

To British Guiana we sell principally fish and lumber; only twelve per cent. of what we shipped thither last year was field produce and manufactured goods. All went from the Maritime Provinces, as is to be expected, and all but \$12,000 worth was from Nova Scotia. The items were dry-salted codfish, \$136,706; pickled herring, \$13,682; planks and boards, \$38,402; shingles and box shooks, \$2,535; hay, \$1,200; peas, \$400; potatoes, \$12,875; grindstones, \$560; harness and saddlery, \$179; crude gypsum, \$702; lime and cement, \$168; manufactures of wood, \$866; other manufactures, \$318; canned lobsters, \$200. There is a small item of "machinery" in the list, which may mean sewing machines, and there are also books and pamphlets; but we do not appear to have yet found a market there for our agricultural implements or for our musical instruments. However, as we ship waggons and carriages, cotton goods and leather, to the West Indies, also,—as we have lately seen by the successful trips of Montreal commercial salesmen—clothing, boots and shoes, and woollen textiles, we may expect ere long to have Demerara as a customer for these goods.

From her we have purchased a bare dozen of articles to the value in all of \$194,000. Molasses, melado, and rum are the main items, the others are trifling. Among free goods brought thence are small quantities of wool, hides, and logs. The list includes, besides those articles mentioned, sweet potatoes, cocoa nuts, raisins, and almonds.

RECREATION AND HEALTH FOR WOMEN.

A letter which we print in this issue gives the views of a female office clerk as to ill-health among her class, caused, she thinks, by long hours of work. We think there are other causes. The larger percentage of the female population of America, says Margaret Bisland, is suffering from deterioration of good muscular fibre. "These are our working women—who must earn an honest living at desks, as teachers, typewriters, authors, over a sewing machine at home or in a factory and behind the counter, where from eight to ten hours each day the muscles lie lax, almost dormant, or else are unduly strained by over-exertion."

Such women complain of being overworked, and in a sense this is true. Their cheeks have grown pallid, their shoulders stoop; their eyes grow sad or dim and their spirits are gone. We take leave to say, however, that speaking generally, none of the so-called working women who frequent factory or office are so badly over-worked as the average mechanic's or clerk's wife, especially if she is the mother of children. Warehouse and factory hands have their regular hours and their interval for dinner, and then a chance to rest; but as to the woman who acts as wife, mother, cook, housemaid, washerwoman, tailoress, all in one, to a family of from two to ten—her work is never done. She works far longer hours and she deserves more sympathy than any factory girl.

But apart from the inequalities of this

weary world, and looking at the average woman, poor or rich, it is quite true, as Miss Bisland says in her *Outing* article, that "a chief cause of white drawn cheeks and lustreless eyes is indigestion. To cure this women"—and she might have added men—"cannot depend on the artificial strength supplied by tonics and doctors' prescriptions. Much of the cure for this grievous ill lies within our own reach if we will only follow it. What will exorcise the evil genius? The athlete replies: full breaths of fresh air and vigorous exercise of the arms, legs, and body in regular movements that do not overtax but trim up the flaccid muscles. What is freer than fresh air? and it is one's own will that sustains exertion." And she goes on to describe a simple home plan, because she recognizes that however many working-women's clubs may be formed, and female gymnasia founded, tired and dispirited women cannot be got to attend them. Her plan is to give fifteen minutes to gymnastic movements, using a crash towel over your body if you have no instruments, in bedroom or bathroom before or after the bath, which should be of tepid water. Next to this, she says, always sleep with your window open, and practise deep breathing.

Now these are all good in their way, and if everyone would practise them we should have healthier women. But, we must remark, people might do all these and still have indigestion. So long, for example, as we adhere to hot bread and saleratus biscuit, bolt our food, eat too much, or drink ice-water *without food*, we are liable to suffer the pangs of dyspepsia. Fresh air and exercise will do much to create and sustain health, but these blessings may be largely neutralized by ill-treatment of the stomach and contempt for the liver. Those whose lives are sedentary should use every opportunity for out-door walking. Nearly everyone can go out in the middle of the day; and every book-keeper, type-writer, clerk, or operative, should leave the office and walk, or at least breathe out-door air, for 15 or 30 minutes at noon time. This great relief is strangely overlooked by our workers. We see printers, salesmen, factory hands, by hundreds, every day reading, snoozing, gazing out of window at the noon hour, instead of going out of doors to red- den their blood and strengthen their nerves by Nature's grand oxygen tonic.

A word with reference to the specific complaints made in our correspondent's letter on this subject. Damp walls and sewer effluvia in a merchant's office ought not to be permitted to exist a moment longer than complaint can be made to the proper authorities. No one in these days should be overworked to a degree which endangers his or her health. And no employer should be allowed to overwork them. But indeed employers are, as a rule, too shrewd to work good and faithful hands to death, for they know how hard it is to replace them. Some few skinflints do habitually grind their employes shamefully, as they do every one else who will let them. At the same time it must be remembered that the present generation is not fond of work, and the average hand in mercantile life to-day is comfortably off

compared with the long hours and the laborious lives of the two or three generations who have preceded them. This, however, we will suggest to "Sylvia" or her friend: let the proprietor or the manager of the office in which she works be told that she finds it needful to get out for a half hour's walk in the middle of each day; that her health, physical and mental, requires it. We venture to think she will not be refused. And let any one who cannot—as many persons cannot—stand the continuous strain of all day headwork, make the same request. Attention to diet, exercise, and change of scene are all the more necessary for those whose business hours are long. Nine hours work per day (provided the office premises be healthy) will not kill any one who gets a rest in the middle of it, and who knows enough and has resolution enough to look out for plain, nourishing food and fresh air regularly.

—It is a matter worth mentioning, and probably one known to but few Canadians, that this Dominion shipped abroad to various countries musical instruments of her own manufacture to the number of 4,116 and to the value of \$315,126 during the last fiscal year. Nine-tenths of these instruments were organs, the remainder being pianos. A dozen Canadian pianos have been sent to Great Britain; five dozen to the United States; some to Australia, to British Africa, and to Newfoundland. Ontario is the principal maker of these, but they have been shipped from all the provinces. The organs, which we sell abroad by the thousand, are mostly also made in Ontario. Where they go may be discovered from a table which we append of the number and value of organs shipped from Canada last year:—

Shipped to	Number.	Value.
Great Britain.....	3,163	\$227,825
United States.....	178	12,321
Germany.....	122	8,265
Japan.....	25	1,955
British Africa.....	48	3,450
Australia.....	440	29,435
New Zealand.....	14	700
Russia.....	5	350
British West Indies.....	6	510
Newfoundland.....	29	3,460
Total.....	4,030	\$288,271

DECISIONS IN COMMERCIAL LAW.

WEBER V. BRIDGMAN.—An agent, under a power of attorney duly executed and recorded several years before, received payment of a mortgage to his principal after the principal's death, and with knowledge of that fact executed a release of the mortgage. The debtor made no inquiries concerning the principal. It was held by the New York Court of Appeals that the agent's authority was revoked by the death of the principal, and that the attempted release of the mortgage was void.

REEBER V. BOND.—The duty of a conductor and employes operating a freight train on which some accommodations have been provided for passengers, the United States Circuit Court, Miss., held, is to give passengers thereon such attention and care as is consistent with the operation of the train, but not such strict attention and care as are required on regular passenger trains; and a person riding on such freight train who is injured by the negligence of the employes, is not