Brief Advice to a Young Doctor

Hugh Silk MD
University of Massachusetts Medical School

Follow this and additional works at: http://escholarship.umassmed.edu/soc

Part of the Medical Humanities Commons, and the Poetry Commons

Copyright The Author(s).

This work is licensed under a Creative Commons Attribution-Noncommercial-No Derivative Works 4.0 License.

Recommended Citation
Available at: http://escholarship.umassmed.edu/soc/vol1/iss1/3.

This material is brought to you by eScholarship@UMMS. It has been accepted for inclusion in Streams of Consciousness by an authorized administrator of eScholarship@UMMS. For more information, please contact Lisa.Palmer@umassmed.edu.
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.