

## TOPICS FOR TALKS

### Physical Standard

- Laws of health and personal health habits, e.g., value of fresh air, water drinking, cold and hot baths, regular hours of sleep, etc.
- Effects on the body of too rich food, candy, cake, etc.
- Use and abuse of patent medicines, headache powders, etc.
- What your community does to protect its water supply, milk, and exposed foods, etc.
- "Life's Story."
- "A Great Gift or the Mystery of Life."
- "Self-reverence, self-knowledge, self-control."
- First Aid to the Injured (accidents, sunstrokes, fits, faints, etc.
- First Aid to the Injured (bandaging).
- First Aid to the Injured (home nursing).
- Recreation, the true aim of play.
- Value of out-door life and regular exercise.

### Intellectual

- What is education ?
- Why girls should learn to speak in public.
- Formal invitations and business letters. (Discussion and practice.)
- Elementary home-cooking.
- Food values and an ideal picnic lunch.
- What to buy for the table.
- A girl's model bedroom.
- Books and how to read them.
- Why a girl should read poetry ; the place of imagination in her life.
- Gardening, raising of bulbs, care of window boxes, etc.
- The wonders of plant life.
- The natural resources of our country.
- Glimpses of Canadian life and scenery, e.g., The Prairies, The Great Lakes, Lower Canada, Maritime Provinces, etc.
- The birds of our province.
- Planets, constellations and their stories.
- The place of music in a girl's life.
- The story of a great composer and his works.
- A visit to a famous Art Gallery.
- Early history and pioneers of your village, town, or city.