

made one's peace with the psychological problems. Such problems are general and involve loss of prestige, loss of a sense of achievement, of being wanted, of companionship of one's fellow workers, of having a place to go each day and something that is "laid on" to do, some goals to reach, of adjustments in one's home where the wife's routine may have to be adjusted. None of these need be fatal to the enjoyment of retirement, but unless they are faced squarely they very well may be. But to cope with them, one needs a long period of philosophical adjustment that can rarely be achieved at the end of one's working career.

Perhaps it is a fair deduction to say that all members of the Foreign Service - of whatever Department - but particularly those of External and Industry, Trade and Commerce, have a greater chance of coming to the final "starting gate" well prepared and conditioned, because by the nature of their work they have frequently faced new problems, new challenges, new conditions, met new people, seen and experienced other types of lives and living (after all, retirement is in many ways a repetition of what they have been doing all their lives - just another posting or another assignment in Ottawa to a totally different job). Perhaps, then, one can argue that there is no excuse for most people in External succumbing to this psychological malaise at the end of their career. Mr. Les Cannon, President of the Electrical Trades Union in England, has this to say:

For those who have a liberal education, who have come to appreciate the arts, who have enjoyed a cultural life along with well paid employment, who have lived in the secure knowledge of a substantial pension on retirement, there should be no problem except one of adjustment, and this should be within their power to resolve.

Surely this fits neatly a definition of most employees of the Department.

On the other hand, there is no doubt that, more than is the case in many other types of employment, most External Affairs employees, particularly officers but also staff members who are rotational have become accustomed to a pretty heady status when serving abroad. They