

(5) That the following be used as subjects for health talks:-

"Health in the Home" to be used as the text-book.

In the opening lecture, introduce yourself; explain whom you represent and what you are trying to do. Cover the first two chapters in one lecture. Deal with Chapter Three (The Expectant Mother) through personal interviews with the mothers. Give a talk on Chapter Four (The Infant), but here again, personal interviews are perhaps best. Chapter Five (Milk) - Demonstrate by making up feedings. Devote the first part of your talk to the technique of breast-feeding and stress its importance. Chapter Six (The Child) Cover this in a course of lectures with the children - preferably a ten- or twenty-minute lesson after the tooth-brush drill. Play school, sing health songs, rhymes, use posters. Finish with a good story. The subjects for Chapter Six could be as follows:-

- (a) Cleanliness.
- (b) Care of the Teeth (stress Milk)
- (c) Sleep, exercise and fresh air; have an hour's rest for everyone after dinner each day, or play going to sleep
- (d) Diet
- (e) Communicable Diseases - stress colds
- (f) Review.

Chapter Seven (Communicable Diseases) - Communicable Diseases for adults. Fingers, Food and Flies. Stress Tuberculosis.

General Suggestions

Never give a Health Talk to adults without including a discussion following the talk, to last not longer than ten or fifteen minutes after a twenty-minute talk. The use of a blackboard is recommended. Good posters should be used - preferably coloured ones.

Talks on a new subject should be preceded by a brief review on the previous lesson.

The total number of mothers and babies this year at camp was respectively 286 and 150. About half of the babies were breast-fed. The best method of approach to groups of mothers such as those attending the camp would possibly be through a medium like the Old Brewery Mission.

(Signed) Verna M. MacDonald

The meeting then adjourned.

Chairman

Secretary