

Can. Canadian National Advisory Committee
Plan: for Co-operation in Girls' Work.
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CANADIAN GIRLS IN TRAINING

SUGGESTIONS FOR THE MID-WEEK
MEETINGS OF SUNDAY SCHOOL
CLASSES, CLUBS, ETC., FOR
'TEEN-AGE GIRLS

Prepared and Issued by the
CANADIAN NATIONAL ADVISORY COMMITTEE
FOR CO-OPERATION IN GIRLS' WORK.

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N.B.—It is requested that before using this pamphlet, every leader of girls should read the introduction carefully.

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C Canadian National Advisory Committee
for Co-operation in Girls' Work.

Canadian Girls in Training

THE ADVISORY COMMITTEE

Those who read a pamphlet purporting to discuss problems of girlhood naturally want to know what mind lies behind it. Behind this pamphlet lies, not one mind, but the united thinking of those men and women who are in charge of the Sunday School work of the Anglican, Baptist, Methodist and Presbyterian denominations, and also the Canadian Council of Provincial Sunday School Associations and the leaders of the Young Women's Christian Associations.

For two years, an Advisory Committee formed from these bodies has been meeting to study the problems of the 'teen-age girl and to draw up schemes that might help teachers and Club leaders. In June, 1915, a first small pamphlet called "Canadian Girls in Training" was issued, and, simple and imperfect as it was, the welcome given it has so encouraged the Committee that they, after another year of discussion and planning, are publishing this the second edition.

Into the succeeding sections of this introduction they have woven some of their convictions on the importance of this field of work and various suggestions as to meeting its needs.

WORTH OF GIRL LIFE

No apology is needed for attempting to help those who are working among our girls, for girl-life is of such infinite value to Canada to-day that no foresighted thinker dare ignore it. In the latent powers of 'teen-age girls lie those faculties and characteristics which will make the foundations, good or bad, of the homes on which the Dominion is built.

Not only to Canada is girl-life of importance, but we dare reverently say, to God Himself. The desire of His love is to be able to fill each life with His peace and beauty, and to draw

into the service of His Kingdom a band of earnest and great-hearted women, trained from girlhood to be His witnesses by life and word.

In this, God's plan, we, the Sunday School teachers and the leaders of Clubs and groups, are given the honour of being His fellow-workers. As we view the wonderful material of this girl-life, we begin to realize as never before that God's fellow-workers are called to be students before they can undertake to work. Hence to-day we rejoice that we find some men and women who, having made a study of the special characteristics and difficulties of the girl of "teen age," can guide us into wise methods of work. Such writers as Clara Espey, in "Leaders of Girls," and Margaret Slattery in "The Girl in Her 'Teens," and Mary E. Moxcey in "Girlhood and Character," teach us to enter sympathetically into the mind of a girl before we attempt to make suggestions to help her development.

THE CHURCH'S TASK

The Church has a very vital relationship to girl-life. Through its Sunday Schools it reaches tens of thousands of girls ; through its insistence on the training of Sunday School teachers, it is striving to ensure that these girls are taught the things of God in the very best way. Even this is not sufficient unless the teacher can also quicken the conscience so that the girl may see that in her home, her school, or her place of business lies the field for daily practice of all that she is learning. Then she will find how many of the ordinary duties of everyday life contribute to her life-equipment and how truly Christian life means a life of full development dominated by a master-motive, the desire to be "like Christ."

Now it is with this latter problem, that of translating the Sunday teaching into week-day action, that this pamphlet is concerned, believing that the play-life, the reading, and the social service to which girls turn should all be inspired by that Sunday teaching.

While the greater part of this practical working out of Christ's teaching into character habits must be left to the girl herself, yet there is surely an opportunity to help by the holding of week-day meetings of her class or group.

For this reason the Advisory Committee has worked out its suggestions so that by the simplest possible methods each girl may be quickened to fuller self-development.

CHURCH ORGANIZATION

Investigation shows that already a large number of organizations of various kinds exist, holding week-day meetings, many of them under the auspices of the Church, some under inter-denominational societies. There does not seem, however, to be any unifying principle in their plans, nor any effective correlating of their varied programme of studies and activities. The result is that there is on the one hand a considerable amount of overlapping and consequent over-organization for some who probably need it least, while a large number of girls who perhaps most need guidance and stimulus are not receiving any appreciable help from the Church. The teacher most alive to the possibilities are looking eagerly for suggestions as to the next step to take.

The first essential seems to be that each local Church should make a careful study, by qualified leaders, of the 'teen-age girls for whose care it can be held to be responsible, carefully noting their needs and to what extent these are being fairly met by any or all existing organizations, within and without the Church. Then a further study should be made to bring all these girls into touch with the most helpful influence and to provide for them the very best that could build up an all-round development in the four-fold life, physical, intellectual, social, religious.

FOUR-FOLD DEVELOPMENT

The thought of this four-fold development has become familiar to some of us through the Canadian Standard Efficiency

Test for boys. There, starting from the ideal found in Jesus Christ, who "increased in wisdom and stature, and in favour with God and man," we see that it is only when all sides of human life are related to God, that we can have that full development which befits a spiritual being. The only woman who is finding her true self, as God intends she should, is one who seeks to keep her body in health, as a "temple of God," whose mind is growing in its love of truth, whose will is trained to right choices, whose heart is set to love God and her neighbour.

A GIRL'S STANDARD

The task of making this symmetrical development tangible and attractive to girls is a difficult one. Boys seem to have received great stimulus towards this all-round growth from having a four-fold "standard" placed before them. Often a quiet talk with an older man has revealed to them where they have been lacking, and at what special goal they should aim. It has, therefore, been thought wise to include in this pamphlet for the first time a "Girls' Standard" (see page 10). This standard simply presents an ideal. It is not a minimum to which every girl might be expected to attain wholly, but something to which she should approximate in greater or less degree. Each girl should have attained at least some part of each of the four standards (physical, social, intellectual, religious) and be striving after something still beyond her present accomplishments.

As, however, no personality can really be divided into four specified parts and as we believe that the beauty of God's handiwork lies partly in the infinite variety of function and character of His children, we trust that all teachers using this "standard" will remember that there should be great elasticity in bringing any girl face to face with its varied demands. It is in the spirit and not in the letter that it must be used. Also in drawing it up it has been almost impossible to decide under which standard some of the items should come and to avoid a certain amount of arbitrariness in statement.

In the boys' work this four-fold development has been stimulated by a plan called "charting" whereby the teacher, or other older friend, assigns a definite position to the boy in each standard according to a system of marks. But since there is a difference of opinion as to whether this is in the best interests, and in accordance with the psychology, of girl life, the committee is not now presenting any system of charting for girls.

A UNIFIED PROGRAMME

The development of this four-fold life and the building of character should be the aim of all the week-day meetings and activities for girls in connection with the Church. The conditions, however, under which the work must be done are so widely different that the same method cannot be applied to different groups (for instance the girls in the country, the small town, and the city), nor always to different classes of girls, without considerable adaptation. In case help is needed, the Advisory Committee is putting forward some suggestive programmes.

As the Sunday School Class is probably more fundamental and more nearly universal than any other existing organization for girls (for many of those of 'teen-age have already left the day-school), this suggested programme is based on the organized Sunday School class. All that is necessary is this one organization, for any group of girls meeting on Sunday as one of the classes of the regular Sunday school, with one other meeting in the week to take up a programme of studies and activities as outlined, either as a whole or in part. In some cases the plans laid down here might be used by some other organization of girls already existing in the Church, so that an extra meeting might be avoided, and present Church organizations be strengthened and made yet more helpful to the Sunday School scholars.

The programme could also be adapted by leaders of Y.W.C.A. and other Clubs, by those in charge of Girl Guides and such groups; for there are places and circumstances where certain girls can be more easily gathered in under such auspices, and

this Committee hopes that its suggestions will also be of use to leaders of such groups.

As yet the Committee has not been able to work out graded schemes that would be adapted to groups of girls of varied ages. It must, therefore, be taken for granted that these programmes will need much adaptation on the part of leaders, though they may be said to be drawn up for girls approximately between thirteen and seventeen years of age.

HELPS FOR LEADERS

Lest it should seem to some teachers an overwhelming programme, it should be remembered that in many cases certain parts of the work should be carried out under the actual instruction of someone specially qualified, while the teacher or leader would only exercise general supervision and plan the programme beforehand with her group of girls.

Yet again in other places there could be a grouping of several classes together, the week-day meeting being placed under the general direction of the Superintendent of the Department for "teen-age" girls. Where such a week-day meeting cannot be held, even there it is hoped that this pamphlet may stimulate the teacher to make closer the connection between the meeting of the class on Sunday and the everyday life and interests of its members, and to find for them some channel of activity by which to give expression to the instruction given them on Sunday.

The Committee wishes it to be clearly understood that this is merely a programme of work and that the devotional period should be adapted to the teaching of the particular Church body to which the organized class belongs.

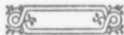
A REMINDER

The Committee claims no finality for this pamphlet. It is but one forward step. Nor will the reading of it turn a poor teacher

into a good one, nor an unsuccessful class group into a successful one. It may, however, come as an incentive to some who have had small ambitions hitherto, and as a suggestive method to the more eager worker, who has already dreamed of and worked out some of these plans herself.

At the heart of the whole of our great enterprise with Canadian girls lies the intense desire to pass on to them the knowledge of God—the “life eternal”—which, taking possession of their lives and wills, shall quicken and develop in them all things good and beautiful. Such a communication of life can only come, as its ultimate source, from the very in-breathing of the Spirit of God in their souls, and should result in a conscious covenant between them and God. But outward means and plans were never despised by our Master, Jesus Christ, who healed men not only from afar but by His touch on eye or hand.

We, therefore, dedicate to Him, our Teacher and Saviour, these plans whereby we believe He would have us reach out throughout the length and breadth of Canada to help forward our girls into the joy and fruitfulness of full Christian womanhood.



A Standard for Girls

I.—PHYSICAL

- | | |
|--------------------------------|---|
| 1. Health Education. | 4. Sports : Team and group games and individual sports. |
| 2. First Aid and Home Nursing. | Water-sports. |
| 3. Physical Culture. | 5. Out-door Life. |

II.—INTELLECTUAL

- | | |
|------------------------------------|------------------------------------|
| 1. School and Vocational Training. | 6. Nature Study. |
| 2. Homecraft. | 7. Music. |
| 3. Home Reading. | 8. Art. |
| 4. Knowledge of Current events. | 9. Educational Trips and Lectures. |
| 5. Public Speaking. | 10. Hobbies. |

III.—RELIGIOUS.

- | | |
|------------------------------------|--|
| 1. Daily Prayer and Bible Reading. | 6. Self-discipline. |
| 2. Public Worship. | 7. Mission Study and Reading. |
| 3. Group Bible Study. | 8. Recognition of God in Nature, Music, Art, Poetry. |
| 4. Personal Dedication. | |
| 5. Systematic Giving. | |

IV.—SERVICE.

- | | |
|---|-------------------------------|
| 1. Personal Relationships. | (b) Contribution to Programme |
| 2. In the Home. | (c) Leadership |
| 3. In the Church. | 5. In the Community. |
| 4. Through Organizations :
(a) Membership. | 6. Choosing a Life Work. |

The Physical Standard

As health is the first essential in a girl's normal development, and as present-day business conditions make it necessary for many girls to spend much of their time in-doors, thus depriving them of regular exercise, the importance of emphasizing the "Physical Standard" is self-evident. Every teacher realizing her responsibility in this matter should endeavour to encourage her girls to build up their physical life by forming habits making for good health and, where practicable, by attendance at physical culture classes. Through the mid-week activity this may be supplemented by simple physical exercises, games, hikes, etc.

Hikes, picnics, games of all kinds are also important as giving the teacher a point of contact with the girls. They help to develop a spirit of "camaraderie" in the class, and make the girls feel that the teacher understands that very real, yet intangible something, the "girl's point of view."

The important contribution which team games make to a girl's life has been too largely overlooked. Through them she learns to subordinate the individual to the group, and "to play the game" in spite of difficulties,—lessons which will prove of inestimable value in her after-life. As women are called upon more and more to share in the life of the community, they must develop this ability to co-operate with one another.

Then, too, observation of the laws governing plant and animal life made while on Nature Study tramps form a wholesome preparation for the explanation of the laws regarding human life ; in fact, out-door life generally may be used by the teacher to give to the physical a spiritual significance.

Explanation of the Standard

1. HEALTH EDUCATION.—A knowledge of the laws of health and the facts of physical life. Personal habits making for good health, such as exercises, regular sleep, diet, baths, fresh air, etc.
2. FIRST AID AND HOME NURSING.—An elementary knowledge of these subjects, or, if practicable, a full St. John's Ambulance Course.
3. PHYSICAL CULTURE.—Some regular form of physical exercise, whether in gymnasium or elsewhere, including folk-games and Swedish Drill.

4. SPORTS.—(a) Team games, such as hockey, basket ball, cricket, etc. (b) Group games, such as charades, three-deep, bean-bags, etc. (c) Individual sports, such as tennis, golf, skating, skiing, etc. (d) Water sports, such as swimming, diving, boating, etc.

5. OUT-DOOR LIFE.—Hikes, picnics, camping, etc.

Books

- "Hygiene for Girls" (Richards). Heath.
"How to Live" (Fisher and Fisk). Funk & Wagnall. \$1.00.
"The Efficient Life" (Gulick). Doubleday-Page. \$1.20.
"Life's Story" (Dr. W. Hall). Steadwell, Lacrosse. 20c.
"The Doctor's Daughter" (Dr. W. Hall). American Medical Assoc., Chicago.
"First Aid to the Injured," "Home Nursing." St. John Ambulance Corps. 35c.
"Handbook of School Gymnastics" (Poffe).
"Games for Playground, Home, School and Gymnasium" (Jessie Bancroft). Macmillan. \$1.50.
"Manual of the Royal Life Saving Society" (obtain from E. A. Chapman, St. Andrew's College, Toronto). 15c.
"Popular Folk-Games" (Hoffer). Flanigan Co., Chicago.
"Girl Guide Handbook." Nelson Press, New York. 30c.
"Camp Fire Girls' Handbook." National Headquarters, 461 Fourth Ave., N.Y. 40c.
"Play in Education" (Lee). Macmillan. \$1.50.

The Intellectual Standard

Every teacher has a great task in showing girls the place of the mind and reason as a controlling force in life. They need to see what a heritage God has given them in the power to enter into intellectual and scientific interests, and through them to gain possessions for life which will relax the hold of lower instincts and interests.

This standard aims at creating in every girl a desire to continue her own education, whether at school, or at home, or through trade training. It would draw her on to make use of the facilities of library or lectures, or to plan with others trips to places of interest.

Under Art and Music knowledge and practical ability have been separated, because, while musical and artistic talent are

special gifts, every girl's intellectual equipment should include some knowledge and appreciation of the Fine Arts or her life will be the poorer.

The word "intellectual" is not used narrowly, as it covers the mental stimulus needed for learning hobbies such as gardening, photography, etc.

Explanation of the Standard

1. SCHOOL AND VOCATIONAL TRAINING.—Satisfactory record of attendance and standing, whether in Public or High School, Technical or Night School, or Business College.

2. HOME-CRAFT.—Practical knowledge and ability in managing the home, including cooking, dress-making, and millinery, laundering, care of the house, home-decorating, marketing, study of economic relationships emphasizing the responsibility of women as consumers for control of markets, etc.

3. HOME-READING.—A high standard in voluntary reading, the use of the public library, and the collection of good books.

4. KNOWLEDGE OF CURRENT EVENTS.—Regular reading of newspapers and magazines dealing with the topics of the day.

5. PUBLIC SPEAKING.—Ability to take part in debates, oratorical contests, etc.

6. NATURE STUDY.—The knowledge of flowers, birds, stars, rocks, etc.

7. MUSIC.—(a) Knowledge of great composers and their works. (b) Ability to play or sing.

8. ART.—(a) Knowledge of architecture, sculpture, famous pictures. (b) Ability to draw, paint, design, illustrate, etc.

9. EDUCATIONAL TRIPS AND LECTURES.—(a) Visits to public buildings and institutions, places of historic interest, museums, factories, etc. (b) Voluntary attendance at lectures of educational value.

10. HOBBIES.—Gardening, photography, sketching, collection of flowers, ferns, stamps, coins, pictures, post cards, etc.

Books

"The World Wide," a Weekly Canadian Magazine of Current Events. \$2.00 a year.

"Bulletins on Food Values, Canning, etc." Ontario Department of Agriculture. Free.

"Sewing Book" (Jessup). 30c.

- "Bird, Flower, Butterfly Guides," etc. (Reed). Musson. \$1.00.
"A.B.C. Guide to Music" (D. G. Mason). Dent & Sons. \$1.25.
"Painters and Painting" (Wedmore). Home Univ. Lib. 25c.
"Seven Lamps of Architecture" (Ruskin). 35c.
"Appreciation of Music" (Surette and Mason). \$1.50.
"Stories from the Opera" (Davidson). \$1.50.

The Religious Standard

As religion means a girl's relationship to God, this standard touches the very motive power of her life. In one sense it cannot be treated apart from the other standards, for true religion will necessarily make itself known through physical, intellectual and social avenues, and it will be the unifying link which gives coherence and purpose to all kinds of activity and growth. Yet any leader of girls will find certain definite means by which she can help to direct spiritual growth, and to aid in developing characteristics which belong to a normal Christian life. Some lie along the line of seeking God, and giving to Him the opportunity of making His voice heard through conscience. Every girl needs encouragement in systematic Bible study, and in strengthening such belief in prayer that a regular prayer life becomes a habit. The promise to devote to this purpose a quarter of an hour daily, calling it the "Morning Watch," has helped many. Linked with this would come the help to be gained through steady attendance at Church services and at Sunday School.

Then, remembering that these adolescent years are by far the most fruitful time for life decisions, this standard reminds us of the necessity of a conscious choosing of our Lord Jesus Christ as Master and Saviour. Each leader will seek earnestly by life and word to make this the natural climax of growing impressions. From that it is inevitable to pass on to emphasize the value of accepting both the privileges and duties of Church membership.

But an acknowledged follower of Jesus Christ must bear this impress on character; hence the stress laid on learning to discipline one's own life in such matters as self-control, giving and spending, and setting aside for God's work a regular proportion of money earned or given. Another feature of the Christian life will be a growing knowledge, through study, of the home and foreign work of the Church. From this should come the desire to take teacher-training or other means of preparing for Christian

leadership. Finally all that is beautiful and true in nature and art and music and poetry may be made to yield their contribution to the girl who is seeking to find God in all His fulness and then to make Him known.

Explanation of the Standard

1. DAILY PRAYER and Bible Reading.
2. PUBLIC WORSHIP.—Regular attendance at Church Services.
3. GROUP BIBLE STUDY.—In Sunday Schools and such other groups as Y.W.C.A. classes, etc.
4. PERSONAL DEDICATION.—A personal dedication to God and His service, and public profession of faith in Christ as a conscious recognition of Church membership.
5. SYSTEMATIC GIVING.—Setting aside a definite amount from pocket money or earnings for religious and philanthropic objects.
6. SELF-DISCIPLINE.—Self-denial in order to cultivate self-control, temperance in pleasures and foods, such as cakes, candy, etc.
7. MISSION STUDY AND READING.—Attendance at a Mission Study Class or individual reading of missionary literature, biographies, etc.

Books

- "Manhood of the Master" (Fosdick). Association Press. 60c
"Meaning of Prayer" (Fosdick). Association Press. 60c.
"His Dominion [Home Missions]" (Gunn. Missionary Ed. Movement. 40c.
"Studies for Personal Workers" (Johnston). International Y.W.C.A.
"Rising Churches in Non-Christian Lands" (Brown). Missionary Ed. Movement. 40c.

FOR THE GIRLS' OWN READING

- "Vesper Talks for Girls" (Knott). Houghton, Mifflin Co. \$1.50.
"Girl's Year Book." National Board, Y.W.C.A. 600 Lexington Ave., New York, N.Y. 55c.
"School Girl Ideals" (Rider and Cutler). National Board, Y.W.C.A. 10c.
"The Inch Library," 1st and 2nd Inch. National Board, Y.W.C.A. 55c.

- "Leadership of Bible Study Groups" (Horne). Association Press. 50c.
- "Christian Citizenship for Girls" (Thoburn). National Board, Y.W.C.A. 25c.
- "Women of Ancient Israel" (Adams). National Board, Y.W.C.A. 25c.
- "Out-of-Doors in the Bible" (Cutler). National Board, Y.W.C.A. 15c.
- "Jesus, the Man of Galilee" (Slack). National Board, Y.W.C.A. 30c.
- "Lessons in the Gospel of John" (Adams). National Board. 20c.
- "Studies in the Life of St. Paul" (Leacock). Association Press. 60c.
- "The Parables of Jesus" (Russel). National Board, Y.W.C.A. 20c.
- "The Story of Jesus as Mark Told It" (Kirk). National Board, Y.W.C.A. 20c.
- "Jesus Among His Friends" (Cutler). National Board, Y.W.C.A. 15c.
- "Lives Worth Living" (Peabody). Chicago Univ. Press. \$1.10.

The Service Standard

Life is not lived in isolation, but in social groups (home, school, church, community), and the Christian law for these relationships is that of service, actuated by love.

Therefore, this standard brings before girls the need of constructive ideals for such relationships. Selfishness—purely personal ambition—can best be overcome by a study of the rights and interests of others, and by viewing life from Christ's standpoint of brotherhood.

The power to carry out such ideals may often be stimulated through self-governing classes or clubs, where responsibility shared, teaches the joys and pains of such fellowship.

The new opportunities coming to women for sharing in the duties of citizenship make a very real reason for including under this standard some understanding of and sharing in the various civic and community efforts of to-day.

Explanation of the Standard

I. PERSONAL RELATIONSHIPS.—Courtesy, suitable dress and behaviour, responsibility in the use of other people's property,

returning borrowed articles, keeping accounts, and paying debts promptly.

2. **IN THE HOME.**—Definite service in the home ; if earning contribution to its support.

3. **IN THE CHURCH.**—(a) Helping in Church work by assisting in young people's societies, substituting for the teacher in Sunday School, singing in the choir, etc. (b) Taking a Teacher Training Course.

4. **THROUGH ORGANIZATIONS.**—(a) Membership : belonging to some girls' organization. (b) Contribution to programme : story-telling, dramatic work, playing musical instruments, singing, etc. (c) Leadership : holding office, organizing committees, etc.

5. **IN THE COMMUNITY.**—A knowledge of the community forms of government, and taking part in movements for social betterment, such as surveys, fly campaigns, etc.

6. **CHOOSING AN OCCUPATION.**—Subordinating the idea of material gain for that of service in business and marriage.

Books

- "Questions for a Young Woman of To-day." National Board, Y.W.C.A., 600 Lexington Ave, New York, N.Y. 10c.
"The Spirit of Social Work" (E. T. Devine). Charities Pub. Committee. \$1.10.
"A new Conscience and Ancient Evil" (Jane Addams). Macmillan. 60c.
"Jesus Christ and the Social Question" (Peabody). Macmillan. 25c.
"Young Working Girls" (Woods and Kennedy). National Bd., Y.W.C.A. \$1.25.
"Vocations for Girls" (Laselle and Wiley). Houghton & Mifflin. \$1.50.
"Canadian Civics" (Jenkins.) 35c.
"Marriage and Morality" (Papers by Various Authors). Longmans, Green & Co. 10c.

Scheme of Programme

It is considered probable that in most mid-week meetings time could be made for three or four different periods :

(a) A short business period to be conducted by the girls themselves. In addition to this business, there may be, whenever necessary, purely business meetings of the executive officers.

(b) A devotional or Bible study period. This should aim primarily to bring the girls to the realization of the presence of God, so that they may engage in genuine worship together. The time spent will vary from ten minutes to twenty minutes, or occasionally more. It is suggested that there should be a brief prayer, offered by the girls as often as by the leader, singing of some great hymn, reading from the Bible, quoting from the Bible, or telling a Bible story, or the discussion of some topic relating to the spiritual life of the girls.

(c) A practical talk on some subject connected with one of the four Standards to be given generally by the leader or a specialist, although occasionally by one of the members.

(d) Some form of activity. If this does not take the form of physical exercise, there should be a brief intermission after the practical talk.

SUGGESTED PROGRAMME FOR THREE MONTHS

(The period is one and a half hours long. A shorter period may be planned for younger girls, if advisable, by shortening the time given to the activity.)

FIRST WEEK

1. BUSINESS (20 minutes).—Short talk on how to conduct a business meeting, duties of officers, etc., followed by election of officers.

2. DEVOTIONAL PERIOD (10 minutes).—"Girls' Year Book," any selection from "Work and Play." (Sept. 15th to 22nd.)

3. PRACTICAL TALK (15 minutes).—"Group Spirit and Team play."

4. ACTIVITY (45 minutes).—Group games and refreshments. (Suggested that the girls each contribute 5 cents, or at the most 10 cents.)

SECOND WEEK

1. (5 minutes). Business—Minutes of previous meeting and announcements.

2. (10 minutes). Any selection from "Work and Play" (Sept. 23rd to 29th).

3. (15 minutes). General talk regarding laws of health and personal health habits.

4. (1 hour). Sewing for missions or some philanthropic object.

THIRD WEEK

1. Business—Minutes, etc.

2. Any selection from "Work and Play" (Sept. 30th to Oct. 7th.)

3. "Books and How to Read Them."
4. Swedish Drill or Folk-Games.

FOURTH WEEK

1. Business—Minutes, etc.
2. Any selection from "Work and Play" (Oct. 8th to Oct. 15th).
3. "A Girl's Responsibility Towards her Home." (See Service Standard.)
4. Continuation of Sewing.

FIFTH WEEK

1. Business—Minutes, etc.
2. Women of the Bible—"Esther."
3. "Food Values and Ideal Picnic Lunch."
4. Cooking Demonstration—Refreshments of what has been cooked, or a picnic indoors or outdoors.

SIXTH WEEK

1. Business—Minutes, etc.
2. Women of the Bible—"Naaman's Servant."
3. "What Christian Missions have Done for the Empire."
4. Swedish Drill or Folk-Games.

SEVENTH WEEK

1. Business—Minutes, etc.
2. Women of the Bible—"Ruth."
3. "A Bird's Eye View of Your Community: Historical Spots, Public Buildings, Institutions, etc."
4. Continuation of Sewing.

EIGHTH WEEK

1. Business (including plans for party)—minutes, etc.
2. Women of the Bible—"Miriam."
3. "Ideals of Service in Personal Relationships." (See Service Standard.)
4. Group Games.

NINTH WEEK

1. Business—Minutes, etc.
2. "Are You Triangular or Round?" (See Inch Library.)
- 3 and 4. Girls' Group entertaining Boys' or other Girl Group.

TENTH WEEK

1. Business—Minutes, etc.
2. "The Difference between Feeling and Willing in a Girl's Religion." (See Inch Library.)
3. "The Story of a Great Composer and His Work."
4. Music or a musical contest.

ELEVENTH WEEK

1. Business—Minutes, etc.
2. "Discovering a Year." (See Inch Library.)
3. "The Use of Good English, Idioms, Slang, etc."
4. Contest of Bible Characters, each girl telling the story of a Bible character, omitting the name, which must be guessed by those present.

TWELFTH WEEK

1. Business—Minutes, etc.
2. "A Girl's Questions about Prayer." (See Inch Library.)
3. "How to Choose a Vocation."
4. Debate, entertainment, or a missionary pageant, etc., to which parents and friends may be invited, by which a small sum of money can be raised.

Second Type of Programme

In some cases the group may prefer to concentrate on one Standard for a longer period. The following for the Physical Standard will suggest how such a programme may be developed.

FIRST WEEK

1. Business.
2. Devotional Period.
3. General talk on "Laws of Health and Personal Health Habits."
4. Group Games or Swedish Drill.

SECOND WEEK

1. Business.
2. Devotional Period.
3. "Food Values and Diet."
4. Group or Team Games, or Swedish Drill.

THIRD WEEK

1. Business.
2. Devotional Period.
3. "What to do in case of fire, fainting, sunstroke, burns, cuts, scalds, etc."
4. Folk-Games or Group Games.

FOURTH WEEK

1. Business.
2. Devotional Period.
3. "What you community does to protect its water supply, milk and exposed foods, etc."
4. Folk-Games or Group Games.

A third type of programme might be worked out by using the four standards for the four meetings each month, choosing a topic for the practical talk from the physical standard for the first week, from the intellectual for the second week, from the religious for the third week, and from the service for the fourth week. In this case missionary topics might well be chosen for at least half of the religious meetings, using some such book as "Comrades in Service," or "Servants of the King."

General Suggestions for Drawing up Programmes

Every group has characteristics which make it different from any other, and any programme to be effective must meet the need of the particular group for which it is designed. The programme would, however, fail of its purpose if it is understood to lay stress primarily on "doing" rather than "being." Its real aim is to present suggestions which can be used by the leader for constructive character-building, observation, self-control, etc.

DEVOTIONAL PERIOD

The following are some suggested lines of thought from which a selection might be made :

(1) The daily Bible Readings in connection with the Sunday School lesson each week, preparatory to a discussion on some of the points raised. (Notes on these readings are generally available.)

(2) Great Hymns, with the story of their author and their message. These would be memorized and sung from memory. (See "A Treasure of Hymns," by Wells, \$1.60.)

(3) Missionary Stories and Text-books for Intermediates, as recommended by the Missionary Education Movement, or by the various Denominational Boards—"Under Marching Orders," "Livingstone the Pathfinder," etc.

(4) Such courses as those prepared by the Y.W.C.A. for discussion groups—"Christian Citizenship for Girls," etc. (See Bibliography under Religious Standard.)

(5) The topics assigned for the Junior and Intermediate Young People's Societies might well be used.

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.

The history and meaning of the flag.
Public holidays, their significance and how they have been,
or should be, observed.

Biographical : Great men and women who have served, e.g.,
Florence Nightingale, Frances Willard, Livingstone,
Abraham Lincoln, Egerton Ryerson, Bishop Bompas,
etc.

Religious

Life habits that help : Daily prayer and Bible reading,
Church attendance, grace before meals, etc.

Christ's challenge to the individual girl.

Christ's challenge to service.

Place of self-discipline in the Christian life.

Great missionaries.

What Christian Missions have done for the Empire.

The story of the great World Religions.

The story of great hymns.

The recognition of God in Nature.

Religion in Art and Architecture.

Religion in Music.

Service

Ideals of service in personal relationships. (See Standard.)

A girl's friends.

Courtesy in daily life and in society.

Ideals in dress.

Punctuality.

Thrift and Efficiency.

A girl's personal budget.

How to keep a bank account.

The ethics of borrowing, buying on the instalment plan, etc.

The use of good English, idioms, slang, etc.

A girl's responsibility towards her home.

Taking care of the baby.

The art of the home maker.

The girl in the Church.

The girl in the school.

Group spirit and team play.

The girl in the community.

A bird's eye view of your community : historical spots, public
buildings, institutions, etc.

How your community is governed (developing the idea of
personal responsibility for good government).

The relation of the Colonies to the Empire.
The contribution of our Empire to the World.
How to discover your vocation.

Activities for Groups

Physical Standard

Swedish Drill.
Demonstration of Swedish Drill, to which girls may invite parents and friends.
Clubs and Dumb-bells.
St. John's Ambulance Course in First Aid.
St. John's Ambulance Course in Home Nursing.
Team and Group Games.
Water Sports. (See Physical Standard.)
Hikes and Picnics.

Intellectual Standard

Debates.
Contests : literary, oratorical, musical, etc.
Giving summaries of practical talks.
Reading of plays (different girls taking the different parts).
Cooking : discussion and demonstrations.
 Use of stale bread.
 Use of milk and eggs.
 Salads.
 Simple desserts.
 Meat substitutes, etc.
 Invalid trays.
 Chafing dish and casserole cooking.
Demonstration of arranging, waiting on, clearing the table.
Sewing : darning, patch-mending, embroidery, dress-making, and millinery.
Making flowers, candle shades, etc., with Dennison Book of directions.
Clay modelling.
Stencilling.
Brass work.
Basketry and raffia work.
Nature Study excursions.

Religious and Service

Provide literature for hospitals, lumber camps, mission stations, etc.
Provide flowers for Church, Sunday School rooms, club rooms, or for the sick.

Sew for the Mission field : dress dolls, etc., for children in settlements and institutions, or other work of a similar nature which will educate members regarding the different kinds of philanthropic work.

Make scrap-books and picture puzzles for hospitals, etc.

Write letters to sick folk or "shut-ins."

Through the Missionary Board of your Church undertake the support of an orphan in a foreign orphanage, or maintain a cot in a mission Home for children. Money may be raised individually or the group may arrange sales, entertainments and so forth.

Earn or save a definite amount of money for some Church, philanthropic or community interest.

Give a play.

Entertain another class or club.

Provide entertainment for the group by playing, singing, telling short stories, etc.

Provide Christmas cheer for a group of children.

Give a missionary pageant, etc.

Do some kind of practical Church work.

Contribute to the Sunday School library, or collect used books for settlements, etc.

Visit settlements, public institutions, etc., to gain a knowledge of what is being done in your community.

Personal Activities

Since the aim of all this work with girls is the building of character, and as this is impossible without the formation of good habits, the following list of personal activities (to be accepted by the group, but worked out by each individual girl) has been added in the hope that it may prove suggestive. The time limits for all these activities are merely tentative and should be determined by the leader and group.

Physical

Be out for at least an hour a day.

Go to bed every school night before 10 p.m. for three months.

Practice deep breathing every morning.

Drink a glass of cold water every morning before breakfast.

Sleep in a room with windows open.

Learn to swim, skate, play tennis, etc.

Intellectual

Keep a list of books read and to be read.

Begin a library of carefully chosen books.

Spend at least fifteen minutes a day in reading of current events.

Learn how to air and make a bed properly each morning.

Learn how to run a sewing machine.

Learn the care of silver, glass, pots and pans, etc.

Do all your own mending for a month.

Grow some plants, or bulbs, in a window box, etc.

Have a bird house and bath.

Learn songs and calls of different kinds of birds.

Religious and Service

Devote a regular time to prayer and Bible reading each day.

Do some piece of unselfish service every day.

Memorize Bible passages and favourite hymns.

Form the habit of saying grace at meals.

Be on time everywhere for one month.

Keep an accurate account of all expenditures for one month.

Live within your allowance or income.

Give up some one pleasure, e.g., moving pictures, ice cream, etc., for a definite period, and give the money saved to some philanthropic object.

Set aside a definite amount of money for Church and Missions.

Start a savings bank account, and save 10 per cent. of your allowance for three months.

Take a Mission Study Course.

Take a Teacher Training Course.

List of Books

FOR GIRLS FROM 13 TO 15 YEARS

I. Fiction

ALCOTT.....	Little Women.
BARRIE.....	Peter and Wendy.
BURNETT.....	The Secret Garden.
COUCH.....	True Tilda.
COBURN.....	Molly Makebelieve.
CONNOR.....	Glengarry School Days.
CUMMINS.....	The Lamplighter.
DICKENS.....	Old Curiosity Shop.
".....	Christmas Carol.

DODGE.....	Hans Brinker.
ELIOT.....	The Mill on the Floss.
EWING.....	Six to Sixteen.
FOX.....	The Little Shepherd of Kingdom Come.
GRAHAME.....	The Golden Age.
HAWTHORNE.....	Tanglewood Tales.
KEITH.....	'Lisbeth of the Dale.
KINGSLEY.....	Water Babies.
KIPLING.....	Just So Stories.
LANG.....	Arabian Knights.
LAMB.....	Tales from Shakespeare.
MACDONALD.....	At the Back of the North Wind.
MARSHALL.....	Under Salisbury Spire.
MARTIN.....	Emmy Lou.
MCCLUNG.....	Sowing Seeds in Danny.
MONTGOMERY.....	Anne of Green Gables.
PORTER, GENE	
STRATTON.....	Freckles.
PORTER, ELEANOR...	Pollyanna.
RADFORD.....	King Arthur and His Knights.
RICE.....	Mrs. Wiggs of the Cabbage Patch.
RUSKIN.....	King of the Golden River.
SPYRI.....	Heidi.
STEVENSON.....	Treasure Island.
STOWE.....	Uncle Tom's Cabin.
STATTON.....	Jessica's First Prayer.
THURSTON.....	The Bishop's Shadow.
WALTON.....	Christie's Old Organ.
WALLACE.....	Ben Hur.
WEBSTER.....	Daddy Long Legs.
WHITNEY.....	Faith Gartney's Girlhood.
WIGGINS.....	Rebecca of Sunny Brook Farm.
".....	The Birds' Christmas Carol.
YONGE.....	The Prince and the Page.

II. Biography

BALDWIN.....	Fifty Famous Stories Retold.
CASEY.....	Twelve Notable Good Women of the Nineteenth Century.
FARMER.....	Girls' Book of Famous Queens.
HERRINGTON.....	Heroines of Canadian History.
HOLLAND.....	Historic Girlhoods.
MABIE.....	Heroines Every Child Should Know.

- TWAIN.....Joan of Arc.
 WESTON.....Plutarch's Lives for Boys and Girls.

III. Nature

- BLANCHAN.....Bird Neighbours.
 DAVIS.....Bar Sinister.
 KIPLING.....First and Second Jungle Books.
 LONG.....The School of the Woods.
 OLLIVANT.....Bob, Son of Battle.
 REED.....Bird Guide—(1) Land, (2) Water.
 ".....Flower Guide.
 ROBERTS.....Kindred of the Wild.
 SAUNDERS.....Beautiful Joe.
 SETON.....Wild Animals I Have Known.
 SEWELL.....Black Beauty.

IV. Travel

- ANDERSON.....Pictures of Travel.
 OXLEY.....The Boy Tramps Across Canada.
 YOUNG.....By Canoe and Dog Train.
 OUR Little Cousin Series.

V. Art and Music

- BACON.....Songs that Every Child Should Know.
 CHAPIN.....Masters of Music.
 STEEDMAN.....Knights of Art.
 SCOBEY AND HORNE.....Stories of Great Musicians.

VI. Missionary

- BRAMSTON.....Barbara's Behaviour.
 CODY.....On Trail and Rapid by Dog Sled and Canoe.
 FAHS.....Uganda's White Man of Work.
 HUBBARD.....Under Marching Orders.
 KEITH.....The Black-Bearded Barbarian.
 LIVINGSTONE.....The White Queen of Okoyong.
 MATHEWS.....Livingstone the Pathfinder.
 MACKENZIE.....African Adventure.

VII. Social

- BEARD.....What a Girl can Make and Do.
 LAUCLIN.....The Evolutions of a Girl's Ideals.
 SLATTERY.....Just Over the Hill.

VIII. Religious

- BIRD One Hundred Bible Stories.
" Jesus of Nazareth.
BURNETT The Little Hunchback Zia.
BUNYAN Pilgrim's Progress.
CONVERSE The House of Prayer.
HODGES When the King Came.
MOULTON Bible Stories.
VAN DYKE The Lost Boy.
" The Story of the Other Wise Man.

IX. Poetry

- BLEWETT, JEAN
BROWNING The Boy's Browning.
CAMPBELL, WILFRED
LAMPMAN Nature Poems.
LONGFELLOW
SHAKESPEARE The Merchant of Venice.
SCOTT The Lady of the Lake.
STEVENSON Child's Garden of Verse.

X. General

- The Book of Knowledge (20 Volumes).
(The Grolier Society).

List of Books

FOR GIRLS FROM 15 TO 20 YEARS

I. Fiction

- AUSTEN Pride and Prejudice.
BARR A Bow of Orange Ribbon.
BARRIE Little Minister.
BELL Oh ! Christina.
BLACKMORE Lorna Doone.
CONNOR Sky Pilot.
CRAIK John Halifax, Gentleman.
DE LA PASTURE Lonely Lady of Grosvenor Square.
DICKENS The Tale of Two Cities.
" David Copperfield.
DUMAS The Black Tulip.
DUNCAN Dr. Luke of the Labrador.

ELIOT.....	Silas Marner.
FOTHERGILL.....	First Violin.
GASKELL.....	Cranford.
JACKSON.....	Ramona.
JEROME.....	The Passing of the Third Floor Back.
KIPLING.....	Puck of Pook's Hill.
KINGSLEY.....	Westward Ho !
LIPPMAN.....	Martha by the Day.
LITTLE.....	The Lady of the Decoration.
LYTTON.....	Last Days of Pompeii.
MCCLUNG.....	The Second Chance.
MONTGOMERY.....	Anne of Avonlea.
PARKER.....	The Seats of the Mighty.
PORTER.....	The Girl of the Limberlost.
PROUTY.....	Bobbie, General Manager.
READE.....	The Cloister and the Hearth.
SCOTT.....	Ivanhoe.
".....	Kenilworth.
STEVENSON.....	Kidnapped.
STOCKTON.....	Rudder Grange.
THACKERAY.....	Vanity Fair.
WALLER.....	The Wood Carver of 'Lympus.
WEBSTER.....	When Patty Went to College.
WIGGINS.....	Penelope's Experiences.
YONGE.....	Chaplet of Pearls.

II. Biography

ALCOTT.....	Life and Letters.
ADDAMS.....	Thirty Years at Hull House.
BALFOUR.....	Robert Louis Stevenson.
BURNETT.....	One I Knew Best of All.
GASKELL.....	Life of Charlotte Bronte.
KELLER.....	The Story of my Life.
LARCOM.....	New England Girlhood.
LIFE and Letters of Frances Willard.	
PALMER.....	Life of Alice Freeman Palmer.
RICHARDS.....	Florence Nightingale.
STEAD.....	Life of Mrs. Booth.
SABATIER.....	Life of St. Francis.
WASHINGTON.....	Up from Slavery.

III. Nature

BREARLEY.....	Animal Secrets Told.
BURROUGHS.....	Locust and Wild Honey.

- KIPLING First and Second Jungle Books.
 MARTIN The Friendly Stars.
 ROBERTS Haunters of the Silences.

IV. Travel

- CAMERON A Woman's Journey Through Canada.
 PEEPS in Many Lands—Series.
 THE Spell—Series.
 STODDART's Lectures.
 RIJNHART Tibet.
 WALLACE The Lure of the Labrador.
 YEIGH Through the Heart of Canada.

V. Art and Music

- EMERY How to Enjoy Pictures.
 HAMLIN Pictures from English Literature.
 HADDON Master Musicians.
 HIGHROADS of Literature and History.

VI. Missionary

- BAIRD Daybreak in Corea.
 DYER Pandita Ramabai.
 GUNN His Dominion.
 HUBBARD Ann of Ava.
 " The Moffats.
 LIVINGSTONE Mary Slessor.
 SPEER Servants of the King.

VII. Social

- CABOT What Men Live By.
 EVERETT Ethics for Young People.
 GRAYSON Adventures in Friendship.
 CONDE, BERTHA The Business of Being a Friend.
 JENKINS Canadian Civics.
 SCHUMAN How to Judge a Book.

VIII. Religious

- FOSTER The Story of the Bible.
 FOSDICK The Manhood of the Master.
 " The Meaning of Prayer.
 GARDNER A History of Christianity.
 KEMPIS The Imitation of Christ.

- SLATTERY.....The Girl and Her Religion.
 STALKER.....Life of Christ.
 ".....Life of St. Paul.
 SOULSBY.....Stray Thoughts for Girls.

IX. Poetry

- BROWNING, ROBERT.
 BROWNING, ELIZABETH
 GARVIN.....Canadian Anthology.
 MILTON.....
 SHAKESPEARE.....Macbeth.
 ".....Romeo and Juliet.
 TENNYSON.....
 THE Oxford Book of English Verse.
 WORDSWORTH.....Nature Poems.

X. Essays

- BENNETT.....How to Live on Twenty-four Hours.
 MABIE.....Parables of Life.
 RUSKIN.....Sesame and Lilies.
 STEVENSON.....Virginibus Puerisque.
 THE New Era in Canada.

General Books for Leaders

- "The Girl in Her 'Teens" (Slattery). Pilgrim Press, Boston.
 50c.
 "Leaders of Girls" (Espey). Abingdon Press, N.Y. 75c.
 "Training the Girl" (McKeever). Macmillan. \$1.50.
 "Girlhood and Character" (Moxcey). National Board, 600
 Lexington Ave., N.Y. \$1.50.
 "The 'Teens and the Rural Sunday School" (Alexander). As-
 sociation Press, 124 East 28th St., N.Y. 50c.
 "The Sunday School and the 'Teens" (Alexander). Association
 Press, 124 East 28th St., N.Y. \$1.50.



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