

Brief Advice to a Young Doctor

Hugh Silk, MD

Eat dinner
At home
Most nights
With your family

Sleep soundly
Without regret
As much as you can
In your own bed

Be active
Often
As an example
And just for you

Eat well
Fresh and local
Not too much
Slowly

Make love
Passionately
Without distraction
To your partner of many years

Play with your children
On the ground
Without distraction
With much laughter

Read books
Without indexes
About humanity
To learn, for fun

Be there for your patients
As much as you can
Without distraction
Sincerely, honestly.