

TRAINING IN INVALID COOKING.

A Course in the Diet Kitchen for Every Nurse.

A GOOD NURSE MUST KNOW HOW TO COOK.

The preliminary class receives a six weeks' course in invalid cooking in the diet kitchen.

The cooking class is always enjoyed by the senior nurses, who prepare broths, drinks and food to nourish and tempt their patients.

There is a resident dietitian, who superintends all diets, general and special.

THE GYMNASIUM

One of the most beneficial departments in the Hospital is that devoted to gymnastic exercises in the "Gym" at the nurses' residence.

Every patient that requires such aid is given proper exercises. In cases of lateral curvature, infantile paralysis, round shoulders and wry neck the results are most satisfactory.

A daily average of 12 In, 4 Out-patients and 15 private patients are treated.

The probationers get daily lessons of 30 minutes in Swedish movements, apparatus work and miscellaneous exercises.

Senior nurses get swimming lessons in the residence swimming pool. The health of our nurses is a most important consideration.

MONEY TO BRING HEALTH TO OTHER CHILDREN IS THE BEST THANK-OFFERING FOR HEALTH AND STRENGTH THAT HAVE BLESSED YOUR OWN.

Please Remit to J. Ross Robertson, Chairman, or Douglas Davidson, Sec.-Treas., Hospital for Sick Children, College St., Toronto.