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## Brief Advice to a Young Doctor

Hugh Silk MD

*University of Massachusetts Medical School*

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## 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.