

vice Federation of Canada makes excellent reading. The Secretary-Treasurer presented a table showing comparative retail prices of commodities in 1899 and 1910. The question of the increased cost of living and service salaries was discussed. (Details of a petition to the Minister-in-Charge relating to this subject appeared in these columns recently.) The Convention also dealt with, amongst other topics, Superannuation, Income Tax, Government Insurance, Revision of the Classification System, and the adoption of the *Canadian Civilian* as the representative organ.

The rapid rise of the Canadian Federation to an official status, should uplift the hopes of those who are endeavouring to bring about a similar movement here in England. There are ten times as many civil servants and possibly ten times as many grievances to work upon, as exist in the sister service across the water, and it is therefore to be hoped that the invitation issued in these columns a short time ago by the Secretary of the Court of Appeal Committee will be amply justified.

## HOW AN OFFICE WOMAN MAY KEEP HER HEALTH.

### II.

Here is a sequel to the article published under the above heading in the last *Civilian*. It is in somewhat of a "disputatious" form. Good as the article was and valuable as were the suggestions, it was practically impossible to carry out, on the face of it,—the pity of it! As general rules, they could hardly be better, but could the plan be followed? I fear not. For one thing, shopping was never mentioned. When did she buy those pretty fluffy frocks, or get fitted at the dressmaker's? and when did she get her boots and hats and other clothes? And did she never have to visit a dentist, for

instance, or have any other drawback to her plans? How could she live in this day, and have no break in her daily routine, when every day brings its own work? And had she no friends? And if she could live, in this day, just as that successful business woman did, what a life! Nothing in the world to do, nor to look forward to but—typewriting, day after day, and keeping her own frame in condition for that! A poor ideal. Who would not rather be in a children's home, living a life of happy usefulness, if for only her daily bread, to say nothing of the many other ways in which life has interest for women. But what could she do! She probably needed her salary, but to earn it she worked in her office every day till five o'clock, and to keep her health to properly do her work there she found she couldn't undertake anything, and she had to adopt those principles of hygiene.

Now, here is the point: We, the women in the civil service, are in exactly that position. We work from nine to five, and we can do nothing else, and as we have proved that the principles which the "successful business woman" found absolutely necessary are not practicable, and would mean an inane, selfish, useless life if they were, where are we? We are in this position: We are wearing ourselves out, for we work till we are fatigued every day, at steady brain work, putting in the last hour all winter with artificial light, in more or less foul air, and we leave in time to accomplish nothing of our other multitudinous duties that every woman has, and we should think only of our needed rest. And who does? Some must, perhaps, and a poor enough life they lead, but most of the women in the service are bread-winners, and their poor life must suffice. Then, again, no one who is a bread-winner can afford to spend as much time as that on herself.

There are in the civil service of