in November, 1914, and heard that in July, 1915, we were expected to pass an examination on the Guide, we all felt a cold shiver running down our backs at the prospect before us. After some discussion it was decided to form a class and meet once a week, each person to have