

**It has been said that in patience ye shall win your souls,
and what is this patience but an equanimity which
enables you to rise superior to the trials of life?**

Sir William Osler

Hi Everyone,

This week's Departmental Acknowledgement is prompted by loss and goes to

-time friend, was instrumental in this recruitment. Dick served a full 10-year term in these positions. He was a man of impeccable manners and demeanor, some would say courtly, who was measured in his speech and his words. He led in a quiet way, seeking consensus before proceeding forward. Most of the present senior medical and research leadership of the Department and hospital (myself included) were recruited during his term, so time has validated his skill at talent spotting. Aside from his intensive administrative roles, Dick was at the forefront of pediatric gastroenterology as both a clinician and a laboratory scientist, developing animal models for the study of human disease. He forged international collaborations in low resource settings long before global health was a buzz word or facilitated by the instant connectedness of the Internet. For his multiple contributions to health and the Canadian community, Dick was awarded an Order of Canada in 2002. It also should be realized that Dick's lifetime of substantial accomplishments took place against a continual backdrop of significant medical challenges.

Please have a look at his obituary published yesterday in the National Post of a portrait of a life fully lived:
[*National Post*](#)

I am also attaching a precis written by Dick in *Pediatrics and Child Health* directed at our younger colleagues. It gives a wonderful insight into the type of man Dick was.

Please join me in extending our collective condolences to Pat and the entire Hamilton family.

Happy Pesach to those celebrating the Passover Festival beginning tonight: a celebration of freedom-our

Pediatrician-in-Chief
Montreal Children's Hospital/
McGill University Health Centre (MUHC)

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Unsolicited advice for newly minted paediatricians

Richard Hamilton CM MD FRCPC

Today's new paediatricians are entering a very different work world than the one I first experienced nearly 50 years ago. They arrive armed with a wealth of technology and a larger knowledge base than I ever possessed, so it's not clear whether I have much of value to offer them in the way of suggestions for their careers. Still, I cannot resist this invitation to offer some advice on their conduct of clinical practice, their pursuit of an academic career and their personal lives.

Clinical practice

My clinical career consisted of a brief stint in rural general practice and then a hospital-based consultative practice in paediatric gastroenterology, so I have a somewhat skewed view of life in the trenches. Once you emerge from the cocoons of medical school and residency, clinical practice may be your first real job. Its demands and responsibilities are very different from those of a resident. Your availability and, as a consultant, the quality of your feedback to referring doctors are still important attributes, but I urge you to pay attention to a couple of additional issues when establishing your practice. First, position yourself with a compatible team whose members relate to other people with an approach similar to yours. When you first encounter your patients, it's best if they have not been enraged by inappropriate behaviours of your colleagues. Also, work hard to function efficiently and to develop good time-management skills, which are seldom emphasized in resident training. It's time to move on from the student manual and the oral examination approach to streamline your clinical assessments. It may sound trite, but you really can collect important historical information during the course of a physical examination. These efficiencies should free up your precious time to make considered, wise decisions. Does this fever require an antibiotic?

Department of Pediatrics, McGill University, Montreal, Quebec

Correspondence: Dr Richard Hamilton, The Montreal Children's Hospital, 2333 Sherbrooke Street West, #209, Montreal, Quebec H3H 2T4.

Telephone 514-935-1692, e-mail j.hamilton@mcgill.ca

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burden to you, it is time to take stock of yourself. It should be a process that not only stimulates but also informs you; the preparation is not always fun, but when you 'nail' the assignment, it is thrilling. Ça vaut la peine.

Most of us in academic positions are called on for some administrative roles. Early on, I advise you to be very selective in taking