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THE SCIENCE OF ORIENTAL MEDICINE

Treatise No. 3

DR. LI WING
DR. T. FOO YUEN
HERB COMPANY.
903 S. Olive,
Los Angeles,
California.

Office of the Foo & Wing Herb Company

The above cut represents the handsome and commodious residence of Drs. Foo and Wing, which is also their office. This is No. 903 S. Olive, which is one of the finest residence streets of Los Angeles. It is also convenient to the business center and is easily reached by several lines of electric cars. Being recently compelled by a constantly increasing business to seek a new and larger office Drs. Foo and Wing selected this as the most desirable location available.

DR. T. FOO YUEN

President of the Foo and Wing Herb Company
Graduate of the Imperial Medical College at Pekin
Ex-Official Physician to the Emperor of China

DR. LI. WING

Secretary and Treasurer of the Foo & Wing Herb Company

Son of the late Dr. Li Po Tai, of San Francisco

Graduate of the Imperial Medical College, at Pekin, China

LI PO TAI
When 50 Years Old

LI PO TAI
When 75 Years Old

The above are portraits of Dr. Li Po Tai, the celebrated Chinese Physician, who practiced his profession among the white residents of San Francisco for nearly half a century. Among the people whom he cured of difficult and dangerous disorders were Senator Leland Stanford and Governor Mark Hopkins, who were for many years among his warmest friends. People sought his advice from all the great cities of the United States, and the average attendance at his office was three hundred patients daily for a long time. He made a fortune and a record of which any physician in any country might well be proud.

TREATISE NO. THREE. INVALUABLE TO INVALIDS

THE SCIENCE OF ORIENTAL MEDICINE

A Concise Discussion of Its Principles and Methods.
Biographical Sketches of Its Leading Practitioners.
Its Treatment of Various Prevalent Diseases.
Useful Information on Matters of Diet, Exercise and Hygiene

COMPILED BY THE FOO AND WING HERB COMPANY

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INTRODUCTION.

This book is offered to the public in the belief that it discusses matters of general interest and of vital importance to every family that it may reach. The subject of health is always interesting, and is uppermost in the thoughts of many people. Those who are not invalids will find in these pages several articles, such as that upon the Sacred Lily of the Chinese, which are valuable as the productions of an educated Chinaman, and show a keen appreciation of romance, of religion, of morality and honor such as we have not been taught to expect in the Mongolian race. In the other articles are suggestions in reference to health and the care of the body which are worth while for any one to consider and to remember. The old adage that an ounce of prevention is worth a pound of cure applies to no other phase of human existence so fittingly as to the preservation of mental and bodily vigor. There are suggestions here which, if followed, may save years of suffering and regret.

Unfortunately, the great majority of the American people have already realized in their own experience, when too late, that it is much easier to keep health than to regain it when once lost. Our ways of life, filled with the excitements of pleasure, of society and of money-getting, bring the bitter with the sweet, and we have to pay for our nineteenth-century enjoyments not only in the coin of the realm, but in a thousand pains and aches through which nature takes revenge for the innumerable small violations of her laws. She has a summary way of inflicting her penalties in every case, that would teach the world better things were it not for the regretable, but undeniable, fact that nobody learns anything except through personal experience, which usually comes too late.

Recovery of lost health is an uphill struggle, and the worst feature of it is that the means usually employed are things that we so thoroughy dislike, bitter, nauseous doses, that we would be afraid to take in health, but are compelled to swallow in sickness, when one would naturally suppose that they would do us the most harm. It is an odd thing, if you will stop to think of it, that, just as soon as a man is taken ill, he is compelled, or at least advised, to take into his stomach some substance dug out of a mine or distilled from a poisonous plant. This does not seem rational, but it is the established custom.

The Chinese never fell into this way of medical practice. For centuries the use of all minerals and of all poisonous herbs or other substances has been forbidden by law in the Flowery Kingdom, and, with the off-hand ways of trial and punishment in vogue in that country, it would have been all a man's life was worth to prescribe opium, arsenic or any similar substance. The result is that a system of medicine has been practised in China for centuries which depends for its results solely upon strictly non-poisonous substances. In the opinion of the writer, the marvelous results attained by this system of medicine is due largely to this fact, and perhaps also to the peculiar method of diagnosis employed, through which the physician judges of the patient's condition through the pulse alone. The delicacy of touch and the quickness of

perception attained by experts in this system is something simply marvelous and can be appreciated only by a personal experience.

Some of the following articles have been printed in the newspapers of Los Angeles and are here presented in convenient form for preservation and reference. Those who desire to know more of this method of healing than is here presented are cordially invited to call at the office of the Foo and Wing Herb Company, at No. 903 South Olive, this city, for a free consultation, diagnosis by the pulse, and opinion by one of the physicians of this company. You will find ladies and gentlemen of your own race in attendance and ready to offer every assistance. There is nothing hidden about this company, but the fullest investigation is cordially invited.

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CHAPTER I.

INTRODUCTORY INFORMATION.

Some Facts About the Oriental System of Medicine—Its History and Principles.

For the benefit of those who do not understand the principles underlying the true Oriental system of medicine, as practiced in China, its use of herbal remedies and its theories of disease and anatomy, its method of diagnosis, its treatment and care of patients, we shall offer a brief discussion of the principles upon which this system is based, and shall tell something of its history and the reasons for its existence and adoption by the great Chinese nation. Some of the earliest mentions of Chinese medicine are found in an article upon China contained in the revised edition of the Encyclopedia Brittanica, an authority which no one will dispute, from which we quote as follows:

"The spacious seat of ancient civilization which we call China has loomed always so large to western eyes, and has, in spite of the distance, subtended so large an angle of vision that, at eras far apart, we find it to have been distinguished by different appellations, according as it was reached by the southern sea route or by the northern land route, traversing the longitude of Asia. In the former aspect, the name has nearly always been some form of the name Sin, Chin, Sina, China. In the latter point of view, the region in question was known to the ancients as the land of Seres; to the middle ages as the Empire of Cathey. (Page 1539).

"Cathey is the name by which the Chinese Empire was known to mediaeval Europe, and is in its original form (Kitai) that by which China is still known in Russia and to most of the nations of Central Asia. (Page 1540).

"The notice of Rubruk runs thus: 'Further on is great Cathey, which I take to be the country which was anciently called the Land of the Seres, for the best silk stuffs are still got from them. The sea lies between it and India. Those Cathayans are little fellows, speaking much through the nose, as in general with all those Eastern people, their eyes are very narrow. They are first-rate artists in every kind of manufacture, and their physicians have a thorough knowledge of the virtue of herbs, and an admirable skill in diagnosing by the pulse.'"

Now Rubruk, quoted above by the Encyclopedia Brittanica, was a celebrated traveler of the twelfth century. The evidence is undisputed and it necessarily follows that, in the twelfth century, the Chinese were practicing their herbal system of medicine, were diagnosing diseases by their pulse diagnosis, a method entirely distinct from that practiced in Europe at that time or since, and were very skillful in the treatment of disease. It is needless to ask what was the state of medicine in Europe at that time. All students of history are aware that it was in a very primitive and barbarous condition. The Chinese, therefore, had their system perfected and in successful operation long before there were doctors in Europe worthy of the name, and centuries before the discovery of America.

Such was the report of Chinese civilization and particularly of Chinese medicine brought back by Rubruk, the daring adventurer and explorer who

had ventured into strange and unknown lands. But Chinese civilization was old when Rubruk saw it—centuries old, and Chinese medicine was as old as Chinese civilization. In fact, this system was spread throughout Asia at least 3000 years ago. Hence it was more than 2000 years old when Rubruk saw it and recorded the results of his observations, and the peculiar thing about it is that is has been consistent and unchanging from the beginning.

When the Chinese commenced to study medicine they went at once to the root of the different questions involved by practicing vivisection. Thousands of condemned criminals were taken and cut to pieces for the benefit of the living. In this way the functions of the vital organs, such as the kidneys, the liver, the stomach, the spleen and the heart were studied in the living person. The intensely important questions involved in the digestion of foods were determined as well as the effects of different drugs. These investigations, made while the man was still alive, were a thousand times more thorough and reliable than the guesswork which civilized physicians have practiced for many years by cutting up the bodies of dead men, when heat, motion and life are gone, and death has destroyed every function. Another important point established in this way was that the pulsations at three different points on each wrist show the condition of the vital organs of the human body, a fact which is the basis of the pulse method of diagnosis. According to our ideas vivisection is very cruel, but it is not necessary for us to discuss this phase of the subject except to say that 3000 years ago human life in any part of the world was held much cheaper than it is today in America. It may be questioned, moreover, whether vivisection was any more cruel than the methods of execution in vogue not so many hundred years ago in England, when men were hanged, drawn and quartered, burned at the stake, and put to death in many other cruel ways.

The benefits of the practice, from a medical point of view, cannot be denied. In fact, high medical authorities in this country and in Europe have earnestly advocated its practice, within recent years. One of these men is Professor Pyle, of the medical college at Canton, Ohio, who recently presented a bill before the legislature of that state permitting the vivisection of criminals condemned to death for the benefits of science and humanity. Dr. Pyle, in his argument in support of this bill, proposed to do exactly what the Chinese did centuries ago. He stated that he would expose the stomach of the condemned and study the action of foods and liquids and of drugs. In this way definite results would be reached, and we would understand exactly many processes which, like the growing of a blade of grass, are matters of everyday experience, yet are hidden deep beyond the limit of human understanding. In fact, this is acknowledged to be the only way of arriving at a correct knowledge of these subjects, the importance of which is perhaps greater than that of any others which concern the human race. But it is needless to say that no legislature has ever granted permission to vivisect criminals, and it is doubtful whether any legislature ever will. Americans know nothing of the action of the medicines which they take into their stomachs except by final effects. They can tell what the medicines do, but not how they do it, and they are ignorant whether the process, in many cases, as a whole, is a benefits or an injury. Consequently everybody distrusts medicine and doc-

tors, although compelled by the greater fear of death to take medicines and to employ doctors.

The Chinese, having made thorough investigations by means of vivisection, laid down the law at the start that no poisonous drugs whatever and no minerals should be employed in the practice of medicine. This law has ever since been rigidly enforced. Invariable respect for this principle has prevailed, and no authenticated Chinese physician would think of prescribing opium, mercury or any similar substance. Through centuries of teaching the common people have also been educated to a horror of these so-called medicinal substances. And the result is that they are not used at all in Chinese medicine.

The theory of Chinese medicine, in general, is that a substance which can be used for food is suitable for use as medicine, and that a substance which would be poisonous or otherwise injurious as food is not only useless as medicine, but actually hurtful. The Chinese believe that one has no right to force upon a sickly, perhaps broken-down, constitution, substances which would injure sound constitutions. Alcohol is a poison which they never use in the preparation of their remedies. They strive to strengthen and build up by the use of vegetable substances, many of which are really foods in special form, which are readily absorbed into the system, make new and rich blood, and through the blood nourish and sustain the body, just as any form of wholesome food nourishes and sustains. No one can allege this fact of morphine, strychnine, arsenic, nux-vomica, belladona, aconite, digitalis and a thousand and one other medicines which are prescribed every day by a hundred of American physicians.

Again, the Chinese do not believe in using concentrated medicinal elements in the sense that American physicians employ them. It is the habit of the latter and of all manufacturers of medicinal preparations, in order to disguise the taste of the materials employed, to present them in as concentrated a form as possible. Therefore, a little very powerful medicine is taken into the system which is expected to do a great deal of work. The Chinese avoid this extreme. They do not attempt to accomplish results so quickly or so easily or with so little shock to the sense of taste. Everybody takes every day a great deal of food into the stomach in order to assimilate a comparatively small portion of it, which sustains us from day to day. After the same analogy the Chinese give larger doses of less concentrated medicines, and almost always in liquid form. This is absorbed into the system, and, without violent action, but gradually and surely, it accomplishes the desired result. The longest way around is often the surest way home, and cures are frequently accomplished in a few days or weeks by these simple, harmless, vegetable substances which have resisted all the efforts of modern medical science for months and even years.

These facts are not stated to antagonize American physicians or to decry their methods of practice. The Oriental Herbal System of Medicine is so entirely different from any system in common use in America that there can be no comparison between them as to their respective merits, and these references to the methods of other physicians are made simply to illustrate our meaning and not with the intention of adverse criticism. The world is

wide, and there is room for all. We do not wish to be insolent toward others or unnecessarily to incur resentment and arouse bitterness. The facts speak for themselves. The Oriental system has cured thousands of cases of various forms of disease which had been abandoned by other doctors. This has been established beyond the possibility of dispute. In fact, we prefer to treat so-called incurable cases. As a rule Caucassians have been unwillling to consult us until they had tried every other form of medical treatment within their reach. Therefore, it may be said that all of the cures which we have made have been of cases given up by other doctors. We have hundreds of testimonials for these cures, and there are hundreds of people in Southern California who are now outspoken in upholding our system of medical treatment, and make no secret of the fact that they have been cured by us, have confidence in us, and employ our methods whenever they believe themselves in need of medical attention. In other words, we have lived in Southern California long enough to establish a reputation, and to secure the following. This being true, we claim a right to recognition, and to state our principles and to explain our methods of practice, without malice toward any others.

We are firm believers in preventive medicine, in teaching correct living and in checking the progress of disease before it has reached a stage to be dangerous to life or incurable. To arrest the progress of a disease in its early stage is far better than to cure it when it has become chronic, because a great deal of suffering is saved and the result is much more certain. Fewer chances are taken because the patient's vitality is not so much impaired and there is more to build upon. Most people today are so afraid of doctors that they do not seek medical advice at the first symptom of disease, as they ought to do. They let the trouble run along because they do not want to be dosed with poisonous substances, and the result is that, after a little, there is need for ten times the amount of dosing that would have been required in the first place. If these same people knew that they could be treated by harmless vegetable substances, roots, herbs, barks, berries and flowers similar in their nature to substances which are eaten every day, medicines which do not derange the stomach or establish, like the morphine habit, greater difficulties than they are intended to cure, then they would take treatment at the outset when everything is in favor of recovery, instead of waiting until all the chances are against recovery; and the percentage of cures as compared to the number of invalids would take a sudden rise. There is something wrong in establishing methods in this respect. There are more doctors than can find practice, and each year brings forth a multitude of new discoveries in practice and in remedies. Yet the army of invalids constantly grows larger, showing that the discoveries, the remedies and the doctors do not accomplish what they undertake. In our opinion there are two principal reasons for this deplorable condition of affairs. One is that the people are not educated to the value of preventive medicine; the other is that American physicians have no correct theories of the origin and basis of life, and a very imperfect understanding of the correct functions and exact workings of the twelve vital organs.

Now, as to the position of the Chinese upon these two important points: In regard to the first, the whole Chinese nation is fully educated as to the

value of preventive medicine. So true is this that the better class among the Chinese take regular courses of medicine, once or twice a year, for the purpose of purifying the blood, correcting the digestive powers and toning up the system in general. The result is that they avoid many attacks of sickness, and the Chinese nation, as a whole, is a remarkably healthy people. Even the poorest understand that, at the first symptom of disease, they must use great care in diet, and some of the simple remedies with which all are familiar. A doctor's advice in China does not cost much, where every physician of repute sees from two hundred to three hundred patients a day. Moreover, the Chinese are not afraid of the remedies employed. They know that these will not harm them under any circumstances, and will probably do them good. They take medicine and regulate their diet and manners of life so as to keep well, and the result is that they are less often exposed to the perils of critical illness than the people of other countries. And many of the contagious diseases so prevalent in Europe and America, as consumption, for example, are practically unknown in China.

In reference to the second point, we have already explained that vivisection gave the Chinese at the outset definite ideas and facts concerning the normal functions of the vital organs, facts which cannot be determined from any number of examinations of those organs after death, when their very substance is impaired by disease and the vitalizing principle which keeps them in healthful action has departed forever from the body. The nations of Europe and America have never had the benefit of such observations upon the living and healthy subject. Hence we have the spectacle of thousands of learned men devoting their lives to building an elaborate and costly system of medicine, upon the truth of which the lives and health of millions of people depend, upon a foundation which is intact, incomplete and largely the merest guesswork. That science which should be the most certain of all sciences is admittedly the most wavering and the most changeable. Physicians are constantly abandoning established theories and taking up with whatever is new and untried, and perhaps, better than the old. Consequently medicine with the Caucassian is a succession of experiments, while the Chinese are still curing disease by the methods and the remedies which have been tested for centuries.

Take the spleen for instance. American physicians do not hesitate to admit their ignorance of its action and functions. In fact, they are inclined to poke fun at anyone who claims to know, and regard him as either an imposter or an ignoramus. Yet it is evident that the spleen must have been put into the human body for some useful purpose, and the Chinese know what that purpose is. They know that it is a very important factor in the processes of digestion, and they know just how it assists in those processes. They know what remedies will assist it; something that the American doctor cannot know if he does not know what the organ is for. The Chinese have definite theories of anatomy in reference to every organ, and their philosophy goes deeper into many questions than that of any other nation. Here, again, vivisection set them right on the start, and they have never abandoned the facts which they discovered in this way.

The Oriental method of diagnosis is by the pulse alone, three fingers being

used upon each wrist. By this method of examination is determined the condition of each vital organ, the derangement of any one, or of all of them, as the case may be, and the seat of the disease. No other examination is ever made except in case of external injury. This doubtless seems mysterious and impossible to many people, but their doubts can easily be removed if they will make a personal test of the matter. Only from three to five minutes time is required for an expert by this method to inform the person under examination of his good or ill health, his weakness or strength, and, sometimes, of the location of the various pains and aches which have disturbed him. Nearly everyone who has ever submitted to an examination by the pulse has been greatly surprised by its results. We ask no questions except, sometimes, the age of the person, and whether married or single. We sometimes, also look at the patient's tongue. No charge is ever made for examination and diagnosis. Patients are always instructed upon the correct theory of diet and ways of life, and, although our ideas upon these subjects are new to the people of the United States, yet nearly everyone who becomes familiar with them at once recognizes their value. They appeal to common sense and to universal experience. And all have agreed that our theory of diet is far in advance of any other taught upon this continent.

The Oriental remedies are usually administered in the form of herb teas. These teas are made from herbs indigenous to Asia, which are gathered on the mountains and in the valleys of China, and are imported directly by ourselves. More than 3000 different species of these herbs are in use, comprising roots, barks, flowers, leaves and berries. From ten to eighteen kinds of these herbs are used in each prescription. From two to six cups of water are added and then boiled down to one cup, which is a dose for an adult, and is drunk hot. The dose is varied to suit the strength and constitutional power, or vitality, of the patient, as determined by pulse examination. Changes in these are at once apparent in the pulse, and the effect of each dose is ascertained before another is administered. This is important, because medicines have different effects upon people of different constitutional powers. In serious cases a daily examination is made as long as the patient is under treatment, but in less severe cases, after the strength of the medicine to be prescribed has once been decided, less frequent examinations, say every other day, or once in three days, are sometimes sufficient. It is sometimes necessary to give a test treatment of a week or ten days, to ascertain the effect the remedies will have in a given case, before we can decide whether the case is curable or not. Many cases apparently hopeless have been restored to health. One dose of medicine, that is, a full cup of tea, a day is the usual rule. But sometimes two doses a day are given, and sometimes the one cup is divided into two doses and given at shorter or longer intervals, according to circumstances.

Nearly all of the prescriptions are varied often. It is rare that one runs for more than five days without some change in proportion, or by leaving out one ingredient or more, and substituting others. This is true even of chronic cases which require treatment from three to fifteen months. The herb teas are always to be taken on an empty stomach. Sometimes in the early morning, between two o'clock and five, sometimes an hour or so before breakfast,

dinner or supper, or at bedtime, but always from three and a half to four hours after a meal. The intention is to have the stomach empty of food so that there may be nothing to interfere with the action of the remedies, and also so that the stomach may be prepared for the next meal by that action. We explain all forms of food, meats, fruits, vegetables, drinks, cereals, etc., and show which are beneficial and which are injurious to our patients while taking our remedies. We consider the diet that we prescribe to be fully as essential as the remedies and we insist upon our patrons observing our bills of fare. We show them that the success of the treatment depends upon this. Medicine is of no value whatever if the food taken counteracts it, but the food and the medicine should work together. Then the patient gets the full nutritive value of the food which he eats, and his recovery is hastened rather than retarded.

After all, success is the true test of the merit of any system, and by this standard we are prepared to compare ours with any other. The results show that we have a thorough knowledge of the Chinese system of medicine and theory of life, which are founded upon a complete understanding of Nature's laws. Americans carry their theories of science to extremes and get too far away from the simple, fundamental facts upon which health depends. The hardest cases we find to cure are those who have been the rounds of the scientific men, sometimes traveling from one end of the continent to the other, testing every conceivable form of medication, often including mineral waters at so-called health resorts, and hundreds of patent medicines. The substances in these agencies misnamed medicinal, permeate the whole body, accumulate in the pores of the skin, the muscles and tissues, and the very substance of the bones itself. All of these poisons have to be dislodged before recovery is possible. Nine-tenths of the chronic sufferers from disease are poisoned through and through as a result either of their own ignorance and neglect of Nature's laws or of unsuccessful attempts to cure them after they had begun to lose their health. To take these people and rescue them not only from the grasp of disease, but also from the additional burdens of unsuccessful medication is certainly a test of the highest skill. But we have accomplished it over and over again, and the results have often seemed miraculous to those who have witnessed them in only a few instances. After they have seen the same results accomplished repeatedly they begin to understand that knowledge, not magic, works wonders.

In these difficult cases from three to four months' time is required to effect a change in the blood, without which recovery is impossible. This is what we call a course of medicine. Usually one course is sufficient for a cure, but in obstinate cases, two, three or even four or five courses may be necessary to reinstate the patient's health. This depends, of course, entirely upon the patient's condition, the extent of the ravages of the disease, whatever it may be, upon the vital organs and the constitutional power. Age also has much to do with the length of time required for a cure. The teas almost always agree with even the weakest stomachs. Children and even infants take them without hesitation after the first dose or two, and the stomach very rarely rejects them. They leave no disagreeable taste in the mouth, and these facts show that they are in harmony with the human body and its functions.

Our treatment is always thorough and persistent. We expect that patients will co-operate in every possible way by following directions implicitly, even when they involve a certain degree of self sacrifice. We hold that considerations of health are infinitely higher than any possible consideration of pleasure or convenience, and that, when a man is in pursuit of lost health, everything else should take second place, if necessary. Our patrons soon see the reasonableness of this position, and the fact that we are firm with them gives them all the greater confidence in us. It is absurd, when fighting disease, to fight also improper food, irregular hours and dissipation of various kinds. Instead of these disadvantages the patient should have the assistance of a correct, wholesome and nutritious diet, regularity in eating, exercise and rest, and avoidance of all undue excitement or excess. Better have all possible elements of the problem of health on your side than to array them all against you and then depend upon medicine alone to do the work. The latter course is to invite failure, which we do not propose to do, for we fully realize our responsibility when we examine a patient and undertake to cure him.

Surgery in China is a distinct profession from that of medicine, and we never resort to the use of the knife, but we do accomplish through medicines alone, taken internally or applied externally, many things which are commonly supposed to be impossible. Our treatment avoids many painful, uncertain and risky surgical operations, which are too often a last resort after medication has failed. If medication were more often successful there would be little surgery necessary. We have shown many times that our herbal remedies cure many diseases, the diseases of women for instance, which have been too often treated by surgical interference as a last resort, after physicians and "specialists" had tried in vain to cure them by medication. The difference is that our remedies nourish and repair the organs of the human body in addition to their medicinal effect. Whenever surgery conflicts with medicine there is a confession that the latter is a failure, for surgery never cures. It is simply a last resort, to make the patient as well as possible under the circumstances, and to prevent greater injury than has already been done by cutting away the seat of disease, not by curing the disease.

We have often been asked: "What is your specialty?" We reply that we treat all derangements of the human system, but are not so particular as some other physicians in naming them. We ascertain what organs are diseased and the extent of the injury, and we apply the remedies which help those organs to throw off the disease or to recover from the derangment. If more than one organ is involved we treat all that are involved. The normal and harmonious performance of the functions of all the vital organs is health. The derangement of one or more is disease. This is the whole question in a nutshell. Names are a very minor consideration. Naming a disease does not help to cure it nor to preserve life. A hundred persons may be in ill health, with different symptoms of disease, yet the cause of the trouble in each may be substantially the same. It would be illogical to treat the outward symptoms in these cases. The true way is to prescribe for the organ or organs involved. Then the outward symptoms, in all their varied forms, disappear and the cure is established. If a tree is dying for want of water the best way is to apply water to the roots, and the beneficial effect will be felt everywhere.

from the roots to the leaves. It is the same with the human body. If the vital organs can be kept normal in their action these take care of the rest of the body and there is no unpleasant symptoms of disease, except from external injuries.

As a general rule, in the case of a confirmed invalid, there can be no permanent cure without a thorough cleansing of the system. When the processes of digestion and elimination have been deranged for some time there are certain to be impurities in the system which clog the blood, obstruct all the functions and even penetrate the tissues and the very marrow of the bones. The longer the case has gone without help the worse is this condition. It is useless, under these circumstances, to attempt a cure by outward applications of plasters, poultices, inhalations or injections, or to attempt to build up a weakened system by so-called strengthening foods, which it cannot assimilate and use. The source of the disease still remains as active as ever in spite of these palliative measures, which are usually absolutely ineffective. The system must first be cleansed. Then the vital organs can do their work properly and without hindrance. If the digestive organs and juices are first restored to a normal condition digestion becomes again perfect and the patient thrives and gains flesh and strength on ordinary foods, and even on those that are usually considered very plain and light foods, without an attempted forcing upon the system of heavy, oily substances, which are distasteful to a strong stomach, and cannot possibly be taken up by a weak one. There is no use in adding fuel to a fire that is covered and clogged with ashes. Rake away the encumbering mass first, then apply your fuel and a blaze is the result; but if the spark hidden in dead material cannot be reached because of that material it cannot be made to burn into a flame. So the weakened human body will resume its normal functions when the impurities are taken out of its way, and not before.

But before anything whatever can be accomplished a correct diagnosis is indispensable. In very many cases this can only be obtained by the pulse method. Hundreds of patients have told us that ours was the first and only correct diagnosis they had ever had in their cases. We cannot dwell here upon the reasons for our expertness in this direction, except to say that an inherited gift has been cultivated to the highest degree of efficiency by long and patient practice. There are many examples of equal expertness in other branches of human endeavor which illustrate this. The blind, for instance, cultivate the sense of touch until it takes the place of the sense of sight to a great extent. The musician cultivates the sense of hearing until he can detect the slightest discordant note in the loud burst of an orchestral music. A discord which is absolutely unnoticed by the ordinary ear. So long practice has enabled us to detect the minute signs of distress and decay which the vital organs send to the wrist through the medium of the pulse. When the source of the difficulty is thus absolutely defined, the proper remedies can be prescribed with a reasonable certainty of benefit in every case, and the chances of failure are reduced to the lowest.

CHAPTER II.

Dr. Tom Foo Yuen—Some Account of This Rising Physician —His Diplomas and Credentials—A Brief History of His Life and Experiences in America.

In the following pages is a brief statement of Dr. Foo's career in the United States. But before giving this we shall present some of his diplomas and other credentials, showing his rank in China, and the high esteem in which he is held by men of exalted position in his own country. We give a fac-simile and a translation of his first diploma, received from the Imperial Medical College at Pekin. The original of this document is a sheet of satin, royal gold in color, so called from the fact that it is used in China only by the Emperor, and for state documents. The diploma is printed upon this in red letters. Accompanying is a fac-simile of the Chinese original:

Following is the English translation of this diploma:

Joyous Announcement.

His Majesty, the Emperor, has appointed His Excellency, the Honorable Fook, Chief Guardian of His Royal Highness, the Prince Heir Apparent, President of the Board of Population and Revenue, Member of the Privy Council, Dean of the Imperial Medical College, and Blood Relative to His Majesty, His Excellency, the Honorable Chung, Assistant Magistrate of the Left Chamber in the Imperial Medical College, Mandarin of the Second Degree of the Order of the Peacock Feather.

His Excellency, the Honorable Lee, Assistant Magistrate of the Right Chamber in the Imperial Medical College, Mandarin of the Second Degree of the Order of the Peacock Feather, as His Majesty's Imperial Deputation, to conduct the Special Grace Examination in the Imperial Medical College, who have conferred upon Tom Foo Yuen a First Rank of the First Degree in the Year Ki Chen of Cyclical Table, or in the 15th year of the Reign of Kong Sui. (188).

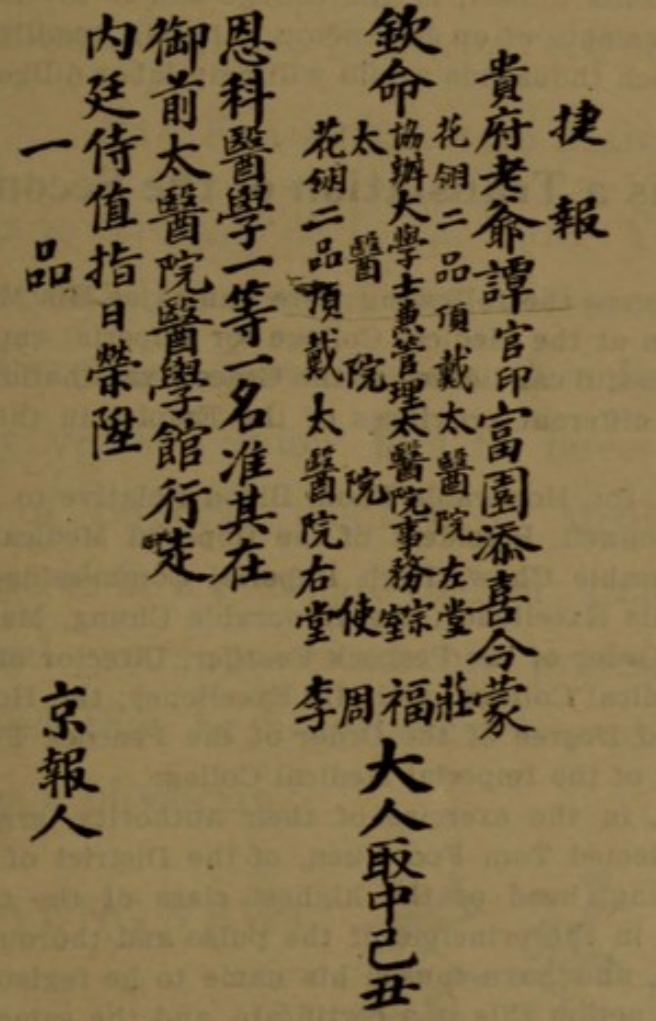
And therefore, they, clothed with such authority, have passed Tom Foo Yuen, a member of Your Worthy Family, with highest honors, and have conferred upon him the right to practice before His Majesty and in the Imperial Medical College.

May good fortune abide with him upon his way to the highest degree.

Some explanation of the peculiar wording of a portion of the above may perhaps be necessary. It is customary in China when a student passes difficult examinations mentioned to send a messenger to his family bearing the good news. On the return of this messenger the document is published in the principal newspapers of the capital and of other cities of the empire as an act of courtesy to the sovereign. This diploma is here given just as it originally appeared in the Post Courier, published at Pekin.

With the Seal of Royalty.

Translation and Expalantion of Dr. T. Foo Yuen's Royal Gold Diploma, Fac-simile of a Rare and Interesting Document—The First Authentic one of its Kind Ever Presented by the English Speaking People—Its Owner the First Physician ot His Rank and Scholarship to Come to America.



After receiving this diploma, Dr. Foo was entitled and permitted to undertake a second examination for still further honors. It may be said in explanation that there were 487 members of this class, of whom Tom Foo Yuen was adjudged to be the first by his mark of standing in the different studies of the course. Only seven of the nearly five hundred members of this class succeeded in passing the difficult examinations which entitled them to the diploma already given. These seven were then given a second examination to determine whether they were worthy of a second and greater honor. Four of the seven succeeded in passing this second examination. Tom Foo Yuen standing highest of the four, and these were awarded a second diploma, a translation of which we give herewith. This second diploma entitles the holder, after a lapse of twelve years, to a position as instructor in the Imperial Medical College, and the right to practice in the family of His Majesty, the Emperor of China. During the intervening twelve years the candidate is presumed to perfect himself for such instruction and practice by the active employment of his talents and acquirements as a physician. At the end of that period he presents himself at the college and is invested with the titles, dignities and emoluments of an instructor. It will readily be seen that this is an honor for which thousands would willingly labor diligently for a lifetime.

Following is a Translation of the Second Diploma

By Imperial Decree the following were named as His Majesty's deputation to select and detain at the Medical College for Imperial employment the most skillful of the successful candidates at the Grace Examination at Peking, wnich gathered from the different provinces of the Empire in the year Ki Chew of Cyclical Tables.

His Excellency, the Honorable Fook, Blood Relative to His Majesty, Member of the Privy Council, President of the Imperial Medical College; His Excellency, the Honorable Chow, High Imperial Commissioner of the Imperial Medical College; His Excellency, the Honorable Chung, Mandarin of the Second Degree of the Order of the Peacock Feather, Director of the Left Chamber of the Imperial Medical College; and His Excellency, the Honorable Lee, Mandarin of the Second Degree of the Order of the Peacock Feather, Director of the Right Chamber of the Imperial Medical College.

And, therefore, in the exercise of their authority, granted for this purpose, they have selected Tom Foo Yuen, of the District of Shuen Tak, Province of Kwang Tūng, head of the highest class of the medical candidates, profoundly skillful in the principle of the pulse and thoroughly versed in the nature of medicine, and have caused his name to be registered in the official record. Of which action this is a certificate, and the same is to be delivered to Tom Foo Yuen, of the Imperial Medical College of Peking.

Kwung-Sui, 15th year, ninth month and the 20th day (1889).

(Official Seal).

The following Certificate was given to Dr. Foo by the Chinese Consul General, resident of San Francisco:

CERTIFICATE.

Office 806 Stockton St.

IMPERIAL CHINESE CONSULATE GENERAL

SAN FRANCISCO, 24th March, 1893.

This is to certify that I, Li Yung Yew, His Imperial Majesty's Consul General to the Port of San Francisco, have known Tom Foo Yuen for many years; I know him to have been a member of Imperial College of Medicine in Pekin, and to be a graduate thereof; that he has for several years practiced his profession in China, and that he has there achieved marked success as a physician.

(LI YUNG YEW) 黎榮耀

[SEAL]

H. I. C. M.'s Consul General

LETTER FROM FOON QUAN.

The following letter, received by Dr. Foo while in San Francisco, and before he came to Southern California to reside, shows something of the purpose that he had already formed in reference to adopting the Chinese system of medicine to the wants of the Caucasians. This letter is from a high official at the Court of China, a relative of the Emperor, and a man of authority. It is as follows :

PEKING, China, September 1, 1892.

Dear Student, Dr. Tom Foo Yuen :

Last Monday I was just talking about you when I received a letter from you from San Francisco, and I was very glad to receive it. Your letter says that the diseases of Americans are different from those of the Chinese because the weather, the water, food, liquids and customs are all different from the Chinese. These make different diseases, and the remedies must be changed from the Chinese. I think this is a very good idea. You also say that Dr. Li Po Tai has now been there about forty years and has cured a great many very difficult cases, almost all of which were such that the American doctors could not cure them, and for that reason they came to Dr. Li Po Tai. I hope that, by and by, you will study all these cases and will make a book to show how the diseases of the Chinese differ from those of the western nations, and also how the herbal remedies are better than the mineral. And I will have this book printed in both languages and placed in the Chinese Imperial Medical College, so that the students can learn more about these matters ; and I will also make presents of copies to the ministers of other foreign countries, to show that my country has great medical skill which is better than that of other countries. And if, by and by, you come back to the college you will have higher rank.

FOON QUAN.

LETTER FROM IMRERIAL DR. FOO YUNG CHOW.

The following letter, received recently by Dr. Foo, shows the value placed upon his present work by his former instructors of the Imperial Medical College at Peking:

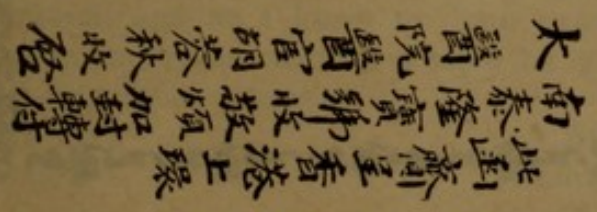
PEKING, China, April 21, 1897.

THIS IS TO CERTIFY that I, Foo Yung Chow, am physician to the Emperor of China; that I have received a "Lesson on the Chinese System of Anatomy" and a "Lesson on the Causes and Origin of Diseases" in English from Dr. Tom Foo Yuen, from Los Angeles, America; that I have caused these lessons to be translated by an interpreter; that I have showed them to the Faculty of the Imperial Medical College at Peking, and that those physicians have declared that these lessons are so profound and their explanations are so clear that they are most excellent examples of medical learning.

FURTHERMORE, that I have received copies of the number of the LOS ANGELES TIMES, an American newspaper, for New Years, 1897, and have seen that many Americans propose to help Dr. Tom Foo Yuen to establish an Oriental Medical College in Los Angeles; that I was very much pleased to show these to the Emperor; and that the Emperor said: "The herbal remedies use natural as well as vegetable power to help the vital organs to perform their functions naturally. It is better to use these than to give minerals. But before this it had been difficult to find an educated physician who understands both the Chinese and the English languages, to explain our system to the people of the west, and to cause them to understand and to respect it. Now, Dr. Tom Foo Yuen has made a great success in America, and one good result of this is that it will prove that my country possesses great medical skill. Another good result is the benefit that will come to the people of the west, and I am very glad to hear of this."

FOR THIS REASON I am very glad to tell the citizens of America that I knew Dr. Foo when he was Imperial Physician to the Emperor of China in Peking. Now, his "Lessons in Physiology" speak from the standpoint of a knowledge of the geneuine Chinese System of Medicine, and if the people of the western nations are desirous of learning more in reference to the conditions under which the Chinese Medical College was established and is maintained, I shall be glad to answer any inquiries, and for this purpose I hereby affix my address, in both Chinese and English writing:

DR. FOO YUNG CHOW,
Care of Nom Tai Lung,
Hong Kong, China.



美國參將阿地士官太太薦牘

LETTER FROM MRS. ELIZA A. OTIS

The following general letters of commendation of Dr. Foo's skill and methods seem to find their most appropriate place here. The first is from Mrs. Eliza A. Otis, a talented writer, and well-known in California. She is the wife of Col. Harrison Gray Otis, Editor of the Los Angeles Times, a man of national reputation. Mrs. Otis says:

1948 Grand Avenue

LOS ANGELES, California. June 25, 1897.

I have had the pleasure of a brief acquaintance with Dr. Tom Foo Yuen, and have found him to be not only an agreeable and cultivated gentleman, but one well versed in the medical science of his country, and with a large knowledge of medical herbs, and their proper use.

LETTER FROM DR. H. RUSSELL BURNER.

The following general letter of indorsement of Dr. Foo is from Dr. H. Russell Burner, a physician who is well-known in Southern California and many other portions of the United States. Dr. Burner says:

美國施家咕華大醫院教習師般糯薦紙

LOS ANGELES, Cal., June 23, 1897.

To Whom it May Concern:

I hereby certify that I have met in San Francisco, Cal., some years ago, one Dr. Tom Foo Yuen, and I have met the same gentleman at his Sanitarium and professional office, No. 903 South Olive street, Los Angeles, Cal., and take pleasure in certifying that he is the same gentleman that I met in San Francisco, and I know him to be an educated gentleman in the fullest sense of the term. I have repeatedly talked with him upon various medical subjects and topics, and I have found him thoroughly posted in Oriental, ancient and modern medicine. I was somewhat astonished when I questioned him closely on anatomy, physiology and pathology to find him better posted than one out of twenty of our regular physicians. I make these statements in justice to Dr. Foo Yuen, as some jealous parties have tried to show that all of the Oriental physicians in this country know nothing of anatomy, physiology or modern medicine. While I don't by any means endorse all so-called Chinese or Oriental physicians or medicine men, I do believe that Dr. Foo Yuen is a most conscientious medical gentleman, one whom I would not hesitate to consult with in any case.

I have met at different times many of his patients at his office and elsewhere, and I find them generally well pleased and satisfied, and I have seen many remarkable cures which he has effected, which convinces me of the value and utility of the Oriental treatment in many cases.

I have personally preferred for many years to use principally the herbal remedies in my practice in preference to mineral and narcotic poisons, knowing that they have the advantage of leaving no bad results or effects in the system, and as I know by long experience, difficult chronic diseases can be much more successfully treated by purely herbal or vegetable remedies than by any other means.

DR. H. RUSSELL BURNER,
Late of the Chicago Medical College,
724 Washington Boulevard, Chicago, Ill.

With this introduction we present herewith a brief:

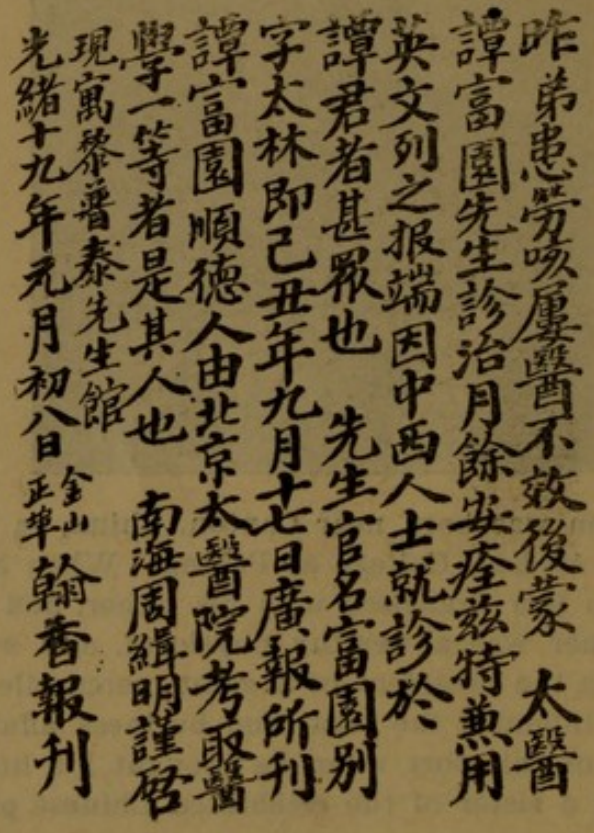
BIOGRAHICAL SKETCH OF DR. TOM FOO YUEN.

Dr. Tom Foo Yuen was born near Canton, China, in 1851, and was educated at the Imperial Medical College at Peking. When he was only a little boy he made a trip to San Francisco with his father, and resided there for a short time. His father was a wealthy physician, and was also engaged in mercantile ventures as the president of a great mercantile association. In a general way he superintended the legal and business affairs of his company, and was on business of this sort when he brought his little son to America. Dr. Foo's mother was a sister of the celebrated Chinese physician, Dr. Li Po Tai.

In 1890 Dr. Li Po Tai heard that his nephew had graduated from the Imperial Medical College at Peking, and remembered him as the little boy who had come to San Francisco with his father years before. Li Po Tai was then growing old and was unable to care for all of the immense practice he had built up in San Francisco. He was therefore very glad to have his nephew come to San Francisco and become his assistant. He accordingly sent for Dr. Foo, who accepted the invitation and came to this country, being the first Chinese physician of his rank to visit America with the intention of making a permanent home here.

Dr. Foo entered upon his duties as assistant physician to Dr. Li Po Tai and remained in San Franciso until after Li Po Tai's death, in 1893. During this time he practiced his profession both among the Chinese residents of San

Frncisco and among the white patrons of Dr. Li Po Tai. He was very successful in all cases. Of late years, since Dr. Foo commenced to attain his great popularity in Southern California, it has been the fashion in some quarters, among those who envy his accomplishments, to attempt to underrate his ability; and statements have been made that he is not a graduate of the Imperial Medical College at Peking. Dr. Foo has many diplomas and certificates which set this question fully at rest. Among the proofs of the genuineness of his claims is one not heretofore published. The Chinese patients whom he cured in San Francisco were not likely to be deceived in reference to his merits and attainments, as they had every opportunity to investigate and verify his claims. Many of these gave him testimonials of the cures that he wrought in their cases, and two of these testimonials, which were printed in Chinese newspapers, published in San Francisco, are reproduced herewith to show that


昨弟患勞咳屢醫不效後蒙 太醫
譚富園先生診治月餘安痊茲特薦用
英文列之報端因中西人士就診於
譚君者甚眾也 先生官名富園別
字太林即己丑年九月廿七日廣報所刊
譚富園順德人由北京太醫院考取醫
學一等者是其人也 南海周維明謹啓
現寓黎普泰先生館
光緒十九年元月初八日 金山正埠翰香報刊

Dr. Foo was recognized by his own countrymen, at the outset of his career, as a man of the most thorough education and the most eminent qualifications in his profession.

The first of these is from the Weekly Occident, published by Horn, Hong & Co., at 731 Washington street, San Francisco. Vol. 12. No. 615, February 23, 1893. We give it in both English and Chinese. It says:

"After years of suffering and having been under the treatment of some of the most skillful Chinese and American doctors, I placed myself under the care of Dr. Tom Foo Yuen, who is a graduate of the Imperial Medical College at Peking. I take pleasure in testifying to the fact of his having effected a complete cure of what was pronounced by others a hopeless case of consumption. Chow Yup Wing.

"The doctor's office is at No. 729 Washington street."

The second of these testimonials is from the Weekly News, Mon Heng & Co., publishers, 809½ Washington streets, San Francisco. Vol. 1., No. 4, Thursday, February 23, 1893, and reads as follows:

"I have been suffering greatly with paralysis, and I am greatly indebted to Dr. Tom Foo Yuen, a graduate of the Imperial Chinese Medical College at Peking, who has entirely cured me. I desire to make this known to all who may be afflicted with the same disease in order that they may secure his services and be relieved of their suffering. Lum Chuen."

Soon after Li Po Tai's death, in 1893, Dr. Foo left the business which his uncle had established, in the hands of his cousin, Dr. Li Wing, who had, in the meantime graduated from the Imperial Medical College at Peking, and came to Southern California, in company with Mr. Levi Carter, of Ceres, California, who went to San Francisco to accompany him to Southern California. Dr. Foo came to the southern part of the state partly for the climate, which is more congenial to him than that of San Francisco, and partly to form a partnership in an herb company with an American who had become acquainted with him while a patient at Li Po Tai's sanitarium. For this purpose he went to Redlands, where he remained two years and three months. During the first year of his residence in that city he became much attached to Southern California for its delightful climate and other advantages as a residence, and was very successful in a business way. He cured a great many people in and about Redlands, most of whom had been abandoned by other physicians, whom they had consulted, but who had failed to cure them. Naturally these cures made a great deal of stir in that quiet city, as they were the first evidences which the good people of Redlands had ever seen of merit in the Chinese System of Medicine. Those who beheld the unquestionable results of Dr. Foo's methods were greatly astonished, and those who were cured of painful and sometimes threatening diseases, many of which had been pronounced incurable, were naturally very much pleased, and were inclined to tell others about their good fortune. They praised Dr. Foo in the very highest terms and thus brought about the first of a series of controversies with other physicians, in each of which, as may be remarked in passing, Dr. Foo emerged with flying colors. A physician in Redlands became offended at the comparisons made between his own system of practice and that of the Chinese doctor, and attacked Dr. Foo and his methods in the Redlands Citrograph. A reporter of the Leader, a rival paper, thereupon interviewed a number of Dr. Foo's patients, and was surprised to learn that they not only freely acknowledged the circumstances of the cures in their cases, but warmly defended Dr. Foo from the extravagant and often abusive charges brought against him by professional rivals. This was a beginning of an open acknowledgement by many persons who have been benefited by Dr. Foo of his skill as a physician, and of the great merit of the system of herbal treatment which he practices. Three of the testimonials given on this occasion were as follows:

Mr. H. W. Timmons of Redlands, being interviewed, said: "For the past two months I have been treated by Dr. Foo for facial rheumatism. I consulted several physicians in Los Angeles and Redlands, but they all admitted they could not cure me. I finally went to Dr. Foo, who after feeling my pulse located my disease. I am now on the road to a speedy recovery." Mrs.

Throckmorton, who resides on Church street, Redlands, said: "I think Dr. Foo a man of culture and science, and place every confidence in him. I am a native of New York, where for many years I was a sufferer from chronic bronchitis. I spent thousands of dollars for treatment by all modern physicians, but never received any practical benefit from them. I consulted the very best specialists in the east but they were unable to effect a cure, and advised me to seek a change of climate. I came to Southern California and located here in Redlands. I was advised to consult Dr. Foo. Before doing so, my sister, who is a graduate of an eastern medical college, first went to the doctor to investigate his methods of treatment. The result of her investigations was very satisfactory, so that I went myself to the doctor's office, where he examined me and correctly diagnosed my case by merely feeling the pulse. Since then I have been under Dr. Foo's treatment, and am rapidly recovering renewed health. I have every confidence that Dr. Foo will effect a permanent cure." Dr. B. F. Watrous was next seen at his residence. When asked to give his opinion of Dr. Foo, he said: "I have a very high opinion of Dr. Foo. To him I owe my life. When other physicians failed to cure me, Dr. Foo made a well man of me. I think the article in the Citrograph a cowardly and unwarrantable attack upon Dr. Foo, who, in my opinion, has no equal in this country."

Among others who gave testimonials in Dr. Foo's favor on this occasion were Mrs. George Robotham, of Newark, N. J.; W. A. Hallowell, Jr., of Ontario; George W. Hazard, of Riverside; Mrs. M. H. Wilson, Mrs. Mattie Reeder, Mrs. A. J. Hendrickson, Earl Garrison, Mrs. C. A. Kingsbury, G. E. Foster, John McIntosh, of Redlands, and Robert McPherson, of McPherson, Orange county, Cal. Many of these ladies and gentlemen have continued to be among Dr. Foo's best friends and most ardent supporters from that day to the present time.

After the publication of the Leader's answer to the Citrograph nothing more was heard from Dr. Foo's antagonist among the physicians of Redlands, and the excitement subsided. But many people had begun to go to Redlands from Los Angeles, having heard of Dr. Foo through their friends in Redlands, and desiring to take treatment from him. They all received great benefit from their treatment by Dr. Foo, and formed a very high opinion of his character and abilities. They began to invite him to remove to Los Angeles, saying that he was so skillful in the cure of chronic diseases that he was certainly a Godsend to the world, and ought not to hide himself in a small place. They agreed that he ought to remove to a larger city, where a greater number of people could profit by his skill. Dr. Foo's business associate heard so much of this talk that he gradually became convinced that they ought to make the change desired by the patrons from Los Angeles, and the consequence was that they removed to Los Angeles in June, 1895.

Not long after Dr. Foo's removal to Los Angeles, Dr. P. C. Remondino, of San Diego, at that time president of the Southern California Medical Association, took occasion to make a bitter attack upon the Chinese System of Medicine in the course of which he made the vulgar charge, which has been disproved hundreds of times, that Chinese physicians are in the habit of using unclean things, toads, lizards and other disgusting materials in their practice.

This attack naturally aroused Dr. Foo's resentment, and he replied in an elaborate article published in the Los Angeles Times for August 15, 1895. Dr. Remondino rejoined with another article, to which Dr. Foo also replied, and the argument attracted a great deal of attention. We do not propose to reproduce these articles, as this discussion is now ancient history. But, on this occasion, as before, Dr. Foo's American friends rallied to his support, both those who had previously given testimonials in his favor at Redlands, and others. And, in order to show the high esteem in which Dr. Foo was already held by those who knew him best, we reprint herein these testimonials. The reader will notice that they effectually dispose of the principal question raised by Dr. Remondino in his printed articles, and show that only pure, herbal substances have ever been employed by Dr. Foo in his practice. The testimonials are as follows:

J. R. Campbell, for twenty years or more a reputable citizen of San Bernardino county, and at present a resident of Redlands, says: "There is no truth in his (Dr. Remondino's) statement that the educated Chinese physician uses stuff as vile as Dr. Remondino claims. I have taken directly from his laboratory many packages of Dr. Foo's herbs and cooked them at home. I have closely examined the formulas, and they were composed of nothing but roots, berries, nuts, leaves and twigs, and the results of taking his medicines have been most satisfactory. Dr. Foo is a gentleman of refinement, and can be relied on."

H. B. Ruggles, also of Redlands, says: "I have taken many packages of herbs from Dr. Foo's office, and am emphatic in declaring that nothing in the form of dry herbs could be more clean and pure. Not a sign of any animal product or any similar substance appeared."

A. A. Elge, of Bald Butte, Mont., says: "While a patient of Dr. Foo's I frequently viewed the compounding of his medicines, having heard that Chinese used questionable articles, and I satisfied myself that the rumors were unfounded, and that Dr. Foo used nothing but herbs. Their great beauty lies in their wonderful cures."

W. A. Hollowell, Jr., of Ontario, says: "In regard to the address of Dr. Remondino on Chinese medicine, I think it a great exaggeration and devoid of facts. The writer evidently knows nothing of the true system of medicine as practiced by the educated Chinese. I have personally seen, in Dr. Foo's laboratory, hundreds of doses of medicine steeped and put up for different persons, and I have never seen any of the vile ingredients used that are mentioned in the address of Dr. Remondino, but they were composed entirely of barks, roots, berries, leaves and herbs, and all in a nice, clean condition."

Miss L. B. Nettleton, of Redlands, says: "I have taken Dr. Foo's medicines for over a year, and carefully examined each package of medicine, but found nothing but herbs, clean and prepared in a neat manner."

Mrs. J. A. Hendrickson, of Redlands, says: "I have been familiar with Dr. Foo's methods for over two years, and have made a hundred doses of tea from the herbs compounded in his laboratory. If anything of such a nature as Dr. Remondino speaks of had been used I surely would have found it out, for I have always had free access to the laboratory. In my opinion, if any one had found such things as eyes, toenails, lizards, snakeskins and

other substances too vile to quote, they must have been afflicted with snakes in their boots."

J. W. Symmes, of Redlands, says: "The education of our home doctors seems to be the barrier to their receiving the same benefits of the genuine Chinese physician's skill that the less wise have enjoyed. It is an educated man should make such statements in regard to your medicine without first having proven to himself that they were truthful. Nothing of the vegetable kind could be purer than your medicines. I gained my knowledge from nearly a year's experience as a patient of Dr. Foo, and direct observation in his laboratory. The results of his treatment are convincing evidence that Dr. Foo possesses a wonderful fund of scientific knowledge, or else he is the superior of all guessers of the medical profession. The 'taking card' in Dr. Foo's system of treatment is his success."

Levi Carter, of Ceres, Cal., says: "If Dr. Remondino had been as thorough in his investigation of the subject as a man who undertakes to enlighten the public should be, he would have gathered material for an address to the medical association that would have been truly edifying to lovers of the truth and of incalculable value to the afflicted. For, to my mind, there is sufficient evidence in and around Redlands of your skill and the purity of your medicines to convince any sane person that Dr. Foo's superior is not to be found among practitioners of modern methods of medication. The medicines I received from you were purely vegetable, presented a neat appearance, and the effects were wonderfully beneficial. In my opinion Dr. Foo cannot be extolled too highly."

Thomas Stewart says: "I take pleasure in giving my humble opinion of Dr. Foo as a physician. In the first place, his diagnosis of my case, it being by the pulse alone, seemed to me wonderful, he thereby locating my trouble exactly. On my first visit to the doctor I was perfectly helpless, not being able to take a single step without assistance. My legs were swollen to such an extent from the knees to the toes that no joints were visible. This he entirely reduced in five days' treatment, and the swelling has not returned in the least. He explained to me the nature of the different poisons in my system, and how he would expel them, which he did in fourteen days' treatment. What most surprised me was the simplicity of his treatment and the purity of his medicines, they being entirely vegetable—herbs, roots, berries and barks. This I can verify from personal observation. I am now, after a little over four weeks' treatment, as well as ever, except a little weakness in my legs, which are daily improving. My friends who came to see me when I was ill now tell me they never expected to see me out again.

I regard the success of my treatment as more than wonderful in view of the fact that I am advanced in age. I have received treatment from other doctors, but instead of improving I continued to grow worse until I took treatment from Dr. Foo. One who has suffered the excruciating pains from rheumatism alone can imagine the joy of my experience in being cured.

I shall certainly advise any friends of mine, who may need a physician, no matter what their disease may be, to consult Dr. Foo of Redlands, Cal.

"Very respectfully yours, "THOS. STEWART.

"Redlands (Cal.,) March 1st, 1894."

From this time Dr. Foo's business and popularity grew very rapidly. And, as his skill became better known, he attracted to his office a very high class of patronage, intelligent, thinking men and women, who were independent enough to decide for themselves and to believe the evidences of their own senses, in spite of their inherited and acquired prejudices. These ladies and gentlemen saw that, no matter what theorists might say, the actual, undeniable results of the herbal treatment were many remarkable cures. Patrons continued to come from San Bernardino, Redlands and Riverside and the country surrounding those interior cities, and finally became so numerous that Dr. Foo decided to make a trip to San Bernardino every two weeks, in order to see these patrons. He commenced this practice, making his headquarters at the Occidental Hotel at San Bernardino, and still continues to make these regular bimonthly visits.

Dr. Foo's experience with the American doctor in San Bernardino was very similar to his experience with members of the fraternity in Redlands and Los Angeles. Dr. C. A. Stoddard of San Bernardino apparently became alarmed at Dr. Foo's growing success in that city, and caused his arrest on a charge of the illegal practice of medicine. The case was thrown out of court by the justice before whom it was brought, Dr. Foo having in the meantime given bonds for appearance; but, as usual, it created a great deal of discussion among physicians and their patients and in the newspapers. An open letter to Dr. Stoddard, which was published in the San Bernardino Times-Index for December 28, 1895, perhaps states Dr. Foo's position in reference to the charges brought against him as well as can be stated, and is therefore reproduced in this place for the benefit of the present reader. It was as follows:

索西醫生士笃曰鬬巧檄文
預貯銀行該罔巧金錢銀壹千員

AN OPEN LETTER

Addressed to Dr. C. L. Stoddard—Some Pointed Questions on Medical Theories, Practices and Ethics.

A Brief Discussion of the State Law Forbidding the Practice of Medicine Without a License as Applied to Chinese Practitioners.

Comparison of the Principles and Methods of the Latter With Those Professed by the "Regular Schools."

A Challenge to Practical Tests of Fitness, Success and Results—One Thousand Dollars Offered as a Forfeit.

[From the San Bernardino Times-Index of December 28.]

LOS ANGELES, Cal., Dec. 25, 1895.

Dr. C. L. Stoddard, San Bernardino.

Dear Sir: Early in the present month you caused the arrest of Dr. T. Foo Yuen, and charged him with practicing medicine without a license. Although the case did not come to trial, owing presumably to a lack of evidence and a consequent indisposition on the part of the District Attorney's office to proceed to trial, yet your animus in the matter was sufficiently shown by the complaint and the arrest. We have been studying over this since the dismissal of the case, and have been unable to come to a satisfactory conclusion as to why you should have gone out of your way to injure a man who never injured you, and we have decided to address a few inquiries to you, through the public press, in the hope that you will define your position before the community and place your exact motives in this prosecution upon record. The public at large is interested in this question, because it affects certain rights and privileges.

Naturally, the first question is: What harm have we done you? We came into San Bernardino a few weeks ago and advertised our herbal remedies for sale. Not one person has bought these remedies who had, or could have had, the slightest hope of being benefited by you or your fellow practitioners. They had all been abandoned by the "rational schools" and had been given up to a condition of hopeless physical misery, which meant also continued mental distress, or else they had tried the usual methods of cure until they were dis-

gusted, and exhausted both in body and purse, and came to us simply because Every one of these was full of prejudice against us and our ways. A few of them hesitated, even upon the brink of certain death, and only consented to take our remedies when convinced that unless they obtained some relief from some source their days were numbered, not by years or by months, but by weeks or fractions of weeks. Our remedies helped these people. In some instances their lives were saved. But we cannot see how these facts injure you—unless it is an injury for us to show the world that our remedies cure where yours fail. In that case we say that the good of the public is paramount to the good of individuals or of a class. You can hardly expect people meekly to submit to death in order to hide your ineffectual efforts in the grave. If your science fails your patient has a right to try the skill of some other man, and when you quarrel with this right, you quarrel with the law of self-preservation, the first law of nature. If your patient is cured after he leaves your hands, he has a right to announce that cure, if he chooses, and when you try to deny him that right, and to choke him off, by driving the man who has cured him out of town, you simply make yourself ridiculous, because your motive is so transparent that any one can see it. This was the case, if you had only known, where discretion was the better part of valor—and you showed conclusively your lack of discretion.

Don't attempt the assertion that you were inspired by lofty ethical and moral regard for the good of the public. There are two facts on record which disprove such an assertion. There was no complant from any of our patients, and there were no witnesses to speak of, even to prove that we were practicing medicine, much less to prove that we were practicing in such a way as to injure those who consulted us. Everybody was satisfied except Dr. Stoddard, and he would have been if he had not feared that he would lose in practice or reputation if an humble alien were permitted to outshine him in his chosen field. So he invoked the aid of an obsolescent and unjust law, and showed by so invoking just exactly where the shoe pinched him. It was his pocket-book that felt the pressure, not his heart, as he would, perhaps, have us believe.

Your school of medicine, Dr. Stoddard, has frequently been denounced by its most eminent men. We have quoted the opinions of these men several times in the public prints. We can quote them again if necessary. Among those who tell the most frank and wholesome, but unpleasant truths, about the medical profession are Dr. Oliver Wendell Holmes, Dr. Brady of Chicago, Dr. Samuel Wilkes of London, Majendic, the celebrated French physician and physiologist; Sir John Forbes M.D.; Dr. A. O'Leary of the Jefferson Medical College, Philadelphia; Dr. John Mason Good, Dr. Eliphalet Kimball, and thousands of lesser lights in the profession. These all agree in saying that many medicines do more harm than good, and yet because you confine yourself to the use of certain remedies, some of which are denounced by these great men, who felt compelled to use them, not because they were good in themselves, but because they knew of nothing better, you set yoursif up as an autocrat and a keeper of your brother's health, and attempt to tell the citizens of San Bernardino that they shall not patronize a system of medicine which they believe to be better than yours. Do you see the inconsistency of this proceeding?

Are you so blinded by folly, bigotry and hide-bound narrowness of your medical tenets that you will attempt to drug the mind as well as the bodies of mankind and to put their intellects in chains? Do you think you can compel men by force of law to patronize your "rational" medicine? If you do you are away behind the times. You forget that this is almost the twentieth century, and you ought to have lived about five hundred years ago.

What has your school to offer to the public? Is there not a wide range of diseases in which you admit the absolute impotence of your remedies? Among these we may name consumption, paralysis in any stage, palsy, Bright's disease, diabetes, concussion of the brain, cancer of the breast or womb, or of the throat or mouth, atrophy of the womb or ovaries, and softening of the brain or spinal cord. In these cases you either tell the patient that his case is hopeless or refer him to the surgeon, who sometimes attempts to cure by cutting out the offending diseased organ. You stand helpless when these disorders present themselves, yet you would forbid the unhappy sufferer from seeking relief when that relief is offered him by an unlicensed yet successful practitioner. Where is your humanity, your sense of justice and of common decency? Can you prove that you have ever cured a case of the above-mentioned diseases? If not, why should you ask the patronage and support of the public? And why should you have the audacity to forbid another man's curing them?

Can you explain why your remedies fail in the above diseases? And can you explain why eminent members of your profession admit their inability to cure, and the often destructive and pernicious effects employed in hit-and-miss attempts at cure? Can you give us any good reason why you continue to practice medical methods which are known to be unsatisfactory, and often unsafe, after these methods have been pronounced so by the leaders of your own school? These are doubtless hard nuts for you to crack, but we would like to have you crack them for our benefit, if you can.

Probably you are not very much afraid of us at present, because you believe us to be small and insignificant. But you are afraid that we will grow, and you thought to strangle us in our infancy. There are several reasons why the people are abandoning your methods and turning to ours. One is that they are beginning to appreciate purity and wholesomeness in medicine as well as in food. They are beginning to wonder what becomes of the man whose physical ills are treated by poisons and to think that the last state of that man is worse than the first. They are beginning to see that making medicine a mystery is all a humbug, and that there is no more need of secrecy about treating disease than there is about selling groceries. They buy their food with their eyes open, and they think they have an equal right to know what they put into their stomachs in the way of medicine. They like us for our open ways, for our habits of discussing these questions in the public press, and of letting people see just what they receive from us. They are tired of the arts of the ventriloquist, the sleight-of-hand man and the fakir in the practice of medicine. You are very right in your surmise that the people will soon begin to desert you, not as at present, in twos and threes, but by the scores and hundreds, as they become better informed upon there questions. And that is the real reason of your anxiety.

What do you think, Dr. Stoddard, of the abstract justice of the law as ap-

plied to this particular case? We do not ask you for a judicial interpretation of the statute, for that was so cunningly framed by the able attorney who proposed the bill for the medical society and the lobby that got it through the Legislature, that the courts are left no option in its interpretation. But go back of the letter of the law and examine into its spirit. Here is a man who would be prevented from passing the required examinations by two circumstances. First, he is not sufficiently versed in the English language; second, there is so much prejudice against his race that no American examining board would give him a diploma. Yet he is thoroughly versed in medicine, as practiced in his own country, and he makes a success of it here. Is not the application of the law to this case an injustice both to T. Foo Yuen and to his patients? Would it not have been more humane, as well as more dignified in you, to have overlooked this technical violation, if there was any violation at all, of the statute? Is not this a case in which the law in question, which shares the inevitable defects of all things human, fails to mete out exact and impartial justice to all concerned?

After all, it is success that counts in medicine. The doctor of the future, he whom the people will trust, will not be estimated by the number of his diplomas or the years he spent in college. Advanced thinkers in your own ranks admit this. It is easy for you to enter a general denial of all that we have said, and we are therefore ready to offer you a more practical test of fitness. We challenge you to a public comparison of the merits of your school and ours. Let a hundred persons be selected by a committee of the prominent business men of San Bernardino. Most of these hundred persons are to be afflicted with some disease, although there may be some sound ones among them, for the purpose of making the test more complete. We will diagnose their cases by the pulse alone, without asking any question in reference to symptoms. You may diagnose them by any means you choose, except the asking of questions in regard to symptoms. Each diagnosis shall be committed to paper and read to the several patients, whose decision shall be final as to their correctness. The physician who makes the greater number of in correct diagnoses shall forfeit $1,000 to any non-sectarian public charity which may be agreed upon before the commencement of the test.

If you desire a still wider test, I am willing to treat a certain number of persons suffering from any disease, say rheumatism, and you may treat an equal number, and compare results, under such conditions as may be agreed upon. Or if the consent of the proper authorities can be secured, you may select ten patients from among those in your insane asylum at Highland. We will select the same number, and we will see whether your treatment or ours is the more efficacious in restoring them to health of mind and body. This would be a test of great practical utility, for we believe that with the proper treatment a great many patients could be liberated from the asylums, and the taxpayers of the State are practically interested in this matter. Either of these tests must be, if accepted, under the same condition as regards the forfeit.

Unlike yourself, Dr. Stoddard, we have no quarrel with individuals. The faults are with the system which you follow, and it is those faults, not persons, that we take to task. We bear neither yourself nor any other man any enmity in this matter, and we would gladly see you and your fellow-practitioners avail

themselves of the information which they could readily procure as to the benefits of the Chinese system of medicine, believing that their adoption is only a matter of time, which adoption, throughout the civilized world, will result in untold benefit to humanity. Our methods are open to the inspection of all who are interested, and we believe that the distinctive features of our system, namely, diagnosis by the pulse, and the use exclusively of non-poisonous herbal remedies, will ultimately become the universal medical creed. In the mean time we are prepared to listen to anything that you may have to offer in defense of the system which the "rational" school follows at present—in spite of the bitter criticisms made upon it by the most eminent expounders.

It is proper to say here that nothing was heard from Dr. Stoddard after the publication of this letter. But the fairness of Dr. Foo's argument was generally commented upon, and its publication brought many inquirers to his office, who desired to learn for themselves whether the Chinese system of medicine is a good thing or a fraud. The fact that many of these people became patrons of Dr. Foo is a sufficient showing of what their conclusions were. Lately, since so many worthy people have become friends and patrons of Dr. Foo, his relations with the medical fraternity have been more pleasant and friendly.

On the 28th day of March, 1896, Dr. Foo's contract with the other members of the herb company, with which he had been connected, expired, and he was then at liberty to undertake whatever business venture he might desire to go into on his own account. But as some of the affairs of the company were unsettled, and Dr. Foo desired to do everything in his power to assist his late associates, he remained with this company for two months after the expiration of his contract. On May 27, 1896, he severed all connection with the company, and removed to No. 903 S. Olive street, Los Angeles, where he remained for a few months and carried on his practice on his own account. There was some difficulty, however, in reference to the lease of this place, which was not in Dr. Foo's name, and, accordingly, on the 12th day of August, he removed to No. 929 S. Broadway, Los Angeles. Having become settled in his new location, and relieved of various business anxieties and cares which had occupied much of his time and attention, Dr. Foo commenced a work that he had long borne in mind, namely, to give the English-speaking peoples some knowledge of the philosophy of the Chinese System of Medicine, a task which had never before had been attempted by any person competent to do it justice. His first efforts in this direction were the publishing of his "New Lesson on Anatomy" and his "New Lesson on the Causes and Origin of Diseases," which discuss many matters connected with the functions and health of the human body from the point of view of the genuine Chinese System of Medicine.

These chapters from the Chinese System of Medicine were printed in the Los Angeles Times, the Herald, and other papers, and attracted a great deal of attention. Dr. Foo also prepared a great many testimonials from patients, to include in his book of "Suggestions for Invalids," which he printed for free distribution in 1896. The interest of many people was aroused by reading these publications on matters of medical philosophy which were entirely new in America, and one result was that Rev. James Bracewell of Ontario, California, who had become favorably impressed with Dr. Foo and his methods and ideas, suggested, in a published communication, that Dr. Foo should establish a Col-

lege of Oriental Medicine, at which the merits of the Chinese system of herbal treatment could be taught American students.

This idea found favor with several hundred of Dr. Foo's friends and patrons, and a large number of these united in favoring the project, signing their names to a general indorsement of the plan. In the New Year's number of the Los Angeles Times, a full page was devoted to a discussion of this project. A month or two later, as the Chinese New Year approached, Dr. Foo distributed to his friends many of the sacred lilies of China, which bloomed into very beautiful flowers. The recipients of this gift were naturally interested in the history of the custom among the Chinese of growing and giving away so many of these lovely flowers at their annual festival of peace and good will. In response to their inquiries, Dr. Foo wrote his "Legend of the Sacred Lily of China," which was printed in the Los Angeles Times for February 2, 1897, the Chinese New Year. Not long after this, Mrs. Alice Rollins Crane, a well-known writer of Los Angeles, who had seen this account of the origin of the sacred lily, and who also knew that Dr. Foo was a thoroughly educated man, happened to hear a Chinaman say that there is no medical college in China. As this statement was contrary to Mrs. Crane's understanding of this matter, she asked Dr. Foo about it, and wrote an article, which was published in the Times, to show that what Dr. Foo had said in reference to this matter was true. Dr. Foo also prepared a "History of Medicine Among the Chinese," which was published in different papers in Los Angeles. All of these articles are presented in succeeding pages of this book, as a great many people are interested in them.

As soon as the question of a College of Oriental Medicine began to be discussed, a great many people were at once interested, and several suggested that Dr. Foo would require an associate physician to help him with his practice and with this college. This naturally suggested Dr. Li Wing, of San Francisco, a son of Dr. Li Po Tai, and negotiations were at once commenced, which resulted in Dr. Wing's coming to Los Angeles, and in the incorporation of the Foo & Wing Herb Company.

CHAPTER III.

DR. FOO'S ARTICLES.

Lessons on Anatomy and on the Cause and Origin of Diseases—The Sacred Lily of China—The Medical Profession in China.

We give in this chapter some of Dr. Foo's articles explanatory of various phases of the Oriental System of Medicine.

These lessons were first published in the Los Angeles papers. They are certainly very unique, and are the result of patient investigation by the learned men of one of the most observing peoples on the face of the earth. The more these lessons are studied, the more fully the force of their reasoning is impressed upon the mind of the student. They are given as nearly as possible in Dr. Foo's own language no attempt having been made to render them into polished English. Dr. Foo says:

LESSON NO. 1—THE CHINESE SYSTEM OF ANATOMY.

In the Chinese medical books are described all the remedies which benefit the human system, in such a way that everybody may understand. The question then arises: How do the remedies benefit the system? This is a matter that has puzzled very many people of all countries. Even the common doctors of China, those who are not very well educated, cannot understand the reason of this. I will explain why this is so. The excellent reason is given in books written four thousand years ago. The grammar of these books is very hard, and the reasoning is so deep that the common doctor cannot learn. He studies modern and very easy books, but he cannot comprehend philosophy. Many hundred years ago a few very well educated doctors understood everything, but they never had their profound reasoning translated into easy language, and they never had their many hundred books condensed by searching out and separating the essential parts and showing them to all the world.

English people who have lived a good many years in China, and have tried to translate the Chinese medical books, have found them very hard to learn and translate. They have gone part way and stopped when half done, and have found no one suitable to explain these books to them. And because they have not found men sufficiently well educated to explain these books, they have not been able to simplify them. This is because the Chinese language is more difficult to learn than any other in the whole world, and because the medical works which were written four thousand years ago are more difficult than any other books in the Chinese language.

Now I, Tom Foo Yuen, having been educated at the Imperial Medical College at Peking, China, have undertaken to condense the many medical works of China, to take from them the best teachings and to get the very deep reasoning. I intend to condense the whole Chinese system of medicine into two books.

The first will explain the Chinese system of anatomy. The second will treat of all diseases and forms of sickness and their remedies. One chapter in each book will define its objects and explain the matters of which it will tell, and I shall first print this chapter of the book in the newspapers. I shall explain the book written four thousand years ago in clear and easy language. The first lesson of my book is entitled:

A NEW LESSON ON ANATOMY.

Speaking of anatomy, I suppose that the subject has long been written in the books of all civilized nations. Therefore I need not speak about it here in detail, but I will say a few words here regarding the Chinese system of anatomy. In my chapter or lesson on this subject some parts of the reasoning are like anatomy, some parts are different from anatomy. I cannot always find the proper name in English, but I think can say Chinese anatomy. How the vital organs of the human body are situated, I shall explain in my book of over 30,000 words, which I shall soon publish

THE FUNCTIONS OF THE FIVE VITAL ORGANS.

I cannot write all of this lesson here, because it is too long, but the five kinds of vital organs belong to the five kinds of elements. I shall try to explain the lungs first. The lungs belong to the mineral element. They are in the upper part of the chest. They look like an umbrella. They are connected with the nostrils. They have eight leaves or lobes, six in front and two in the back. There are nine divisions of the pipe through the throat which connect the lungs with the nose and are called in English the trachea. The lungs are joined to the heart by large veins. The power in the outside heat of the lungs can control the air of the body and the power in the inside heat can control the large intestine, and the large intestine belongs to the mineral element also.

THE HEART.

Next I shall speak of the heart. This organ belongs to the fire element. It lies just above the diaphragm. There is a close connection between the heart and the tongue, so that when the heart wishes to speak the tongue will follow. The natural heat or influence of the heart can control the eye, the nose, the ear and the tongue alike and altogether. And the seven affections have their seat in the heart. When the man wakes up the power from the heart is furnished to the brain; when the man sleeps the brain power returns to the heart. The power which is within the heart controls the small intestines, which also belong to the fire element. The power of the heart through the outside controls the actions of the body by the arteries which carry the blood from the heart through the body. The blood is then of a red color, and it returns to the heart through the veins. and is dark. The heart case protects the heart and belongs to the fire element, too, and the power of the heart case goes through the natural heat between the two kidneys, where is the seat of life. Some books say that life is in the brain; some books say that it is in the heart; but the heart and the brain and the kidneys are all connected by the current of air through the natural heat, and all make up one family.

THE SPLEEN.

Now let us speak of the spleen, which belongs to the earth element. This organ lies on the outside of the stomach, under the heart, and its place is near the left side, but the air power goes through the right side, because we can feel the spleen pulse in the right hand. The spleen catches the impulse from thefood and liquid taken into the stomach, which we call the food and liquid air, and sets up an action like the balance-wheel of a watch. The heat from the spleen can draw the liquid from the gall, which goes through the food and liquid in the stomach and causes it to be digested. The spleen is connected with the mouth. The power of the spleen on the inside controls the stomach, and the stomach also belongs to the earth element. The power goes through the outside and controls the flesh of the body.

THE LIVER.

Next we will speak of the liver. This belongs to the vegetable element, and has seven lobes. It lies in the right side near the stomach, but the power and the air and the pulse go through the left side, because the liver pulse is found in the left hand.

The liver is closely connected with the eye. The power on the inside controls the gall, which belongs to the vegetable element also. The power of the liver on the outside controls the nerves of the body.

THE KIDNEYS.

I will try to speak of the kidneys. These belong to the water element and are closely connected with the ear. There are two kidneys, which lie at the base of the spine, one on each side. The pulse follows the spine to the brain, and the kidneys furnish juices to the brain. This is shown because the natural juices of the kidneys are white, the marrow the spine is white, and the natural juices of the brain are white. And all of these three, the kidneys, the spine and the brain, make one family. The power from the brain inside controls the bladder, which belongs to the water element also, and the power on the outside controls the bones of the body and goes between the two kidneys (through the natural heat), and the resulting power belongs to the fire element. And that heat can warm the lower, middle and upper parts of the vital organs.

DIGESTION AND NUTRITION.

I shall try to explain the stomach and the conditions of digestion. When food and liquid are taken into the stomach, then the spleen lies on the outside of the stomach and sets by an action, like the balance-wheel of a watch, and causes the digestive processes by agitating the air in the stomach and spleen and by extracting a fluid, from which the blood and all other natural juices of the body are produced. This fluid is of a dark color as taken by the spleen, and is sent by the force of the spleen to the lungs, where it is purified. And then it passes through the lower part, drop by drop, like the falling of rain in a shower. It is distributed to all portions of the body. The power thus derived from the lungs produces all the growth of the skin; that from the heart causes all the action of the body, through the blood; the power of the spleen

produces all of the flesh of the body and furnisnes all the strength of the body; the liver produces all of the nerves, and the kidneys produce all of the bones. There are five prime vital organs, but these explanations are not full and complete in reference to the growth and control of the body in its different parts.

I will give you an example or illustration of this growth and control. The human body is like unto the earth and the sky. You see how, after a rainstorm, the sun causes the evaporation of the moisture in the earth, which causes clouds, and rushes to the sky, making fog and rain, which falls to the earth, producing vegetation. The sun also draws the dampness up again, which makes more clouds, which rush again to the sky, and the clouds make more rainfall, which falls down to the earth, again producing vegetation, giving and taking indefinitely. The spleen is like unto the earth; the lungs are like unto the sky, and the power keeps going from one to the other.

THE QUESTION OF SLEEP.

An interesting question is: "What makes a person sleep?" I will explain this. The starting point in the circulation of the human body is at and from the kidneys to the heart and from the heart to the kidneys. There is a current to and from the kidneys to the heart and from the heart to the kidneys an interchange of air or power, between these two organs, which is perpetual in life. If the current of air between these organs is broken, death ensues instantly. Also there is another kind of air to the kidneys and heart, which manifests its power over the system when the man lies down to sleep. The mind becomes quiet, and then the brain power returns to the heart. Then the second power of the heart expands and rushes to the kidneys, and the second power, or current, of the kidneys expands and rushes to the heart. Then the man sleeps, and if the current of air continues strong there will be good rest.

When there is excessive brain labor this affects the power, which is not strong, and when the current of air makes weak connection, the sleep is very poor. The brain, the heart and the kidneys make one family.

Every one who studies the functions of the vital organs should understand that they perform their functions by the natural power of air. This power can control the blood; the blood cannot control the air. You can see this from the bladder, which makes a little hole into the lower part, but none in the upper part, for the fluids to enter. And the small intestines perform their functions naturally in the same way The refuse goes through the large intestines and the water goes through the bladder by air power. Any one can get the bladder of a cow or hog for examination. You may turn the lower hole up, and although the water may be full inside, not one drop will run down. It all keeps inside. But the power of air can make the water go into the bladder, although there is not a visible place for it to enter. Sometimes the small intestine fails to perform its natural function and does not carry off the water and fluids. Then the water goes through the large intestine and causes sickness.

LESSON NUMBER TWO.

The Cause and Origin of Diseases....Three Prime Sources....Their Influence Upon the Human System Traced and Explained.

There are three prime sources from which the diseases common to man-

kind originate. The first of these includes such influences as are without and independent of the body. There are six forms of air, namely: Wind, cold, sun heat, damp air, dry air and fire air. The second source comprises those influences which cause ill health from within the make-up of the individual. There are seven of these, namely: Joy, anger, overwork, study, grief, fright and fear. These are the excessive seven affections. The third source of disease includes those influences which are neither entirely within nor without the make-up of the individual. They include improper food and liquids, fire, hot or cold water and the bites of insects and animals.

Of the six forms of injurious air the first, wind from the sky, is slow in its effects upon the system. There are a good many different kinds of this air. The second form, cold air, is from the earth. This may cause sickness quickly. There are also a good many kinds of this air. Both of these forms are indispensable to man, yet both are sometimes very destructive and cause the worst forms of disease of any from this source. The ancient medical works tell of 193 kinds of sickness from wind and cold. They work together, but cause atmospheric conditions known by many different names. The third form is sun-heat, which causes many diseases, among which is sunstroke. The fourth form is damp air, and is that which is found in low altitudes and about swamps, and soon after rainstorms. This is the external source and origin of malaria. The fifth form, dry air, is caused by atmospheric changes. This will produce dryness in the throat and mouth, redness of the eyes, and inflammation in other parts of the body. The sixth form, fire air, is a poisonous condition of the atmosphere, and the worst form of this air causes cholera; but other forms cause lighter epidemics. This form of injurious air causes death very quickly, while all the others work destruction slowly.

EFFECTS OF THE EMOTIONS.

An excess of any mental emotion causes disease. Anger affects the heart and liver. Petulance shortens life. Overwork injures the nerves and the bones, and produces an impaired circulation of the blood. Excessive study seriously injures the heart and spleen.. Grief also weakens the heart. Fear affects the gall and prevents the secretion of sufficient gall liquid. It also weakens the heart. Fear cannot be driven away. Sudden and intense fright will rupture the gall sack and confuse the seven affections, completely unbalancing the mind and causing insanity.

Among the third causes of disease are eating and drinking improper foods and liquids. Roasted or fried meats cause inflammation and a desire to drink often. Eating more meats than vegetables causes indigestion. Drinking cold drinks and eating raw fruits cause damp air in the system. The inflammation and damp air will lock hands and cause malaria and severe illness. This form of malaria, produced internally is unlike that produced in the open air and inhaled. But it invites an external form, and the two together cause severe forms of disease.

Diseases may commence in the liver and involve the stomach; or they may commence in the stomach and involve the lungs; or they may commence in the kidneys and involve the liver. They may commence in any of the internal organs and involve the skin, the external surface of the body. Disease that

commences in the skin, flesh, nerves, cords or muscles will sooner or later involve the internal organs.

The symptoms of disease may be the same in two or more people, yet the causes be entirely different. And a single cause may manifest itself in a number of ways; thus, either headache, backache, stomachache, boneache, toothache or distress of the lungs may be due to the same cause.

Although all men look very much alike and have the same members and organs, yet no two are exactly alike or possess the same degree of external power, which is strength, or of internal power, which is vitality.

The five vital organs are the heart, liver, spleen, lungs and kidneys. The heart-case, gall, stomach, large intestines, small intestines and bladder are agents for the vital organs. The seven affections—joy, anger, grief, pleasure, laughter, hatred and desire—control the vital organs, but have no influence over the six agents of the five vital organs. When either of the five vital organs is the seat of disease the difficulty is more serious than it would be if seated in either of the six sub-organs.

All internal organs have muscles and pulses connecting with the extremities of the body.

FOUR METHODS OF HEALING.

There are four principal methods of healing: First, by warming the blood; second, by cleansing the system; third, by strengthening, and fourth, by purging.

The Chinese system of medicine is taught in branches, such as diseases of children, diseases of women, diseases of men, and diseases of the bones, including injuries to them. Each of these branches requires from three to four years to learn. To acquire a thorough knowledge of medicine and to be able to pass an examination at the Imperial College of Medicine at Pekin requires fourteen years of the most arduous labor that ever students of any profession in any country are subjected to. Even then the recipient of a diploma from the college often fails to receive the signature of the Emperor to his diploma, because he fails to pass a second and very severe examination before His Majesty.

My book on diseases will be explained from the books written four thousand years ago, and will be condensed into a little over seventy thousand words, and will be called a book on diseases and their remedies. This article will be the beginning of that book.

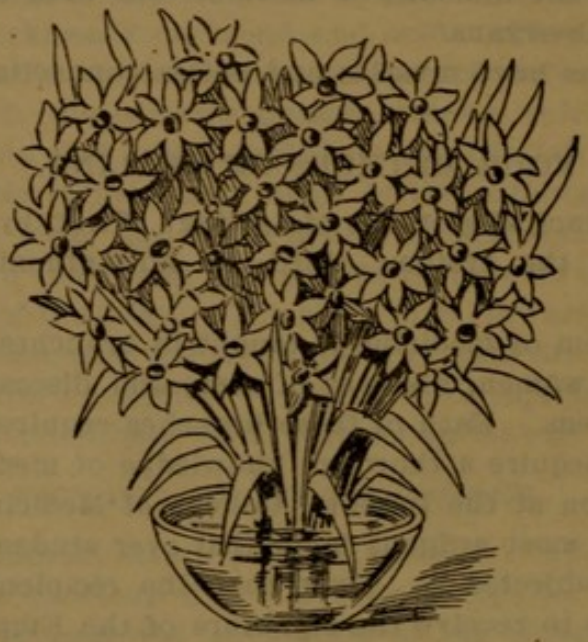
Some men may not believe these lessons. But if I were to tell the American people what they already know it would not be necessary for me to make a book. So I tell them what they do not already know. And these matters will be explained very fully in these books.

LEGEND OF THE SACRED LILY OF CHINA.

The Symbol of Peace, Good Will and Happiness Among the Chinese--Story of Its Origin.

TRADITIONS ALLIED TO THE TEACHINGS OF CHRISTIANITY.

How Good Deeds Brought Their Reward and Confered Prosperity Upon a Deserving Family.



The Chinese New Year is the time of universal peace and good-will among all who owe allegiance to the Flowery Kingdom, whether they are living in their native land or are scattered among foreign peoples. The Sacred Lily of China is a conspicuous feature of all celebrations of this holiday season, of all festivities and of all religious ceremonies. I intend to describe the origin of this wonderful flower. It is a monopoly of the Cum Ying Fong family, in the country of Chong Chow and the state of Foo-chien. Many years ago Cum Ying Fong was only a man's name, but it is now the name of a great and wealthy corporation or company. The Sacred Lily grows in only one place, where it has been growing for the last 500 years. Before that time this flower was never seen. It has no seed, but grows from the atmosphere.

Now the place where these lilies grow is a large piece of very stony ground, which spreads out below the mouth of a canyon in the mountains. When the heavy rains come the muddy water from the mountains spreads over this piece of ground. When the water subsides a thin layer of soil is left, and after a little, nobody knows how or why, the lily bulbs appear in this soil. Here they are allowed to grow for a time, and then they are gathered and

sold. Those that are to be used at once are placed in a vessel or vase of water, usually upheld in the dish by a little pile of pebbles. Then, without any nourishment from the ground, but fed entirely by the water and the atmosphere, first the long, green, slender stalks of the plant appear, and in a short time buds follow, then there is a mass of beautiful white and gold lilies, with a very sweet and penetrating odor, which, from a single bunch of these lilies, will fill a large apartment with fragrance. Frequently these lilies grow to two feet or more, bud and blossom, all within a couple of weeks. The flowers endure a couple of weeks longer and then gradually fade away.

But the bulbs may also be kept a long time and shipped to a great distance by a very simple process. If it is not desired to obtain the flower at once, the bulbs, about the size and something of the shape of an ordinary Bermuda onion, are surrounded with a layer of plastic mud, something like adobe, a sort of clay, which is pressed firmly about the bulbs and covers them completely. This casing of wax-like clay is permitted to dry in the sun, and becomes very hard. The bulb is thus inclosed in an air-tight coating and lies dormant for a long time. This covering of clay is very hard, and the lilies, so protected, are shipped to all parts of China, to America, and to other countries by the hundreds of thousands. When it is desired to grow the flower the covering is broken, little slits or gashes are made in the bulb with a sharp knife, so that the shoots or sprouts may the more easily come into the air. The bulb is placed in water and it soon sends forth its long, thread-like roots downward and the thin, flat, delicate lily leaves upward into the atmosphere. These broad leaves feed voraciously upon the air and the roots rapidly absorb the water. So the quick growth and bloom of the plant are the result.

When the plant is once blossomed its beauty is gone forever. The stalks may be cut away and the bulb may be placed in the ground, where it will grow after a fashion, but it will not flower as before. Neither will it throw off shoots, or new bulbs, from which the lilies may be grown. The mission of the flower has been fulfilled, and it dies forever. Not until the rains of another season send a new supply of the tiny bulbs, which grow nobody knows how, in only one spot in all the world, will the splendid flower again smile upon those whoe love it. The Chinese have made it the sacred flower of their country, because of this mysterious origin and because of its great beauty and wonderful fragrance. It is a symbol of all life in the mystery of its birth, coming, as it does, from some source which the mind of man cannot fathom, and disappearing forever when it has lived its little, though beautiful, life. For this reason they regard this flower with reverence and a love that others do not appreciate unless they understand the circumstances.

Every year, about September, there is a big rainstorm and then the water from the mountain runs down into the stony ground of the Cum Ying Fong farm. Here this flower originated in a mysterious way, being a present from the God to a good man, and I shall tell you how this came about. Five hundred years ago Cum Ying Fong, a good man, was a citizen of the county of Chong Chow, state of Foo-chien. When he was very young his father died, and he was very dutiful to his mother. He had an elder brother named Cum Ti Fong. The family was fairly prosperous. Ying Fong did not look very smart, but he was a great student and fond of books, and had more power

than common in his mind. He was very glad to see the Chinese "Book of the Good Doctrine," which is like the Bible, and Ying Fong was a good Christian, as his book taught him to be.

After eighteen years his mother died, and the property was divided between Ying Fong and his brother, Ti Fong. The brother said that the property should be divided into two parts, and wrote numbers on two pieces of paper, and put them in a tube. Each was to draw a number, which was to tell which half of the property he should have. But the brother wrote the same thing on two papers, each indicating the stony part of the farm. Then he wrote a paper for the good part of the property, and put it up his sleeve. Ying Fong drew a paper from the tube which gave him the stony part, and Ti Fong brought the paper from his sleeve which gave him the good part. But Ying Fong was generous and did not doubt his brother. So he took the stony ground and was happy just the same. But all the good property belonged to the brother by the number which he had.

So Ti Fong became rich, but Ying Fong could not make money from the stony land, and he became poor after that. Then a friend explained to him the trick that his brother had played, and tried to have him cause the brother to be arrested, but Ying Fong said that he would not do so, and said: "I saw my mother when she was living; she allowed him everything, and when my brother would do some little bad thing she loved him still and was very good to him. I want to be of the same heart and mind as my mother." So he let the brother go as before. And when the New Year or any holiday or birthday came he gave his brother many good presents and said that it was good, when his father and mother were dead, to see his brother still living. The natural love he had for his brother was like the love of a child for its mother.

When Ti Fong saw that his brother was so good to him his heart was changed to love him and to give him some money, but his wife, Mrs. Ti Fong, stopped him and said: "Your brother, Ying Fong, is ignorant and he has no mind for earning money. You cannot tell him how to earn money, but let him try to earn money all the time. His family is too big. You can help him a short time, you cannot help him all the time." So the woman, by her smart tongue, changed her husband's mind, and he did not try to help his brother.

But Ying Fong worked for other men and was very honest. Everybody liked him and paid him higher wages than common, and when he earned money he tried to help the poor and the sick people all the time. He had married when twenty years old a good wife, good natured, very kind and as good as he was. And ten years after his marriage, one September, he took cold. And he had a high fever and could not work.

And after the sickness was better he was lame so long that he could not make money, and the food was all gone, because he had all the time tried to help the poor people and had not tried to keep his money. He had three children, two sons and a girl, who were crying from hunger. His wife tried to cook sweet potatoes for the children, and he and his wife ate very little and let the children eat more, and his wife said: "Before this you helped the poor people. Now you are hungry, who will help you?" And Ying Fong said:

"I see that my children are much smarter than common, and that makes me so happy that I forget my hunger; only it is hard for you to stand being hungry, and I am sorry for you." And his wife laughed and said: "I was only talking fun for you. You can be happy even in hard times. I am very glad that you can, and I am happy too."

While they were still speaking the sun shone, and Ying Fong went to the stony field to find some wild vegetables to eat, and he saw his stony ground full of lily bulbs. At that time he had never seen this kind of flower before, and did not know what kind it was. So he took plenty of the bulbs to carry home, and told his wife to try to cook them. But his wife said: "You do not understand what kind of nature there is to that. You keep that and see what grows from it. It is not good to eat." Ying Fong started to find some wild vegetables again, but his wife said: "You need not go any more, for while you were gone away two friends came, whom you helped once before when they were sick, and now they have heard from you and understand that you are sick, and one of them has left some money for you to buy plenty of food and meat," and the whole family was happy.

A month afterward the lilies were blooming and fragrant, and all the family was speaking of the very curious flower, and then a little six-year-old girl came running, very early one day, and said: "That is the sacred flower, and the God is very glad for your good conduct, and has given this flower as a present for you, and it will make you very rich, and also you will have everlasting happiness by and by when you die." And while she was still speaking many other children came and said the same. It seems that an angel made them say so, and many people came from all the country round about and many of them bought that kind of flower to celebrate the Happy New Year. So, after several years, it went all through China, and Ying Fong became very rich.

Now Ying Fong's brother, Ti Fong, had been keeping a store and had lost all his money, so that he had to sell all of his property, and one day Mrs. Ti Fong sent for her husband and said: "Your brother, Ying Fong, is a man of good conduct and the God loves him. We are of such bad conduct that the God will punish us." And Ti Fong answered: "I fear so, but I will change my conduct to do good acts so that I can get away from the punishment." And his wife said: "That is what I thought," and that night they laid awake all night talking about changing their conduct and doing good, and early next morning they went to Ying Fong and embraced him and wept bitterly, and said: "You do everything that is good; you will receive everlasting happiness, but we are sinners and surely will be punished; now you must find some way to save us." Then Ying Fong answered: "The ordinary man when he commits some sin does not say sin. Now you say that you are sinners and you understand your sin. That is a good thing, a very good thing. I cannot find a better way to tell you that you are good already." And Ti Fong said: "No; you must find something to teach me." Then Ying Fong could not answer him, but Mrs. Ying Fong said: "Shall I try one way to teach them?" And Ti Fong said: "I shall be very glad if you will say something to me." Then Mrs. Ying Fong said: "Long ago there was a holy man who taught his students to make a book, with many different things in it with regard to conduct, and many different teachings as to good

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acts and many about bad acts. They were divided into small, medium and great things. The small things were represented by the numbers 1, 2, 3, 4, 5; medium by 10, 20, etc., and the great by 100 or 200. This book was a Book of Good Doctrine, and was called Gon-go-gaw. It makes different lessons for different treatments. One was how to treat the mother and father; one how the Emperor should treat his people, and how the people should treat him; another how the husband should treat his wife, and the wife the husband; another how to treat the brother and the sister; another how to treat the friend, the merchant, the proprietor, the servant, etc. He told the students to follow that book, and every night before going to bed to take a book and write out how many good acts in that day and how many bad acts in that day, and then perform worship before the God before going to bed. And the first year the bad things came to more than the good things, and the second year the bad and the good were equal, and the third year the good acts were more than the bad acts, and the holy man said, 'When the good acts are more than the bad acts, that becomes merit, and then you will get everlasting happiness in this way.' Now the book is all through the country and everybody knows that you can try."

Then Mrs. Ti Fong said: "That is a very good way; that is a new life for me," and she would like to perform worship before the God right away, and would like to commence that day to begin to follow that book, but Ying Fong said: "Man's duty is to do all good. We cannot call a partial doing merit. The holy man knows that, but this way makes easy steps for the beginner," and after that Ti Fong's conduct became very good. When he was bad he had been more bad than common, but when he was good he was more good than common, because he had the more power in his nature, and all the surrounding country afterward became Christian and the jail was empty all the time.

And after that Ying Fong prospered and his children and his children's children, for he had more than a thousand descendants after him.

And from these came many high judges and wise men, more than in any other county, and every year they divided the flower money. There was not one poor man among them; all were rich. Thus the goodness of one man brought him and his descendants for so long a time such great happiness.

Remarks on the above by Dr. Foo.

Such is the story of the Sacred Lily of China, which teaches us many lessons. When Cum Ying Fong, a poor man, helped the people he was so poor that he could not do much. How is it that the good acts of one man made the whole family to become happy, so that now more than one thousand descendants altogether receive benefit, besides their everlasting happiness in heaven? I am just talking of what people can see. It seems strange that the good acts of one man for a short time should bring so much benefit for a long time. But I think that the seed of happiness is like the seed of a fruit—like the apple, for instance. An apple seed is a very light thing, but in a single seed I can see many branches, many leaves, many flowers and much fruit. But if I talk of all these things in the seed everybody will laugh and say: "That man talks too big for that little seed; that man is crazy." But when I put

that seed into the good ground I need not wait so long as ten years, when there is a fine young tree, and soon after there are many branches and many leaves, and nice fruit hangs upon the branches. Then, in a few years more, the branches and leaves are more plentiful, and there is more fruit, and the people who pass by that tree say: "That's a good apple;" the children love that tree, and say, "Good apples," and present those apples to their friends; their good friends say: "Oh, that's a good apple," and it is sold in the store, and the customers say, "Good apples." The tree not only furnishes fruit for me, but all the family is furnished, not only for a short time, but for many years, and they all remember when the seed was very small and not put into the ground. But afterward it produced so much fruit and was of much benefit. And I think that the seed of happiness is just the same, and I am willing that the educated man, who knows the way to happiness, should teach me and many different teachings as to good acts and many about bad acts.

MEDICAL HISTORY IN CHINA.

A Brief History of Its Origin and Progress==A Calling Held in Especial Honor Among the Chinese.

Early Physicians Who Became Emperors--The Founders of the Great Imperial College at Pekin.

Some Account of the Later Schools, Founded by Li Hung Chang, in Which Western Ideas and Methods are Taught—An Interesting Interview Between Dr. T. Foo Yuen, the Celebrated Chinese Physician, and Mrs. Alice Rollins Crane, the Well Known Journalist and Writer.

Mrs. Alice Rollins Crane, a well-known writer and journalist of Los Angeles, in a recent interview with Dr. T. Foo Yuen, said to him: "I have been reading your 'Legend of the Sacred Lily of China,' and I know that the Chinese are a highly educated people. Now, I have something to ask of you. I recently heard a Chinaman say that there is no Imperial Medical College in China. Is that true?"

Dr. Foo laughed at this, and said: "Did that man say that? He don't know the history of the Chinese medical books. The people of some other country might perhaps say that there is no Imperial Medical College in China, because they do not know the conditions and customs in regard to the medical colleges of the Chinese. But there is no excuse for a Chinaman's saying this. Again, some one might have said this twenty years ago, but there is no reason for saying it now when people ought to know better.

"The truth is that the Imperial Medical College was founded four thousand years ago. The conditions and regulations of this college and the laws that govern it are different from those of similar colleges in other countries, but the name is the same, only translated into English, and I will give you proof of this.

The "Western Knowledge College.

"About twenty years ago, Li Hung Chang, the great and influential Prime Minister of China, had much respect for western customs and systems of knowledge in all professions, and he decided to build up schools of western knowledge in China by establishing colleges with faculties composed of English and German professors. In one college there were from ten to twenty members of such a faculty. There were colleges in which American physicians taught the western customs, one in Peking, one in Tien John, and one in Shanghai, and they are getting more. These teachers also go right into Chinese colleges and they are paid and supported by the Chinese government."

Mrs. Crane asked again: "Can you tell me in detail exactly about the

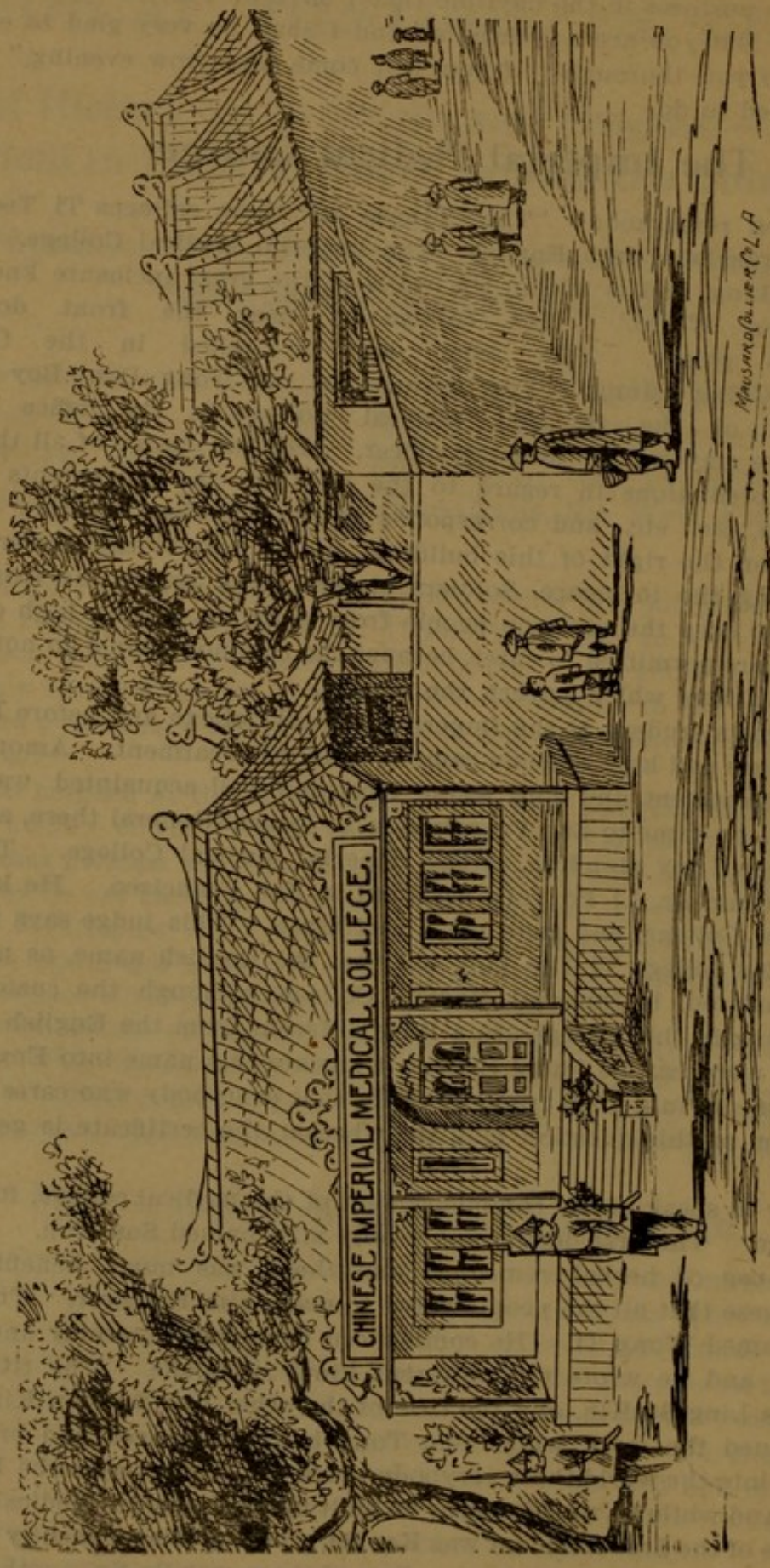
different professions represented in this way?" And Dr. Foo Yuen replied: "I have so much business in the daytime that I have no time to tell you about these matters. But you are a journalist, and I shall be very glad to explain these matters to you thoroughly if you will come tomorrow evening," which Mrs. Crane agreed to do.

The Imperial Medical College.

Dr. Foo then remarked: "The Chinese call these colleges Ti Tee Yun, which means, translated into English, 'The Imperial Medical College.' This college is in Peking, and is within the walls of the great inclosure known as 'The Emperor's World.' This college is near the front door of the Emperor's palace. This front door is called in the Chinese language Di Ching Mung. The college is on Tong Bew Boy street. On the right of the Imperial Medical College is the office of an official whom we may call an 'almanac officer.' He has charge of all the computations and predictions in regard to the weather, the movements of the heavenly bodies, etc., etc., and corresponds to the American weather bureau. The college is on the right of this building, and is next to the corner of the wall surrounding the incolsure. Soldiers always stand before the front door of the college to keep the common people from going in. Only high officials, such as judges, are permitted to enter, because the common people do not understand the regulations which govern the college.

"While I was a student at the Imperial Medical College and before I graduated, many judges and high officials came to take my treatment. Among those who took my treatment and with whom I became well acquainted was Judge Li Yung Yew, who came to San Francisco to be Consul-General there, and gave me a certificate of my standing at the Imperial Medical College. This was after I had become Dr. Li Po Tai's assistant in San Francisco. He knew me in the Imperial College, and gave me a certificate. This judge says that the Chinese call this college Ti Yee Yun, but that the English name, as nearly as it can be translated, is Imperial Medical College, although the customs and ways of teaching in this college are a little different from the English method. But no better word can be found than to translate this name into English. I keep this certificate in a glass frame in order that everybody who cares to make an examination of this question may see whether the certificate is genuine or not.

"And now to speak of the commencement of the medical college, four thousand years ago. The first doctor was a holy man named Son Non. He commenced the use of herbal remedies, and there was much benefit to the world from these that all the people voted to make him Emperor. The second doctor was named Wong Ti. He commenced to explain anatomy and the use of medicines, and he wrote two different kinds of books. The title of the first book was Ling Su Kin, and the title of the other was Su Man Kin. These books continued the work which Sun Tong had commenced and brought so much benefit into the world thate verybody voted for Wong Day to be Emeperor in his turn. And while he was Emperor he built up the Imperial Medical College. And the name of the first president was Kee Ba, who had a large faculty with him as associate physicians and teachers. One of these was Su Su, another Su Yu,



Chinese Imperial Medical College.

and another was Louen Kong, and another was Chung Man. These four put more power into the two books which Wong Day had written, and completed them. So it was required all through China that every doctor must be learned in these books and the teachings of them is very skillful indeed. But the grammar and construction of the language is very deep and difficult. This is true of any Chinese book, but the grammar of these medical books is harder than that of any other book in China.

Ancient Laws Regulating the Profession.

"So for many years the doctors were compelled to pass examinations in these books and all the very well educated doctors were sought out and divided into two classes, and they were called doctors of the first or second class. They were all called official, or judge, doctors. All of the doctors in the first class were kept in the Imperial Medical College for three years to learn more. They, therefore, stood much higher than the others, and were called physicians to the Emperor. The second-class doctors were permitted to go home, and were called doctors to take care of the people. And for all this time there was a law to regulate the practice of medicine, just as there is among English-speaking people. If a man could not pass the examination he could not call himself a doctor. But after the time of the tenth Emperor they found this law too severe, and they permitted students to graduate by quick and easy examinations, because the Chinese people had grown so fast that they could not furnish enough doctors to take care of the common people. So they suspended the operation of the law and permitted anybody to be called doctor. But only the graduates from the Imperial Medical College were permitted to be physicians to the Emperor, and these must have passed the examination the same as before. From that time until now there has been no closing of the doors of the Imperial Medical College. It has always been in operation. Whenever there has been a change of Emperors there has been some change in other laws and customs, but they never changed the management of the Imperial Medical College, which is still conducted in the same way as at first.

The More Modern Way.

"But since the law regulating the profession of medicine was changed almost all the students have chosen to learn from easy books, and all have wanted to learn quickly and the things that were handiest. So that there have not been many people to learn from the books written four thousand years ago, which are so hard. This matter is getting worse all the time, and the doctors are becoming of a cheaper class. The English people, who have been building up Hong Kong, employ doctors on the steamship lines and in the hospitals. Formerly they tried to have one English and one Chinese doctor in each place, and for this purpose they gave examinations for the Chinese doctors for a long time, but they could not find any Chinese doctors who could explain anatomy and the causes of diseases. This was because the educated Chinese doctors would not go to take these examinations held by the English, for the reason that the systems and knowledge were different, and also the medicines employed. From that time the English people in China have

detested the Chinese doctors because they have seen and known only the poorest and cheapest of them and those that have no education; and after a time, on the steamers and in the hospitals conducted by the English, only English doctors were employed, and they stopped employing Chinese doctors.

Lack of Good Physicians in China.

"For these reasons, anywhere through China, in the course of a few hundred miles, perhaps one, two or three very good native doctors will be found, and these perform so many wonderful cures that the English people are surprised They look on in surprise, and say: 'Men cannot show such skill as this. I think this doctor is helped by the angels.' The Englishman does not know that all the skill, which seems to him so wonderful, is from those first books published four thousand years ago."

Mrs. Crane said again: "I understand now all about the old Imperial Medical College. Can you tell me about the western-knowledge college?" To which Dr. Foo replied: "The colleges which teach the skill and knowledge of western nations, as distinguished from those of the Orient, were commenced in China about twenty years ago, and they teach all professions. Some of the teachers come from Germany, and some come from England. Their ways of teaching and their rules of management are just the same as those of colleges in America, and I need not describe them to you in detail. About nine years ago a certain doctor by the name of Quan Kin Yien graduated from the college of this sort at Tien John. He was a citizen of Sun-woo in the state of Canton, and belonged to the See Yup company. He had friends in San Francisco whom I knew. I offer this fact, in my own personal knowledge, as a proof of the existence of these colleges. During the past three years many states have established these colleges, and have brought citizens of western countries to be members of the different faculties. They teach all professions, and more colleges are constantly being established.

"Throughout China, however, the study of the English systems of medicine is growing less and less. The Chinese regard English physicians only as surgeons, in the doing of such operations as removing tumors and similar external difficulties. In other matters they do not have much confidence in these doctors. Consequently the doctors do not have many patients among the native people. They prefer the medical system taught in the ancient books printed four thousand years ago.

"There is a great deal of talk about the western knowledge colleges in the newspapers, and I have given this proof of their existence and have also told you about the old college, because that man told you that there is no Imperial Medical College. It might be excusable for an alien to say that there is no such college in China, but it is not right for any citizen of China to say so."

And Mrs. Crane replied to this last remark: "I think that is true." This closed the interview.

CHAPTER IV.

A College of Oriental Medicine in Los Angeles—A Long Cherished Plan of Dr. Foo's—Encouragement From Many of His Patrons.

HIGH PRAISE FROM A MINISTER

ON THE ANCIENT ART OF HEALING THE SICK.

Rev. James Bracewell Pays Tribute to the Wonderfull Skill of the Celebrated Oriental Imperial Physician, Dr. Tom Foo Yuen.

He is the Best Fitted Man to Establish and Preside Over an Oriental Medical College in this Country—Something New in America.

A remarkable thing about the Oriental system of medicine is its growing popularity in the United States. Of course, everybody is prejudiced against anything Chinese, as we forget that there are all classes among this people, as among other races, the rich and the poor, the small and the great, the educated and the ignorant. We of America judge the whole nation by the standard of its lowest class, the laborers who come to our shores and undertake menial employments. We rarely meet the men of education and influence, and know comparatively little about them. The surprise of an American is therefore great when he finds that herbs imported from China and prescribed by a Chinese physician have cured him of some painful and perhaps chronic malady. It has occurred to many people who have had this experience that the American people at large ought to have the benefit of these remedies. It seems like a very plain and simple proposition that if there are medicines not in use among our own physicians, which are nevertheless of great value, those medicines ought to be brought to their attention and they ought to be induced to investigate their merits, and, if found satisfactory, to adopt them in their practice. Dr. Foo is willing to assist in this effort, and many of his patrons believe that it would be successful. The intention is to establish a College of Oriental Medicine, at which the principles of this system shall be taught to all who care to study them, just as the methods of other systems of medicine are taught in other schools. Among the many men who, from the favorable opinion which they have formed of this method of healing, are desirous of seeing such a school established in Los Angeles, is the Rev. James Bracewell of Ontario, a gentleman of intelligence and culture who has had opportunity to study the merits of this system, and has been very favorably impressed by them. His letter was originally published in the Los Angeles papers, December 22, 1896, and is as follows:

ONTARIO, Cal., Dec. 8, 1896.

To the Public:

I became acquainted with Dr. T. Foo Yuen, the celebrated Chinese physician, about three years ago, and in conversing with him I learned much of his methods of diagnosing diseases and the medicines he uses in his practice. I was much surprised to learn that his only method of locating diseases in the human body, and the strength or virulence of the disease, was by simply feeling the pulse. So to satisfy myself and remove all doubts in regard to the matter, I put the doctor to the test and found that he exactly described my condition. I also talked with several persons present who had been treated by him and had been entirely cured of diseases of long standing, or in a fair way of complete recovery. Those parties all expressed the utmost confidence in his ability as a skillful physician; in fact, so far as I could learn, all those cases were chronic, difficult and unyielding, where the ordinary means as employed by our American doctors had utterly failed to effect a cure.

For the sake of suffering humanity in the United States, where diseases are so prevalent, I should be glad if Dr. Foo should establish a medical college in this country, where the Chinese system of medicine as taught in the Imperial Medical College of Peking, China, could be taught, and thereby a knowledge of the ancient art of healing the sick could be spread abroad in this country. Many people are very much prejudiced against the Chinese system of medicine and the methods employed by Chinese physicians. This is to be accounted for by the fact that most people fail to distinguish between the ignorant and in many cases fraudulent Chinese physicians and those who are educated, intelligent and conscientious. All the graduates of the Imperial Medical College of Peking are very well educated, so I am well informed from the best authority, but there are only thirty of those physicians in the vast Chinese empire, and their practice is confined mostly to their own countrymen.

Dr. Foo is a graduate of the Imperial Medical College of Peking, China. He is a nephew of the distinguished Li Po Tai, formerly of San Francisco, Cal., from whom he received much information as to the difference in the physical make-up between the man of Oriental birth and the man of Occidental birth, the difference being caused by climate, soil, food and environment, and all these things cause different diseases or modifications of the same disease, and hence rare skill is required on the part of the Chinese physician to so accurately determine the nature of the disease and the proper remedies to give in each particular case.

Dr. Foo is without a peer among Chinese physicians in the United States.

I was very much gratified to see in the Los Angeles Times of November 22 last the two lessons or chapters from his works. Also to read them as printed in his recently published gift book, which contained many testimonials from his American patrons.

These lessons are, in the main, all new to me, but they convince me as being based upon scientific principles.

He has condensed one hundred Chinese medical books into these lessons or chapters, and has translated them into simple language.

Dr. Foo has a diploma from the Imperial Medical College at Peking, China, and certificates from the Chinese Consul at San Francisco, all of which are

genuine. I believe Dr. Foo is the proper man to establish a Chinese medical college in this country, and thus impart to our people a knowledge of the system of medicine as taught and practiced by learned physicians of China.

At one time the homeopathic physicians were not recognized in this country, but now receive the same recognition as is given to the allopathic physicians.

Dr. Foo being a skilled physician, an educated, conscientious gentleman, is entitled to the same consideration and respect. Our government ought not to discriminate against any man on account of race or place of birth, but accord to all equal rights and equal protection, and we should recognize skill, worth and merit wherever we may find them.

I have written this letter in order to say something in behalf of Dr. Foo and his books and writings.

I should be glad if others who are interested in these matters would lend a helping hand, and thus give encouragement and support to what I consider a worthy and meritorious cause. Yours truly,

REV. JAMES BRACEWELL.

THE COLLEGE OF ORIENTAL MEDICINE.

An Opportunity for Americans—They May Now Acquaint Themselves With the Most Ancient System of Healing Extant.

Rev. Mr. Bracewell's letter attracted a great deal of attention among Dr. Foo's numerous friends and acquaintances. Letters from others in favor of the plan of establishing a college soon began to come, showing that the idea was popular with those best qualified to judge of its merits. We give a few of these herewith, as they illustrate the standing which this system has attained among its friends.

Not the least of Dr. Foo's accomplishments is his acquaintance with the English language. When he came to America he knew not a word of English, but now he speaks it with surprising clearness, and shows wonderful aptness in learning the exact shades of meaning of new words and in acquiring their pronunciation. This faculty of learning a language which all foreigners find difficulty in acquiring is doubtless due in great part to Dr. Foo's overmastering ambition to be the first of his race to impart the secrets of Oriental medicine to the western world. This has been a favorite project with him ever since he first came to this Coast, and he is now perfecting arrangements to carry the plan into execution. He proposes to establish a school or college of Oriental medicine, in order that American physicians and others may familiarize themselves with diagnosis by the pulse and with the use of the Chinese herbal remedies, as well as with the philosophy of the system.

To the unthinking, this plan may seem foolish and impracticable. There are always people who are willing to condemn, without investigation, anything that is new to them, especially if it comes from a country which is supposed to be inhabited by barbarians. But it is a striking fact, which cannot be ig-

nored, that those who know Dr. Foo best are the most ardent supporters of his plan. It is hardly reasonable to suppose that these people are all mistaken in their ideas of the value of this system of medicine. Some of our own physicians even, who have investigated it, have declared that there is merit both in diagnosis by the pulse and in the use of non-poisonous herbal remedies. Just how far these can be used under American habits of life and ways of thinking may be a question, but many shrewd observers will believe that there are fortunes awaiting the people who are the first to study into these matters and adapt this system to the needs of our civilization.

Great Benefit to Americans.

The following is from a lady who has had a very remarkable experience with this system. She says:

LOS ANGELES, Cal., Dec. 15, 1896.

In 1895 my little daughter, Clara, was cured by Dr. Foo of a very long and painful disease, which required a great deal of surgical attention and had been unsuccessfully treated by eight white physicians. They had pronounced the case incurable, and had given her up, but Dr. Foo cured her without the use of instruments and without any pain or danger, simply by the use of herbal remedies and some local applications. The full history of this cure was published in the Los Angeles papers in February, 1896, and I think that everybody will still remember it, as it attracted a great deal of attention at the time.

Not long ago I had a great deal of trouble with neuralgia in the head, with fainting spells. Dr. Foo gave me remedies for these difficulties, which I took for four months and a half, with the result that I was completely cured. My son, Will P. Carr, while working in the mines in Arizona, contracted mineral poison, which took the form of eczema. He could not come to Los Angeles for treatment, but I learned that Dr. Foo is able to treat patients at a distance by means of an excellent list of questions which he has prepared. My son answered these questions carefully and wrote a letter every two weeks telling about his condition as fully as possible. Dr. Foo would send two weeks' medicine at a time, and in this way my son was cured in three months. Then I understood that Dr. Foo's skill can be adapted to all cases both at home and at a distance.

Others of my friends have had similar experiences with Dr. Foo, and all have been satisfied with the results. I am convinced by what I have seen that Dr. Foo must have had a very thorough education in Oriental medicine, which fact is further shown by his position as a member of the faculty of the Imperial Medical College at Peking, China. November 22, 1896, I noticed Dr. Foo's "Two Lessons on Physiology," in the Los Angeles Times, and I have also seen his New Gift Book of 125 pages. I think that these lessons are excellent and very clearly written. The language and grammar are so plain that all can understand them. There are also many first-class testimonials from different people that I was more pleased to see this little book than any other that I have ever seen in my life, for I believe that the people ought to know about this system of curing disease.

I have thought for a long time that some influential person ought to take

this system up and introduce it to the notice of the American people, for it is certainly worthy of study.

I have been in hopes that somebody who was qualified would make a strong plea for Dr. Foo's skill and attract students to his system of curing. I believe that this would be a great benefit to the American people and to the world. I now understand that Rev. Mr. Bracewell has given his opinions for this purpose, and I shall certainly try to help him in every way within my power. I am very glad to see this plan started, and I believe that it will succeed.

My own knowledge of Oriental medicine is proved by facts which are so clear that it is impossible for me to question them. These facts are also known by a wide circle of my friends and acquaintances. If there were no other cases of cures except those in my own family I should be fully convinced of the merits of this system. I therefore have no hesitancy in recommending his system, and I am sure that if it can be taught in such a way that our own people can understand the use of these herbal remedies and can learn how to prescribe them for various diseases, a great deal of good will result and many people in all parts of the country will be benefited. I hope that the proposed college will be a success.

MRS. ANNIE HUMPHRY,
217 East Ann street.

Advantages Over Other Methods.

George W. Hazard discusses this subject in the following appreciative letter:

LOS ANGELES, Cal., Dec. 14, 1896.

I have seen the letter written by Rev. James Bracewell of Ontario, published in the Los Angeles Express of December 12, in reference to the establishment in this country of a school of Oriental medicine by Dr. T. Foo Yuen. Mr. Bracewell is entirely disinterested in this matter, having derived his favorable opinion of Oriental medicine from personal observation. His motive in recommending the founding of such a school is simply that of doing good to the world, and is prompted by his kindness of heart and his philanthropy as a minister of the gospel. I know Mr. Bracewell and have a high opinion of his character and attainments, which command the respect of all who know him.

His ideas are in accord with those of many others who have personally studied the merits of the Oriental system of medicine and have watched the results of that system, either in their own cases or in the cases of friends and acquaintances. I am aware that it is the fashion, in some quarters, to discredit this system because it comes from a people who are supposed to be inferior in intelligence to the Caucasian race. While I am not inclined to discuss this question at length, yet there are a few well-established facts which indicate that this widely-prevalent opinion is erroneous, and show that this ancient system of medicine is, in many respects, both of theory and of practice, superior to that which is practiced among us at the present time. To discredit it and despise it simply because it has come down to the human race through hundreds of years and because it is practiced by a people who are aliens to us, seems to me a mark not of intelligence, but of foolish national pride, or race prejudice, which prevents us from seeing the good that may exist among other nations.

Take the Chinese ideas of anatomy, for instance, which were originally founded upon the practice of vivisection. These ideas differ in many important particulars from the ideas taught in our own schools. Yet they are so thoroughly rooted in common sense that they appeal at once to the intelligence of all who take the trouble to investigate them without prejudice. The teachings of the Oriental system in reference to the functions of the spleen are an example of this. Physicians of our own race admit that they know nothing about the functions of this organ. They so state in their text books, and so they inform their medical students. In a controversy over the merits of Chinese medicine about a year and a half ago a prominent physician of Southern California accused Dr. T. Foo Yuen of false pretenses because he claimed to know something about the functions of this organ, and ridiculed this claim, saying, in effect, that if this were true Dr. Foo knew more than all the great doctors who have ever lived among civilized races.

I was told recently by a gentleman of intelligence and personal integ[illegible] a case in Southern California in which ignorance of the functions of this organ was a factor in determining the life or death of a patient, Alexander Gordon, the victim of a gunshot wound, accidentally received in the stomach. During an operation the attending physicians came upon the patient's spleen, in the course of their cutting. "We don't know what this is for," they said, "and it isn't of any use to the man, anyhow." So they cut it out and threw it away. The patient died in a few hours. This incident, incredible as it seems to be, was told to me for truth, and, whether it is true or not, it shows the general ignorance of the medical profession as regards the functions of this organ is well understood among all classes.

Now, as God made the human body as it is, He evidently intended the spleen to perform some important function. If it had nothing to do it would not be a part of the human body It is certainly astounding that students of the human body should remain in ignorance of the functions of this or any other organ, or, being ignorant, should be willing to admit that ignorance, and should deride others for claiming in good faith, to possess knowledge upon this subject.

Dr. Foo, in his recent book, which he is now sending free to all, fully describes on pages 12 and 32 the important functions of the spleen. It would certainly be more consistent with the character of the student to be willing to investigate the knowledge even of an Oriental, and to determine, by a fair and unprejudiced inquiry, whether that knowledge is well founded or not.

The Chinese system of anatomy and medicine explains this matter and many others upon which our ideas seem to be indefinite and confused. Dr. Foo has briefly explained the functions of the spleen in chapters from his forthcoming books, already published, and will discuss them more in detail at a later date. The American people are the wonder and admiration of all other nations of the world for their advance and progress in everything outside of the care of their bodies and lives. In matters of trade, finance, transportation, mining, agriculture and everything in which human ingenuity may be applied to mechanical or industrial pursuits, we lead the world. But we, as a nation, are making no advances or improvements upon our own methods of taking care of our health and curing our diseases. This neglected field seems to me the most important field of all, and I think that when a new system of medicine—

or at least one which is new to us—is offered to us, we should give it a careful consideration. I believe that the profession of medicine is more important today than any other profession, and is less satisfactory as compared with the advances in other professions.

It is not only in theory that the Chinese system of medicine has shown its merits and proved its successes. In results it is equally satisfactory. It is impossible to explain away this fact, which is proved by the testimony of many living witnesses. There is something in the remedies used or the diagnoses which cure where other methods fail. I do not make the absurd claim that this system always cures, or the equally absurd claim that no other system has any good in it, or that all our physicians are ignorant or incompetent, but I do say that in many respects, and in the treatment of many diseases, the Chinese system has advantages over others, as is shown by the results of treatment with the Chinese herbal remedies.

For this reason I am in favor of the establishment of an Oriental college of medicine in Los Angeles, as suggested by Rev. Mr. Bracewell's letter. I believe that a consistent, thorough and unbiased study of the principles underlying this system of medicine would benefit humanity by adding to the sum of human knowledge upon questions of health, which are questions of the very highest importance.

GEORGE W. HAZARD.

A General Letter From Some of Dr. Foo's Patrons, Showing That Results Have Restored Confidenee.

LOS ANGELES, California.

Dr. T. Foo Yuen, City:—

Dear Sir:: The results of our treatment by the Oriental system of medicine as practiced by you have been very satisfactory to us, and have proved to us that there is great benefit to be derived from the herbal remedies when their use is directed by the care and skill of which you are possessed.

We have also watched the effects of this treatment in other cases of which we have known or which we have seen while we have been your patrons. The favorable results in these cases have inspired confidence in the system and in your skill and ability. These remedies seem to be adapted to a great many different diseases and to be successful in an unusually large proportion of the cases which commence treatment.

We believe that a wider knowledge of the principles of this system would result in great good to invalids and to the world in general. We think that such knowledge ought to be encouraged in every way, and that people ought to be urged to study this system, both in its theories and in the many cases which show its results. We believe that you are well qualified by your skill in the use of these remedies, by your knowledge of the English language, and by your acquaintance with the conditions of the treatment of white people, both to teach the theories of the system of medicine and to practice those theories in particular cases, as applied to the treatment of different diseases.

For this reason we are willing to sign this general letter of recommendation

as an encouragement to others to study this system, and, if out of health, to test it for themselves. Very truly yours,

MR. H. D. EVEREST, P. O. box 283, Los Angeles.
MR. E. W. SANDISON, 38th and Budlong avenue, Los Angeles.
MRS. T. D. MERRYMAN, 3020 Hoover street, Los Angeles.
COL. E. D. G. MORGAN, Duarte, Cal.
MRS. M. RAYMOND, 1037 S. Broadway, Los Angeles.
MR. A. J. SANBORN, 419 E. Fourth street, Los Angeles.
MR. E. M. WADE, 115½ N. Main street, Los Angeles.
N. VAN ZANDT, Ft. Dodge, Iowa.
MRS. B. HOWARD, 467 C street, San Bernardino, Cal.
MR. J| W. SYMES, Redlands, Cal.
MR. HENRY F. DE SOUZA, San Jacinto, Cal.
MR. B. J. INWALL, San Jacinto, Cal.
MRS. E. P. HILLMAN, 919 South Broadway.
H. I. ROPER, Station A, Los Angeles.
MRS. S. E. BRYSON, Belmont avenue and Temple street.
A. WILSON, 261 E. Tenth street, Riverside, Cal.
GEO. W. HAZARD, 933 South Broadway.
MRS. A. T. CHUBB, 949 South Broadway.
WM. COGSWELL, 1138 South Flower street.
MISS SADIE MC PHERSON, McPherson, Orange county, Cal.
C. B. GRANNIS, 1508 South Main street.
J. J. TYLER, South Pasadena, Cal.
MRS. P. N. PORTMAN, 501 Temple street, Los Angeles.
F. E. STURGIS, 301 South Broadway, Los Angeles,
C. R. WHEELER, 117 San Pedro street, Los Angeles.
MRS. J. C. RHOADES, Los Angeles.
A. A. DEXTER, Jr., 4th and A streets, San Bernardino, Cal.
MR. and MRS. MAGGA MOTHERSPAW, Del Rosa, Cal.
E. R. VAN DEURSEN, 482 Third street, San Bernardino ,Cal.
W. M. WRIGHT, Ontario, Cal.
J. T. BURROWS, San Bernardino, Cal.
E. P. LANE, San Bernardino, Cal.
HENRY B. RUGGLES, Redlands, Cal.
JOHN SCEALEY, Redlands, Cal.
A. J. HENDRICKSON, Redlands, Cal.
J. R. CAMPBELL, Redlands, Cal.
MRS. MATTIE REEDER, Redlands, Cal.
E. C. WARREN, Redlands, Cal.
MRS. FANNIE VAN LEUVEN, 1844 Naud street, Los Angeles, Cal.
MISS B. M. COX, Riverside, Cal.
MRS. C. ELLIS, 623 Tehama street, Los Angeles.
J. B. COURTNEY, 730 Commercial street, Los Angeles.
MRS. J. A. JONES, 1002 Alpine street, Los Angeles
P. J. BRANNEN, 1301 West Washington street, Los Angeles.
MRS. T. G. KELTY, San Bernardino, Cal.

A NEW DEPARTURE.

INTRODUCING DR. LI WING OF SAN FRANCISCO.

Selected by Dr. Foo as an Associate, He Comes to Los Angeles—A Son of the Eminent Chinese Practitioner, Dr. Li Po Tai—Therefore a Cousin to Dr. Foo —Their Plans for the Future.

Finding that his constantly increasing business was giving him no leisure to carry out his plans for an Oriental college, but was consuming practically all of his time and energies, Dr. Foo decided to secure an associate in his labors. He selected as such associate his cousin, Dr. Li Wing, of San Francisco, a son of the late celebrated Chinese physician, Dr. Li Po Tai, who practiced his profession almost exclusively among the white residents of San Francisco and other cities and portions of California for almost half a century, and was famed far and wide for his ability, his energy, his tact and common sense, and his wonderful success in the treatment of disease, attaining a position, a clientage and a financial standing that might well be the ambition of any medical practitioner. Dr. Wing was educated, like Dr. Foo, at the great Imperial Medical College at Peking, and also received a very thorough education in medical practice from his distinguished father, especially in the adaptation of the Chinese system to the treatment of Caucasians, an adaptation which is very difficult and requires much study, original investigation and experience, because the physical environments and the surrounding conditions of the Caucasians environments and the surrounding conditions of the Caucasians are so very different from those of the Oriental. Medicine acts very differently upon the body of a white man than they do upon the body of a Chinaman or a Japanese, and the ways of administering them have, therefore, greatly to be modified. Dr. Li Po Tai achieved his wonderful success in a strange land among an unknown people, speaking an alien tongue, simply because he thoroughly understood this fact and made a study of the conditions which are back of it. The result was that he succeeded in thousands of difficult cases where others of his fellow-countrymen, physicians like himself, failed ignominiously. He intended his son, Dr. Li Wing, to be his successor, and took infinite pains in teaching him these truths, which he regarded as of the very highest importance.

Having selected Dr. Li Wing as his associate in the work which he had planned, Dr. Foo set about to secure him, and it may interest those who know something about this system of medicine, or have a certain degree of curiosity concerning it, to know the truly Oriental method by which this was accomplished. Dr. Wing has successfully practiced his profession in San Francisco for the past several years. His family and friends are there, and Dr. Foo

knew that he would not care to leave that city unless to enter a wider field. One circumstance, however, favored the plan, namely, the still unsettled difficulty between the Chinese societies, the Sam Yups and the See Yups, in San Francisco, which has brought about a war that practically paralyzes all industries, occupations and professions among the Chinese population of San Francisco. Taking advantage of this state of affairs, but nevertheless making no mention of it in his letters, Dr. Foo commenced negotiations with truly Oriental diplomacy, by enlisting the services of his white patrons and friends in Los Angeles and sending Dr. Wing a letter signed by many of them, which showed not only Dr. Foo's present secured position among his clients, but the prospects of still further progress. This letter, with the signatures, was as follows:

Letter to Dr. Li Wing.

LOS ANGELES, Cal., Feb. 27, 1897.

Dr. Li Wing, San Francisco, Cal.—

Dear Sir: Since the first of the year many people in Los Angeles section of Southern California have signed their names to a paper to help Dr. Tom Foo Yuen start an Oriental medical college in Los Angeles. These names were published in the annual or New Year's edition of the Los Angeles Times and Herald. A great many people in different places have read these names in the papers, and many students would be glad to come to Los Angeles and study with Dr. Foo and learn from him the Chinese system of medicine.

Everybody says, however, that the college should have an associate physician in order to satisfy all students. For a long time we knew of your father, Dr. Li Po Tai, whose name was known and respected through all America because of the wonderful cures which he made. Now, we understand that his son, Dr. Li Wing, has succeeded to his father's practice and has a great deal of skill. He has been taught by his father how to use the Oriental remedies, and is in every way the proper man for that department of associate physician.

For this reason we believe if Dr. Li Wing would come to Los Angeles to help Dr. Foo in the college, everybody would understand, and many would make up their minds to start in as students. Some who have been thinking of entering the college say as much. We would like to satisfy them in this respect, and are very anxious to have the Oriental college of medicine start.

We therefore sign our names to this paper, asking you to come here to help Dr. Tom Foo Yuen in starting his college, and we hope you will soon come to Los Angeles for this purpose.

In this way you will help a great many people who would like to see this college make a start, and by coming you will please not only us but many others.

(Signed:)

ROBERT MC PHERSON, McPherson, Cal.
JOHN SCEALEY, Crafton, California.
MRS. P. N. PORTMAN, 501 Temple street, City.
S. B. SAMUELSON, 935 Beacon street, City.
JOHN O. MARR, White Sulphur Springs, Montana.
J. L. F. MC LAIN, San Bernardino, Cal.

GEO. W. HAZARD, 33 South Broadway, City.
WILLIAM STEVENSON, 426 South Pearl street, City.
MISS B. M. COX, Riverside, Cal.
WILLIAM G. COGSWELL, 1138 South Flower street, City.
R. S. BEACON, 618 Upper Main street, City.
MRS. LINDA H. LUNT, Pasadena, Cal.
A. O. GALE, Merchant street, City.
MISS FLORENCE BRACEWELL, Ontario, Cal.
MRS. W. O. LEWIS, 902 South Hope street, City.
MRS. GERTRUDE E. SAMO, 623 Tehama street, City.
C. B. GRANNIS, Dayton street, City.
MRS. A. HUMPHREY, 217 East Ann street, City.
JOHN J. BREEN, Walnut street, City.
MRS. JOSIE PANKEY, Pico Heights, City.
MRS. MATILDA STRONG, 520 Temple street, City.
JOHN P. DEERING, City.
MRS. FANNIE VAN LEUVEN, City.
MRS. ISABELL SANBORN, 419 East Fourth street, City.
E. P. LANE, San Bernardino, Cal.
J. T. BURROWS, San Bernardino, Cal.
W. M. WRIGHT, Ontario, Cal.
W. T. MOTHERSPAW, Del Rosa, Cal.

Dr. Wing's Reply.

To this communication Dr. Wing returned the following reply:

SAN FRANCISCO, Cal., March 6, 1897.

Dr. T. Foo Yuen, Los Angeles Cal.:

Dear Cousin:: Your letter dated the 27th of last month has been received, and I have read it very carefully. I desire to thank you and your friends in the city of Los Angeles for the very high honor that you have done for me in asking me to come to that city and to assist you in practice there and in establishing the college of Oriental medicine.

For many reasons I would like very much to remain in San Francisco, because my mother and my wife and all of my friends are here, and as I have lived in this city a great part of my life, I have become attached to it and to its inhabitants. But the trouble among the Chinese here is making everything unpleasant for us all, and there is even danger in remaining here, as it is so hard not to take sides with either the See Yups or the Sam Yups, and whichever party one favors the other is sure to make trouble. I think also that I should like the southern part of the state, its climate and scenery, about all of which I have heard a great deal.

For these reasons I have concluded to accept your very kind proposition, and to come to Los Angeles as soon as possible. I have the medical book which my father kept and used for forty-five years. It tells all about the difference between the American and Chinese in their constitutions and ways of life, and the differences in the ways of treating them. I think it will be very valuable to us, and will also be a good thing to teach in the Oriental college, as well as those principles of medicine which were taught to us in the Imperial College at Peking. I believe that this system of medicine, as modified and put in force by my father, Dr. Li Po Tai, is the best that men have ever used for the cure of diseases, and that it will cure more diseases and those of greater severity and danger than any other system ever known.

I shall hope to be with you in Los Angeles within a couple of weeks, and in the meantime I wish you continued prosperity. Your friend and cousin,

LI WING.

CHAPTER V.

THE FOO AND WING HERB CO.

Advantages of this New Incorporation---A Very Strong Alliance.

Both Physicians the Former Students of Dr. Li Po Tai—They Inherit the Results of His Long Experience and Great Learning—Dr. Li Po Tai's Book on Treating the Diseases of Americans.

Dr. T. Foo Yuen

Dr. Li Wing

In pursuance of the preceding correspondence Dr. Wing arrived in Los Anegels a few weeks ago, and has since been associated with Dr. Foo at the latter's office and residence, No. 903 South Olive street. Those of Dr. Foo's former patrons who have met his new associate have been very much pleased with Dr. Wing's personality and address, and with his evidently complete mental equipment for the practice of his difficult profession. Any one who will take the trouble to glance at the foregoing pictures of these Oriental doc-

tors will see at once that they are both men of superior intellectual endowments. There is just as much difference between the higher and lower orders in China as in any other country, and heredity, education and special training prepare the best men for the best work in China as in America. Both Dr. Foo and Dr. Wing have inherited their calling, it having descended to them through a long line of ancestry; and every faculty of their minds has been trained and refined in this direction from their birth. Their training at the Imperial Medical College and their success in this country are a guarantee of even greater things in their future careers.

He has been a successful practitioner in San Francisco for several years. Dr. Foo is too well-known to the citizens of Los Angeles to need any introduction. The two together will unquestionably make the strongest firm of Oriental physicians that have ever come to any American city. They will not only practice, but will teach, write and explain, and will show to the citizens of this city and of Southern California just what the genuine Oriental system of medicine which has been handed down from generation to generation among the Chinese for the past four thousand years, can accomplish when it is sustained by the highest skill and is administered with the knowledge born of study and experience. Further information upon these subjects will be given later.

Dr. Wing, in entering upon this business arrangement, desires to add that he has entirely severed his business relations at San Francisco, and intends to build up a life work among the people of Los Angeles.

An incorporation has been formed under the laws of the State of California, and the title of The Foo and Wing Herb Company.

The principal place of business of this corporation will be 903 South Olive street, Los Angeles, and its objects are to carry on and extend the work begun by Dr. Foo.

One very important advantage which this new company has over all other practitioners of this system of medicine in this country is the possession of all the written records of the late Dr. Li Po Tai of San Francisco, which Dr. Wing, his son, has inherited. Dr. Li Po Tai united learning and experience with great powers of observation and analysis. He was a man who would have made his mark in any land and in any vocation. He was shrewd, keen and energetic. This is shown by the wonderful practice he had and by the large estate which he left to his heirs as a result of that practice.

It was Li Po Tai's custom to make notes of important cases, showing the ways in which he changed and adapted the Chinese system of medicine in the treatment of people of the Caucasian race—to whom, by the way, his practice was almost entirely confined. He held that the difference in climate, habits and customs, and in food and drink, between the people of the Orient and those of this country established differences in constitutional powers and temperament, and that these differences should all be carefully considered in adapting the Oriental system of medicine to white people. All the results of his experience, extending over nearly half a century, are embodied in these notes, which make a very large volume and afford material for several ordinary books. This material will be used by the Foo and Wing Company for the benefit of the American people, as Dr. Li Po Tai intended that it should be used.

The First Home of the Foo & Wing Herb Company

The above cut represents the office of the Foo & Wing Herb Company, together with a few of the many patients who have been benefited by the genuine Oriental System of Medicine as practiced by these physicians.

CHAPTER VI.

BIOGRAPHICAL SKETCH OF DR. LI WING

Dr. Li Wing, son of the celebrated Chinese physician, Dr. Li Po Tai, was born in San Francisco, California, in 1864. His father was very fond of him, and was accustomed to make a great celebration of his birthday. He would invite many of his Chinese and American friends to a grand banquet in the Chinese style, which would cost anywhere from one thousand to two thousand dollars. Nearly as many Americans as Chinese were present on the occasions, which were always remembered as scenes of joyful festivity.

As soon as he was old enough, Li Wing was sent to school; at first to a Chinese school, where he proved to be an apt scholar and learned very fast. When he was thirteen years of age he commenced to go to a school for Chinese students, in which the teachers were Americans. He devoted his forenoons to this school, and in the afternoon his father taught him from the Chinese medical books. There were many other Chinese students at the same American school, but not one was so quick at learning as Li Wing. In his half-day of attendance he made better progress than the others made in the whole day, and all of his teachers said that his brain power was two or three times the average of boys of his age.

When Li Wing was sixteen years of age he was living on Washington street, in San Francisco, and on the next street, which is Jackson street, he had a student friend named Wong Fook. Li Wing used often to go to see him, and Wong Fook used to go to see Li Wing. One day Li Wing took two others of his student friends to see Wong Fook. One of these was Wong Chung and the other was Lee On. Lee On said to Wong Fook: "Why have we not seen you for the past ten days?" And Wong Fook replied: "I have been sick, and the medicine that I have taken has done me no good. I don't know what to do." Then Li Wing felt Wong Fook's pulse and said: "Your sickness comes from inflammation, which has been for a long time in your system. Now you have taken cold. Then the old inflammation showed itself. If the ordinary doctor is not skillful in the pulse diagnosis, and only knows one thing, and does not understand about this old trouble in the system, which is hidden away, then he cannot do you any good. If you go to my father you will receive a benefit in two or three days, and you will be made entirely well in ten days."

Wong Fook answered: "My father went to ask him to come to see me, but he said that there were so many American patients waiting all the time to see him that he could not go out." Then Wong Chung said: "There is an old doctor on Dupont street, over sixty years old; you can have him come here to see you."

Soon afterwards Li Wing and Lee On went away, and went to Lee On's home. There Li Wing wrote a letter and sealed it up, and gave it to Lee On, saying: "If Wong Fook's condition becomes serious, open this letter, and there you will find a good prescription for him." Then Lee On's mother, who saw

the two in the parlor together, laughed when she heard this, but said nothing; and Li Wing added: "We must save his life. It isn't right for you to laugh," and he went away.

After this Lee On's mother sent him every day two or three times to see Wong Fook, for five days, and found that he was getting worse every day. When she learned this, Lee On's mother had him go and see Wong Fook and tell him what Li Wing had said. Then they opened the letter, which said: "I think the old doctor who sees that boy (Wong Fook) finds him looking very weak, and is making a strong tonic for him. He already has a great deal of inflammation deep in his system. The doctor does not understand diagnosing by the pulse; but the medicine which he is giving Wong Fook will burn up the juices of his body, and the inflammation already there will keep getting stronger and will burn out his life very fast."

Then Wong Fook's mother did not know what to do; but Lee On's mother said: "I see that Li Wing tells everything better than anybody else that we have seen. He knows more about this case than that old doctor. He is a very smart boy, and he has had so many suggestions from his wise old father that I think his way will surely cure your boy. No matter if he is young. You need not pay any attention to that." Then Wong Fook's mother had Li Wing come and see him and prescribe for him. In two days he was a great deal better, and after two or three weeks he was entirely well. Wong Fook had an account of the case printed in the Chinese newspapers, and Li Po Tai saw saw these, and so learned about it. He was delighted to learn that his boy had shown himself skillful, and then he made up his mind to send him to China to go to the highest schools of China and finally to the Imperial Medical College. This was done, and Li Wing received his diploma from the medical college in 1891, or six years ago.

When Li Wing was a boy, a Chinese phrenologist, who was then sixty years of age, a man named Wong Gom, said that Li Wing's features were unusually good, and that his head was of a most excellent contour; that in the forehead, in particular, he had more development than is usually found in three people. Wong Gom said that he had examined the heads of a hundred thousand people during his life, and had found only three men whose heads were as good as Li Wing's. The other two were Li Hung Chang and Tom Chung Chong, the latter a noted Chinese official residing in Canton, the former the well-known Chinese statesman. The third man was Li Wing.

When Li Wing's father was forty-eight years old he burned his face, which accident caused him to appear old; but about the time that he first came to California, at thirty-one years of age, everybody thought that he was only twenty years old; and when he was nearly forty years old, still people thought that he was only about thirty. This was because he was very careful in respect to the food and liquids that he took, and his diet was of a sort to help the gastric juices, which kept his skin soft and young. He avoided fried and roast meats, which promote the natural heat of the body and dry up the natural oils of the skin. Dr. Li Wing learned this way of life from his father, and has always followed it. And, like his father, he has always looked younger than he really is.

Li Wing graduated from the Imperial Medical College two years later than

Dr. Foo. Soon after his father's death he came to San Francisco, and took charge of his father's practice there until early in the present year, when, upon an invitation from Dr. Foo and many of Dr. Foo's patrons in Southern California, Dr. Li Wing came to Los Angeles and became a member of the Foo & Wing Herb Company.

Dr. Wing's diploma is the same as Dr. Foo's, and they had the same teachers. As the diplomas are identical, we shall not reproduce Dr. Wing's in this place, because it would be a mere repetition of something the reader has already seen. But we give herewith a fac-simile of the certificate received from the Chinese Consul-General at San Francisco, and the following letter from a well-known firm of attorneys at San Francisco:

Simon C. Scheeline. S. Rosenbaum.

Office of
ROSENBAUM & SCHEELINE,
Attorneys-at-Law,
214 Pine Street, Rooms Nos. 36, 37, 38.

SAN FRANCISCO, Cal., March 27, '97.

To whom it may concern:

The several law firms with which I have been connected since the year 1869 have been the attorneys and legal advisers of the Chinese physician, Li Po Tai, from the year 1869 until the time of his death, in the year 1893. I know the said Li Po Tai to be a man of high moral character and respected by the American population in this city. I have also known his son, Dr. Li Wing, for several years, and believe him to be worthy of confidence; and a scholarly disciple of his deceased father and tutor. S. ROSENBAUM.

CHINESE CONSULATE GENERAL
OF
806 STOCKTON STREET
SAN FRANCISCO

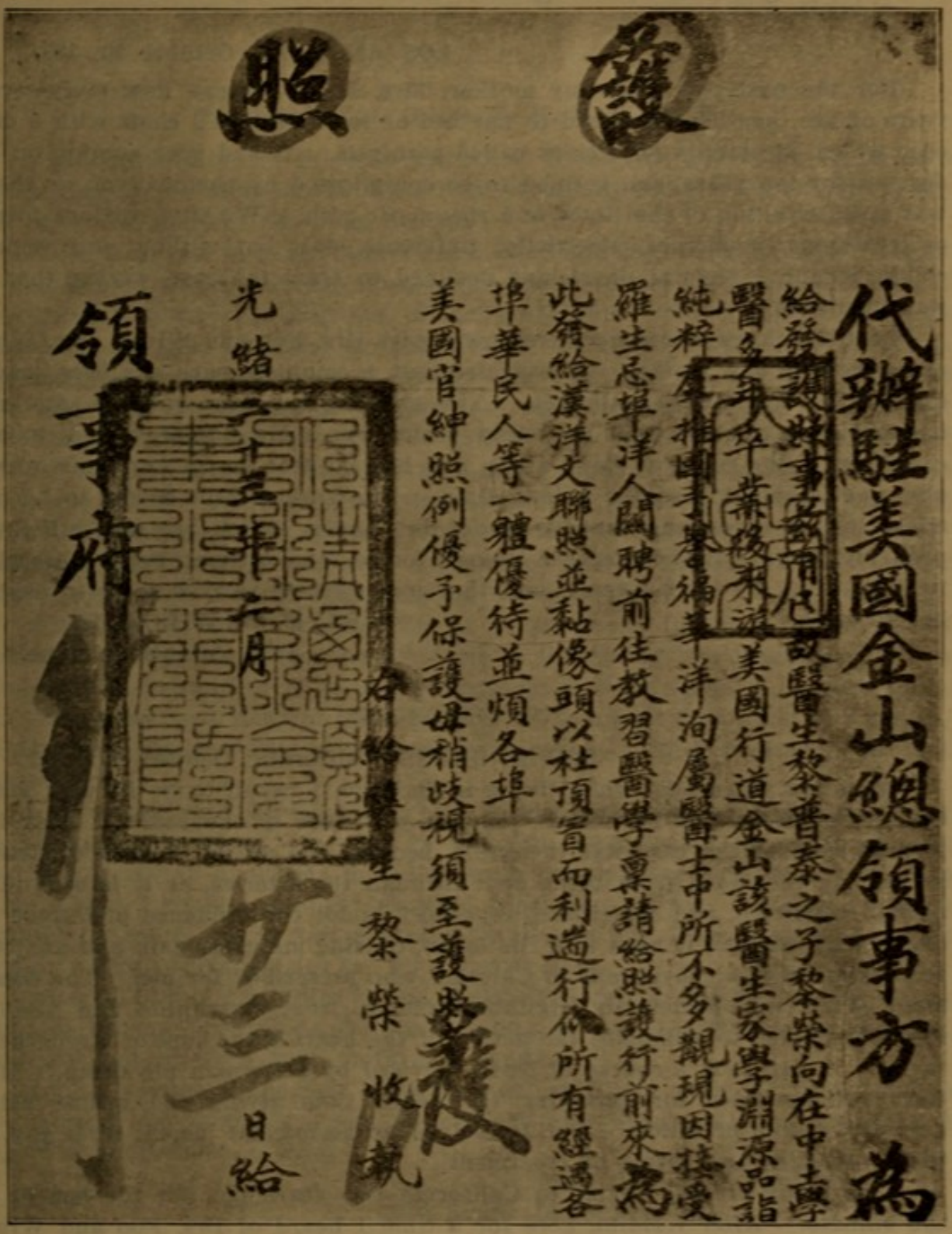
San Francisco, California,
March, 22, 1897.

This is to certify that I, Fong Yan Shun His Imperial Majesty's Acting Consul General to the port of San Francisco am personally acquainted with Dr. Fee Wing whose photograph is hereto attached. He is the son of the late celebrated Chinese physician Dr. Fee Poi Tai of this City.

I know Dr. Fee Wing to have been a member of the Imperial College of medicine in Pekin, and to be a graduate thereof. He has been practicing his profession in this City for several years and has achieved great success.

(Fong Yan Shun)
H. I. M's Acting Consul General

方燕申



Chinese Translation of Certificate.

The Following Letters From Recent Patients of Dr. Wing in Los Angeles are also of Interest.

LOS ANGELES, October 20, 1897.

For the past two years my mother, Mrs. L. A. Wright, now sixty-seven years of age, has been confined to her bed or to an invalid's chair with a disease which our family physicians called paralysis. It had been coming on by degrees for ten years, and seemed to be complicated by rheumatism, as there was much swelling of the limbs and rheumatic pain. We tried various forms of treatment, medicines, electricity, liniments, etc., but without any appreciable benefit. Several physicians declined to treat the case, saying that it was incurable.

Last March we commenced treatment with Drs. Foo and Wing. Dr. Wing prescribed for my mother. I consider that a complete cure has been made, except that she cannot walk yet. The swelling has been reduced, and she has lost some thirty pounds in weight, which was a great improvement in her condition. She can now stand alone, and has the free use of her arms, which she was unable to use for a long time. The trouble now seems to be entirely in the cords and tendons under the knees, which are still stiffened, probably because they have been unused for so long a time; but we are still in hopes that, by further treatment, they may become relaxed so as to enable her to walk.

MRS. M. A. WILLIAMS,
1927 Atlantic avenue.

LOS ANGELES, California, October 14, 1897.

Some six years ago, while living in Chicago, I began to be ill with what Chicago physicians called mitral stenosis, a disease of the heart. They informed me that the case was incurable, because the mitral valve was closed, preventing the blood from being sent through the arteries, as it is sent in a normal condition, and sometimes, especially under the influence of fatigue or excitement, sending it back into the lungs, causing me great pain and anxiety. I consulted several physicians in Chicago, who prescribed for me. The treatment given was principally digitalis, arsenic, iron, strychnine and similar tonics, intended to stimulate the action of the heart in the hope of strengthening it. I also took a course of baths, devised by a German physician, which were recommended for enlarging the heart, thus giving the mitral valve greater freedom of action. But I received no permanent benefit from any of these remedies and forms of treatment.

Like many others, I came to California two years ago, for the benefit of the climate. After residing here for a time I heard of Drs. Foo and Wing, and, as a last resort, I commenced to take treatment of Dr. Wing last January. I have continued the treatment ever since, and my general health is improved. Dr. Wing places the origin of my troubles in the stomach and spleen, and not in the heart. He says that when these difficulties are corrected entirely, the

heart trouble will disappear. His diagnosis appears to be to be reasonable. I feel encouraged by the results already reached in my case, and shall continue the herbal treatment for another year, the length of time which Dr. Wing says will be required for a complete cure. MRS. J. PANKEY,
Pico Heights.

TESTIMONIAL OF MRS. M. D. WERTH.

I feel it my duty, for the encouragement of the sick and suffering, to give my testimony for what Dr. Li Wing (son of the late celebrated doctor, Li Po Tai of San Francisco) has done for me.

When I moved with my family from San Francisco to San Diego, I began to feel sick. I was unable for some time to superintend my household, until I was stricken down with la grippe of the worst kind. For awhile my friends feared for my life; I became so weak that I was unable to move or rise from my bed without assistance. It seemed that I had only a few more days to live, and even my physicians despaired of my recovery. After a long spell of sickness I recovered slowly, but found that, while la grippe itself had left me, there remained a continual pain in my back, which almost disabled me to do any work. I tried several remedies, but in vain. I consulted different physicians, but they gave me no permanent relief. I feared that other complications might set in, and soon experienced kidney trouble, feeling weaker every day, and had a continued feeling of tiredness.

When Dr. T. Foo Yuen and Dr. Li Wing moved in our neighborhood, I noticed that very many sick people came to the doctors for treatment. When I inquired of some of them as to the efficiency of their remedies, I heard nothing but praises, and some of them testified as being cured entirely and permanently from diseases that seemed to be incurable. This caused me to visit the doctors.

I consulted with Dr. Li Wing, and, to my great astonishment, the doctor asked me no questions, but after he had felt the pulse of my right and left hands, told me all about my maladies, even locating the pains in my back so plainly that I could not have described them any plainer. It was perfectly natural for me to think that a doctor who knew my sickness so well would certainly know the remedies for the same as well.

After taking a few doses of his medicine, I felt a change for the better, the pain became less severe, the tired feeling left me, I became more cheerful, and now I am entirely well, joyful and happy.

I have written these lines to express my gratitude to Dr. Li Wing, and to recommend him to the sick and the afflicted as a most skillful physician and a perfect gentleman.

MRS. MARY D. WERTH,
916 South Broadway, Los Angeles, Cal.

CHAPTER VII.

ARTICLES BY DR. LI WING.

The Herbal Remedies—Vivisection as the Foundation of the Oriental System of Medicine.

THE HERBAL REMEDIES.

A Classification of Herbal Medicines.

Whence Their Power is Derived and Their Action on the Human Body.

Everything in the world is included in five elements, namely: Water, mineral, vegetation, fire and earth. In the vital organs there are also five different elements, and everything in vegetation corresponds to five kinds of elements. The power which comes from the use of these elements in vegetation is the same as the power in the different vital organs. This is a theory of very great importance, and one which I am anxious for the American people to understand.

I shall explain the simpler lessons from these facts first. In things belonging to the water element the color is black, the taste is salt, and the power is of benefit to the lower organs of the human body. The herbal medicines that are of a black color and salt taste belong to the water element, and therefore have an influence upon the kidneys and the bladder, for these organs also belong to the water element. In the vegetation element the color is blue or green and the taste is sour. So herbs of a blue or green color and sour taste are allied to the vegetation element. These have a power to contract the air in the blood, and their action assists the liver and gall, because these organs belong to the vegetable element. The color of things belonging to the fire element is red, the taste is bitter, and the power from these rushes through the system. Therefore herb remedies of a red color and bitter taste are classed with the fire element and influence the heart, the heart-case and the small intestines, which belong to the fire element. The power from these herbs rushes through the upper part of the body. The color of the earth element is yellow, its taste is sweet and the power from it is very slow. Therefore herbal remedies of a yellow color and sweet taste belong to the earth element. These can cause the circulation to go slow and make the effect of the medicines remain in the middle of the vital organs. Their effect is upon the spleen and the stomach, because the spleen and the stomach are of the earth element. In the mineral element the color is white, the taste is hot and the power expands. So herbal medicines of a white color and a

hot taste belong to the mineral element. These cause the natural heat of the body to go down through the extremities and through the outside of the skin. These influence the action of the lungs and the larger intestines, because these organs belong to the mineral element.

Mineral produces water; water produces vegetation; vegetation produces fire; fire produces earth; earth produces mineral; these make up the five elements. The earth medicine produces the air in the blood. The mineral element is stronger than the vegetation and can control it; vegetation controls the earth and the earth controls the water; water controls the fire and the fire controls the mineral; water can stop the fire and dissolve the mineral. The earth remedies conquer poisons.

This is the simplest explanation of the relation between the herbal remedies and their effects upon the different vital organs. But there are other and more abstruse variations of this subject, some of which I shall explain. When, for instance, in any herb the color belongs to one element and the taste to another, then there is a different power and a different effect from those which exist when both color and taste are of the same element. Thus, the color may be white, belonging to the mineral element, and the taste sweet, belonging to the earth. Or the taste may be hot, belonging to the mineral, and the color green, belonging to vegetation. In this way one herb has two or more different elements in its composition. It therefore has more than one effect and more than one power.

It also happens that some medicines of black color and salt taste do not belong to the water element; some of green color and sour taste do not belong to the vegetable element; some of red color and bitter taste do not belong to the fire element; some of yellow color and sweet taste do not belong to the earth element, and some of white color and hot taste do not belong to the mineral element. This is because there are six varieties of air or currents of power in these which control, and then the taste and color lose their natural power. When the color and the taste are equal the taste is a better guide than the color, but if the air and the taste are equal, the air is a better guide than the taste.

THE PREPARATION OF REMEDIES.

Sometimes, also, in these medicines the color is very plain and the taste is very slight; in some the color is very indefinite, but the taste is very strong and the air is very light; in some the air is very heavy, but the taste is very slight; in some the air and taste are both strong; in some they are both light. There are many differences of this kind, but when the color and taste are equal, the taste controls the color; if the air and taste are equal, the air controls the taste; the power or effect comes from the air, and the taste loses its natural power. Every kind of herb has its own power and differs from the others, just as every man differs from all others in his personal appearance and looks. The doctors must understand this philosophy very clearly. Then when they understand about every herb medicine, and understand what kind of power each herb has, they must also understand how to join the medicines into the different combinations which are called remedies. If a few kind of herbs are joined without much power, they cannot produce a

beneficial result. They cannot conquer sickness, and cannot be called remedies. They do not benefit the patient, because they do not overcome disease. By mixing these medicines and making many changes, many different effects are produced. With some kinds of remedies the power goes through the upper part of the body; in some it goes through the lower; in some through the left side; in some through the right side, and in some trough the outside of the body, or the skin; and sometimes the effect is retained in the vital organs, in the inner portions of the body, or it may go through the liver or through the kidneys.

Each of the vital organs, therefore, when it is out of sorts or sick, has its own remedy. When there is sickness in two or more of the vital organs, then there is need of more than one remedy.

ACTION OF THE REMEDIES.

Some remedy can assist only one organ; others can assist more than one. Some kinds of remedies are good for both internal and external use. Some other kinds of power go through the whole body, from the top of the head to the bottom of the foot. Some remedies can relieve excessive heat or fever and can help the system that is very weak. They can prevent sickness if taken in time or can cure sickness, even when the patient is so ill as to be nearly dead. Moreover, if a remedy or prescription is very skillfully prepared, sometimes with ten or twenty different medicines, it may bring more force to all of the vital organs and to the whole body. On the other hand, certain combinations, or remedies, are so arranged that each herb loses its natural power or effect, and the whole combination, taken together, has only one effect, or only two or three different effects. If the physician does not understand exactly the variations produced by the six kinds of air or currents of power he cannot use his skill to produce these results. The six kinds of air in the medicines respond to six kinds through the system of the patient; but there are still another six kinds of air in the atmosphere, which are different from these. The explanation of this is very difficult and abstruse. It would require a book of about 80,000 words, and is altogether too long to be discussed in a newspaper. We shall hereafter write such a book, and shall tell about the power of the medicines, how that power is obtained, and what its effects are on the human system. From the more than two thousand kinds of medicines we shall search out and condense the more than four hundred kinds that are essential and best for the white man to use.

VIVISECTION AMONG THE CHINESE.

How the Early Physicians of China Who Were Also Emperors Employed Criminals for the Benefit of Science.

The True History of an Important and Much Discussed Subject---A Short Route to Exact Knowledge of the Human Body and Its Functions---Results Which Have Justified the Cost.

Judge Philip Thier, of Berkeley, is a warm friend of the Chinese system of medicine, having been cured of kidney troubles by members of Dr. Li Po Tai's family and his wife having been cured of dropsy. In an interview with Dr. Li Wing, a few weeks ago, he remarked: "When I was in China I heard something said about the use of vivisection many years ago in establishing be understood by the common thought and I am afraid that the subject is too the principles of the Chinese system of medicine and anatomy. It was said that the early doctors employed criminals condemned to death for this purpose. Can you tell me something about the details of this practice, whatever it may have been?"

In reply to this inquiry Dr. Li Wing said: "Yes, there was something of that kind in China, many years ago, when the first 'holy men' received a great power in healing from the God. But it seems that all of this cannot new for Americans to understand, and it is contrary to their ideas of what is right and proper." But Judge Thier answered: "No. Vivisection has been advocated by great physicians in Europe, who have desired to practice it there, but have been forbidden by their governments. But it is certainly better to study anatomy on the live body than on the dead body, at least you will get better results in this way. Everybody admits that, and I think it would be proper for you to tell me something about the practice of vivisection among the Chinese." Then Dr. Li Wing gave the following account of this very ancient custom:

Criminals condemned to capital punishment furnished the subjects for vivisection, which practice gave the Chinese their first knowledge of anatomy and of the action of remedies. The history of this practice may be considered in two ways; first, as related to the use of the herbal remedies, and second, as related to the study of anatomy. When Chinese medicine was reduced to a system, many hundred years ago, capital punishment was much more frequent than it is today, just as it was more frequent in England, and even in America, some hundreds of years ago, than it is now, and there were therefore many more criminals condemned to death who could be used for this purpose. The first "holy men" in China, who were wonderful physicians, used capital punishment to try their herbal remedies; and the second "holy

men," who were wonderful physicians, used it for the study of anatomy. I shall tell you first about trying the herbal remedies by means of men who were condemned to death.

This was four thousand years ago, and was the commencement of medical knowledge among the Chinese. The name of the first "holy man" who was a wonderful physician was Son Non. He commenced his work by finding out the cereals that were useful for the people as food. Afterwards he studied all forms of vegetation, and then thought that he ought to commence to treat diseases. He had learned more plainly than anybody else that everything in the world is included in five kinds of elements. He divided these five natural elements into water, vegetation, fire, earth and mineral. All herbal medicines are chosen and classified according to their relations to these five natural elements.

Some kinds of vegetation, however, are very poisonous. Some kinds are not at all poisonous. And some kinds are a little poisonous, but their poison may be taken away by using certain liquids. But everything in vegetation had to be chewed or drank before its nature was known. So, every day, Son Non tested the herbal medicines in order to teach students who were learning from him. Some days he tried poisonous herbs, and three times he appeared to be dead from the use of these, but the students used a certain liquid preparation that he had ready, and saved his life three times. His genuine book is "Poon Chow Kien," and there is proof in his first book of these facts. He says: "Three times he tried the poison herbs and made himself as if dead and was saved by the liquid." Every student tried to take care of his teacher and asked him to permit him to try the poisonous herbs in his stead.

故事在本經載神農嘗百草
一日三死三甦

Then Son Non said: "No. Because God has given me extraordinary power and wisdom to study the herbal medicines and to treat sickness, and that is my mission in life. It is not good for me to let some other people do this." Then the student would say: "It is true that God has given you extraordinary powers. Then it must be necessary for you to learn thoroughly. And if you try the poisonous herbs and they kill you, then we cannot find one more man in the world with the same purpose that you have. Then this system of medicine will be only one-half done, and this kind of skill will be broken down. Then the world will lose a great benefit. But if you permit us to learn what kinds of herbs are poisonous and to get acquainted with them, and then use some other medicines to take away the poisons, then you may try them, and at the same time you may take care of your life. In this way you can keep your health, and at the same time find out about the poisonous herbs. Then this kind of skill will be understood, and that part of the book

will be done. This is the best way. But if we try the poison, and it makes us die, then you can make an examination, and you will know how our lives were lost. And even if, unfortunately, one of us should die, still your studies will not be broken down when half completed."

Son Non, however, would not permit the student to try the poisons, and next day he himself tried them again. He tried some kind of a poison which made his tongue and throat swell, and he was nearly dead. But he used a liquid, which made him better. Still, he was very weak, and for a few days was unable to do any work. Then all the students went to tell the Emperor. And the Emperor called together his ministers, and tried to find out a good way to try these herbs. Some of the ministers said that it would be a good plan to use the criminals condemned to capital punishment, and to try the poisonous medicines with them; and they sent for Son Non and laid the plan before him.

Then Son Non said: "I do not want to compel the criminals to do that for me. Tomorrow have all of the condemned meet together, and if they are very willing to help me, let them raise their hands. If more than half raise their hands, then I shall be very glad to follow that plan." So the next day this was done, and all of the condemned raised up their hands, and all said: "We are very glad to do that, and to give up our lives to help you." Then, after that, everything went well; and Son Non finished his book. And a law was passed to the effect that no poisons should be used internally for medicine. But doctors were permitted to use poisons externally for diseases like cancer, ringworm, tumors, piles, etc. In ringworm, for instance, the disease comes from a little microbe, and it was lawful to use poisons to destroy them. After the micobe has been killed by using strong external remedies then strong medicine must be used to draw out the poison which is the effect of these remedies. After the poisoned water has run out, gentle remedies are used to heal the flesh and make the cure complete.

From that time there has been great benefit to the world from Son Non's book and many diseases have been cured, so that this benefit has gone all through the world. And Son Non's merit was so great that the whole nation honored him, and, after the Emperor died, the people chose Son Non to be Emperor. During his reign he formed the character "Yeok," which means medicine. This character is composed of three different words. The word at the top means grass; that in the middle means happy or fortunate, and that at the foot means tree. The adding of new words to the Chinese language, at that time, was a prerogative of the Emperor.

At this time only herbal remedies were permitted to be used, according to the law on this subject, and nothing whatever from the animal or mineral kingdoms. But afterwards there were many different schools of physicians. Some of these wanted to use sharp-pointed tubes, by which they perforated the skin and made the blood run, an operation similar to the cupping of American physicians, and there were many other different forms of treatment. Some doctors wanted to use the knife, and some wanted to sear the flesh by hot irons and by other uses of fire, burning the pores of the skin in different ways. Some wanted to use a remedy called "Li," in connection with thin slices of ginger root. The "Li" looks like cotton. The thin strips of ginger

would be laid upon the skin and the "Li" burned over this, the intention being to have the fire go through the pores. The ginger, being wet, would prevent it from burning too deeply, and would cause it to burn slowly. This was to be kept up as long as the patient could stand it and then taken away. It was applied at first only warm, then hotter and finally as hot as it could be endured, after which it was taken away. There were all these and other different kinds of skill and treatment. But the people seemed to be afraid of the dangers of these methods, and the doctors who tried to cure in these ways did not have very much business, and there were only a few students who learned these ways.

Besides these there were other doctors who used plasters only, and some used liniments; but these doctors did not understand how to remove the root of the diseases, which is internal. So the people were not satisfied wth them. Other doctors used materials from animals, and mixed them with the herbal remedies. Some used minerals with the herbs, but the educated people were not satisfied with them and liked the pure herbs better. After a few hundred years an Emperor passed a law to stop the use of anything of this sort by physicians, and to prevent such physicians from practicing; and requiring all doctors to use the pure herbs, and also to pass an examination at the Imperial Medical College. After passing this examination they were allowed to practice. But after this law had been in force several centuries the Chinese nation grew so large and the population was so great that there were not enough doctors capable of passing this examination, which was very hard, and could only be passed after a long course of study; so that there were not enough doctors furnished to take care of all the people. Then the law was broken down, and any one was permitted to be a doctor if he wanted to be, and every man or woman was permitted to use his or her own free will in selecting a doctor. Still the physician to the Emperor must pass an examination. The law was not changed in this respect.

After listening to this account, Judge Thier said: "I am very mucn pleased, indeed, to hear this account of vivisection and of the origin of medicine among the Chinese and its history. But I would still like to know something about the history of anatomy." In reply to this Dr. Wing gave the following account:

The second "holy man" who was a wonderful physician was named Hin Yuen, and the people called him Wong Ti. He wrote two different series of books. One series was called "Ling Soo Keng," and the other series was called "Soo Mon Keng." The first pages of the "Soo Mon Keng" contain a few words in reference to Wong Ti, to show that he was surely a "holy man," and saying: "He is wise and his wisdom cannot be comprehended by common thought."

素問經首篇云昔在黃帝
生而神靈弱而能言

These words mean that when Wong Ti was born, the very day of his birth, he was very smart and could talk with his mother at once in a way that was very wonderful. The people heard of this, and were very much surprised at such an instance, and came to see him. They thought him very remarkable, and everybody said: "That boy has great wisdom from God. God has permitted very great wisdom to come to him. By and by he will surely be something wonderful and of great benefit to the world." After Wong Ti had grown to be a great man he established the principles of the Five Relations, as follows: First, as between sovereigns and ministers: second, as between parents and children; third, as between brothers and sisters: fourth, as between husband and wife; and fifth, as between friends. The principles of these he laid down, and they became very celebrated in a book of philosophy. He also liked to study the works of Son Non on treating the diseases of the people.

After Son Non died, Wong Ti was chosen for Emperor. During his reign he discovered a wonderful man, whose name was Kay Bak, who had helped the Emperor in preparing his works on anatomy. When he commenced this series of books he made use of the criminals who were condemned to capital punishment. He first gave the criminal who was to be used medicine for a few months. Then he gave him a liquid, something like ether or chloroform, which acted as an anaesthetic. He then performed an operation by which he could observe all the functions of the body and its vitals organs. He had a device by which the interior of the human body could be lighted up so that everything could be seen. He discovered the twelve different vital organs within the body and the twelve pulses which go through the body to the outside. It is very hard for the unskilled to distinguish these twelve different pulses. But if a physician is well educated in this respect and has had a good teacher to teach him, then, from the pulses of the outside of the body, he can understand the condition of the interior organs and of the vital functions, whether they are sick or are in good health.

I will give you an illustration of this. If there are many pumpkins growing in a piece of ground, crowded together within a little space, after they have grown up all the extremities and leaves spread very widely over the ground, and any one who looks will find it hard to tell which stem belongs to any given root. But if there are stems of different colors from two different roots, then you can trace one color from the stems and the leaves to the root to which they belong. In this way you can find all of the stems that belong to some one root.

In the same way the students of Chinese medicine are taught to understand all of the vital organs and what kind of power comes from each of

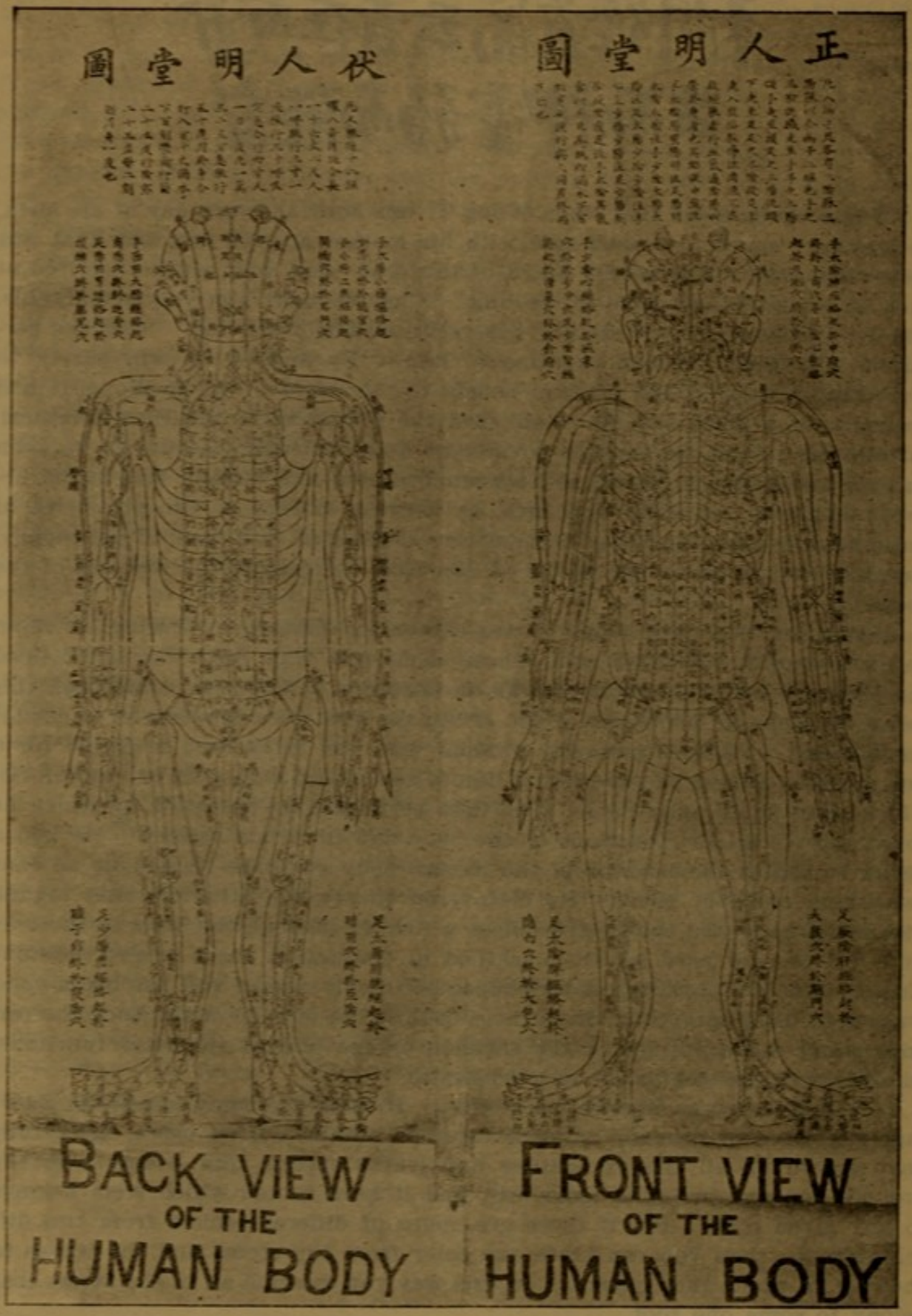


Chart showing twelve different pulses, going from vital organs through the outside of the body.

them, and what natural taste and color belongs to them, and also how some kinds of medicine bring out the natural color from the different vital organs. The students must understand what elements belong to the vital organs, and then find out the five different kinds of elements in the herbs which benefit the five classes of vital organs. But the people thought this a very curious thing, and did not understand it at all. So I will give you an easy way to know about it. In the vegetation element the natural color is green. Now the gall liquid and the natural juices which pass from the liver are green. So you may know that the liver and the gall belong to the vegetation element. And this further fact is an additional proof of this. In some people the gall liquid is yellow. But if you have the proper medicine to bring out the natural color, then you will find the green mingled with the yellow. Again, the natural color of the fire element is red. Now the heart controls the actions of the blood of the body, through the heart-case and the arteries. The blood is red. Therefore the heart and the heart-case belong to the fire element. The natural taste of the water element is salt. The bladder gets its power from the kidneys and turns all of the liquids of the body into urine, the taste of which is salt. From this you may know that the kidneys and the bladder belong to the water element. The natural color of the earth element is yellow. The stomach gets power from the spleen, which produces the gastric juice. The color in this case is yellow, and if the same element is found in the passages you will find that the color is yellow; and so you can know that the spleen and stomach belong to the earth element. The color of the natural element in minerals is white, and the color of the lungs is also white. From this we know that the lungs belong to the mineral element.

An experiment to show this may be made by cooking the lungs of a hog in boiling water. First the lungs should be cleaned and all the blood taken away, so as to show it in its natural state. Use boiling water to cook it, for an hour, and you will then find that it is white. If you cook the stomach in the same way you will find that that is white, too, but a little bit yellow, because the stomach partakes of two different elements. If you cook other organs you will find the color different, because the elements are different. What I am defining now applies to the anatomy of well people. In another way the anatomy of sick people will show what conditions sickness within the body brings. Different illnesses make different conditions.

The early investigators killed different men, and found out about all these things. They took criminals who were sick and cured them. Then they killed them and cut them open to show what benefits had been received from the different kinds of treatment and how the conditions had been changed. To make another test they took well people and experimented to find what herbs would injure them. After they had given medicines, the effects of which they could not cure, they studied the results and what injuries had been received from these medicines. Then, after awhile, they came to the point where they made no more mistakes, and where they had learned about the action of all the remedies. Then they showed all of these to the people. Then they took well people and tried some poisonous medicines ,afterwards using medicines to cure the effects of these and proving to the people the benefit that had been received. And they explained very

clearly all that they had learned in refernce to anatomy. The work known as "Ling Soo Keng" is composed of nine volumes, and the work "Soo Mon Keng" is composed of nine volumes also. Each book filled a complete house, because, at that time, they had no paper, but the books were written on bamboo slips with bamboo brushes and using the sap of some kinds of plants for ink. And, because the reasoning was very deep, and hard to be condensed into short words, they could not put all into the books, but taught the students by word of mouth. Since that time there have been plenty of teachers and students, the students becoming teachers in their turn.

When the work was completed there were still plenty of criminals condemned to capital punishment waiting to be used in the interests of the study of anatomy. But Wong Ti said: "The book is done. We need not kill any more criminals." Then they opened the jails and pardoned those who were waiting there, and gave them their lives. "And all the people were so glad that they made a big noise and laughed like the soun dof an earthquake."

After hearing this account, Judge Thier remarked: "This is also certainly very wonderful, and I have been greatly interested in hearing this history. Some people may not understand all of this, and may not believe. But the best way is to keep this account and to think it over. We shall surely find in it some very wonderful lessons. Some of these things are pretty deep, and we probably will not understand them at once. ut if we reflect upon them we shall find a great deal that we may understand and that will make the philosophy of the Chinese system of medicine clearer to us. And I am very much obliged to Dr. Wing for telling us afl about these matters."

CHAPTER VIII.

Personal Recollections of Li Po Tai.

BY F. E. SOMERS.

As both Drs. Foo and Wing derived their skill in treating the diseases of Americans from their celebrated relative, the late Dr. Li Po Tai, of San Francisco, it is very opportune that a somewhat extended biography of Li Po Tai should be given in these pages. The publishers are fortunate in securing for this purpose an account of his life from a former private secretary, which is the best and most complete article on Li Po Tai ever written. It is as follows:

The following facts regarding the celebrated Chinese physician, the late Dr. Li Po Tai, were told to the writer by an intimate friend who occupied friendly and close relations with Li Po Tai for the two years immediately preceding his death, in 1893. The statements herein made are absolutely true, not in the least exaggerated, and can be verified by indisputable evidence. Li Po Tai was a very remarkable man, and those of us who are unable to cast aside our prejudices against everything Chinese are unwilling to believe that he accomplished the many remarkable achievements which made him notable. Nevertheless, these are matters of current history. They can readily be proved, and they show that this stout-hearted Chinaman, who brought his system of healing to America, maintained himself under the most unfavorable conditions, in San Francisco, for nearly half a century, made a fortune there and a reputation that extended from the Pacific to the Atlantic, was truly a great physician; that he was eminently successful in combating disease, and that he possessed elements of personal character which would have made him conspicuous in any country and at any time.

I first knew Henry C. Roberts and his wife in 1887, the year in which I came to California. I was seeking relief from the results of three attacks of inflammatory rheumatism, which I had contracted in the east, and which I could not shake off in the severe climate of the state of the east. Consequently, on my arrival in California, I naturally drifted to a hot springs resort which had been recommended to me as one of the finest sanitariums in the west. I was told that the drinking of the hot mineral waters found there and the use of the mud baths would rid me of the persistent enemy to my health which had been hanging to me for years, and threatened, unless speedily driven away, to place me under the sod. I went to this hot springs, took the baths and drank the waters and, after a little, began to improve. Among the first people whom I knew there were Roberts and his wife, and I struck up a very pleasant acquaintance with them. I found Mrs. Roberts a charming woman, refined, modest and beautiful. Roberts impressed me as an unusually keen and active man of affairs. He had the ways of the successful business man, and his conversation indicated that he was thoroughly familiar with the ways of the world. As we grew better acquainted, he told me something about his affairs, and I learned that he was then inter-

ested in a large concern in a western city which was manufacturing implements for farmers' use, and other machinery.

Roberts and his wife were a very happy pair, apparently. They were always together, semeed to have plenty of money and nothing to worry them. They took the baths, but neither had the appearance of an invalid. But I noticed that they were going through a very systematic and careful regime, that they were very particular about exercise, diet and the use of the waters. But there were so many people at the springs in a much worse condition than these two that I naturally supposed they were taking baths and denying themselves table luxuries in order to preserve health, not in order to regain it. Roberts seemed very willing that I should take this view of the case, and never offered any other reason for their presence at the hot springs.

They left the place before me. I bade them good-by, as I did so many others of the transient friends whose acquaintance I had made there, never thinking that I would see them again. Eight years afterwards I was sitting one day, eating my dinner in the dining room of a hotel in a little interior town of Southern California, when Roberts and his wife entered the room. I recognized him at once, although I had not heard from him during the eight years in any way, and, of course, had thought of him only at infrequent intervals. The lady I probably should not have known had I met her alone. She seemed much taller than before and her cheeks had lost the plump roundness and the bloom which marked them eight years before. I called Roberts by name, we shook hands, and he addressed me in a way that showed that he had had a certain recollection of me, but he did not recall my name at first. When I mentioned it, however, he remembered me at once. They took seats at my table, and we were soon discussing old times.

It happened that, within a year of this time, I had become acquainted with the Chinese system of medicine and with Dr. Foo. I knew several people who had taken treatment from him, and had personally investigated some of the more remarkable cases that he had cured. I became interested in the subject from the point of view of a writer, and followed up my investigations with an acquaintance with Dr. Foo himself. Many of the cures which he had made were supported by indisputable evidence, and no reasonable man could for a moment question their reality. The well-known case of Clara Humphrey was one of these. I was familiar with the system of diet followed by Dr. Foo and other Chinese physicians, and, when Mrs. Roberts ordered boiled rice and hot milk with her dinner and declined ice cream, it struck me that she must be following the same system of diet.

We renewed our acquaintance, and Roberts informed me that he and his wife had been traveling for her health ever since I had met them eight years before. He told me some particulars of the case which I had never known before. He was then thinking of settling in Southern California for the benefit of the climate. Said that he had broken off all of his business relations and was devoting himself entirely to the one question of re-establishing his wife's health. For a long time he had entirely despaired of saving her life, but she was now somewhat better, and he hoped to accomplish a permanent cure.

I was not in the habit of talking to people about what I knew of Chinese medicine. I knew that nearly all Americans regard it as a fraud and a humbug—until its merits are forced upon their attention and established by facts which they cannot possibly dispute. Most people ridicule the idea of the Chinese having a better system of medicine than our own, or, indeed, any system worthy of the name. I knew that my friends would begin to regard me with suspicion if I talked favorably of this system. Moreover, I had no particular reason for telling anybody. So I simply kept quiet. But, on thinking over Mrs. Robert's condition, it occurred to me, all at once, that the Chinese system of medicine might benefit her, and I determined to bring it to her husband's attention.

Now, it was certainly a little odd that, at our next meeting, as I sat reflecting how I should introduce the subject, Roberts suddenly remarked: "My wife would not be alive today if it had not been for Chinese herbs." "That's odd," I replied, "I was just going to tell you that I know a Chinese physician who could restore your wife to health. It is Dr. Foo of Los Angeles." "I know him," said Roberts; "knew him years ago in San Francisco, when he was assistant to Dr. Li Po Tai. The Chinese system of medicine is the best in the world. It has cured many thousands of people after our own doctors had failed. I am sorry to know what I know about it, sorry because I am ashamed to think that the Chinese can do things which our educated American physicians cannot begin to do. But I have seen it a thousand times, and it is just as certain as it is that the sun is shining at this minute. I was a sort of private secretary to old Dr. Li Po Tai in San Francisco for two years. I was there when he died. He cured my wife after every other means of treatment had failed. I can tell you a thousand things about this system of medicine which you would not begin to believe, but which are literally true."

Now, it so happened that I had also been living in San Francisco at the time of Li Po Tai's death, although I had no idea that my former friends of the hot springs were also living there. I recalled the newspaper accounts of Li Po Tai's death and burial, his lying in state, and the pomp and circumstance of the funeral, and how a mob of ill-mannered, curious white people had gone to the funeral ceremonies and had nearly prevented them from being held, by their crowding and almost rioting. I had read accounts of Li Po Tai's great wealth and wonderful success, and I was very much interested in the subject. Consequently, I listened with great pleasure to Roberts's account of his experience with Li Po Tai, as he told it to me at different times during the weeks that followed.

Mrs. Roberts was still taking Chinese medicine. They had a trunk full of it in various shapes and preparations at their lodgings, and they showed it to me later. They would no more think of employing a white doctor than the average citizen would think of consulting a Chinese doctor. I was so thoroughly impressed with Roberts's business capacity and inexhaustible common sense that I accepted all that he told me without question. He was thoroughly in earnest and fully convinced in his own mind of the truth of every statement that he made. He seemed to be like a man whom it would be very hard to deceive. I knew that he had been a "rustler," and

I would have accepted his judgment on any business proposition in preference to my own. He was the first man of his grade of intelligence that I had ever personally known to become so deeply interested in Chinese medicine, and so outspoken an advocate of it. I believe that everything which he told me was exactly as he represented, for he never exaggerated for the sake of effect. He told me many interesting stories about his experiences at Li Po Tai's, some of which I have forgotten, but his narrative, as nearly as I can now recall it, ran like this:

After we left the hot springs, he said, we went from one part of the country to another in search of health. We went east two or three times and came west again each time. I consulted a score of doctors on my wife's account, and spent from $15,000 to $20,000 trying to get her cured. Her troubles dated from childhood, for she was never normal in the functions on which the health of women chiefly depends. A cold contracted when she was about 13 years old suspended her menses, which were not resumed for thirteen years, and then only after nearly two years of treatment from Dr. Li Po Tai. She must have had an excellent constitution, for very few women would have survived such an experience.

At the time of our marriage I was engaged in freighting and trading among the Black Hills, where there was then a great mining excitement. I was away from home a great deal of the time, and was so occupied with business cares that I did not give my wife's health the attention that I should. But after I had finished my business in that part of the country and had settled down to a quieter and more home-like way of living, I became seriously alarmed, for I found that, as time went on, her condition grew alarming. Then began the tedious round of consultation with physicians, each time with the hope that she would be restored to health, but each hope only resulting in disappointment. We consulted one eminent specialist after another, only to find that their prescriptions accomplished nothing whatever that was beneficial.

Finally, we commenced to travel, and, in the course of our wanderings, we went to the resort where we met you. We thought that a course of the mineral waters and the mud baths might do what internal medication had failed to do. As you know we took those long and faithfully, but my wife derived no more benefit from these than from the various prescriptions which she had followed up. When we left there we did not know what to try next, but finally went to Honolulu, thinking that a sea voyage might improve my wife. In a slight degree it did help her, but it did not have any effect upon her principal troubles or produce any permanent improvement.

At Honolulu I met a young physician whom I had known in the east when he was attending a medical college. I stated the case to him, and asked his advice. He advised me to go back to San Francisco at once and to consult a certain specialist whom he named (and whom we will call Dr. Smith). He informed me that if Smith could not cure my wife nobody could. and spoke of him in terms of such high praise that we were greatly encouraged. We went back to San Francisco by the next steamer and consulted Dr. Smith.

For eighteen months my wife was under his care. I paid him a hundred

dollars a month, or eighteen hundred dollars, for his services, in gold. He had an immense practice, almost exclusively among women. He had an elegant establisnment, and lived in the most luxurious style. But my wife kept steadily growing worse. The doctor made measurements and informed us that the womb had wasted away until it was less than half the normal size, and that all the other organs which were involved in the performance of the menstrual functions were atrophied. Her limbs were swollen as if with dropsy, and her blood seemed to have turned to water. Her complexion was fearfully pale and sallow. She coud eat nothing. Finally, Dr. Smith gave the case up. He said that he had done everything within his power, that there was nothing in medical science which could afford any relief, and that I might as well take my wife home to die. "I can only hope," he said, "that she may have an easy death. There is absolutely nothing more that I can do."

Dr. Smith had frequently suggested that my wife submit to having the womb cut away, saying that this operation might possibly save her life. He remarked that the operation was frequently performed, and I knew this to be true, but I would not consider it for a moment. I told him that I would shoot him if he ever touched a knife to my wife, and I meant every word that I said. When he gave her up her lips and face were badly swollen and her jaw would sometimes lock, when she yawned or opened her mouth wide, and would become set so that she could not move it for hours. The situation was simply desperate.

But I knew that nobody else would undertake the case at that stage. So I implored Smith to make another trial. He was very reluctant, but I actually begged of him and entreated him. Finally he consented, and my wife remained two months longer under his charge, not getting any worse, but not improving a particle. Smith said that the only wonder to him was that she lived.

During these two months I went to Portland to attend to some business matters preparatory to going east, for I fully expected to be compelled to take my wife east to die, as Smith had predicted. In Portland I met a certain lady at the house of a friend, to whom I told something about my wife's condition. "Why," she said, "you want to see old Dr. Li Po Tai, the Chinese doctor. He can cure your wife," and she gave me the address of a lady in San Francisco who had been cured of some similar troubles by Li Po Tai, and asked us to call on her.

On my return to San Francisco I found my wife busily packing to go east, getting ready as fast as her limited strength would permit. She had given up all hope, and moved in the listless, indifferent fashion of one who had lost interest as well as strength. We were in the midst of our preparations one day when I happened to take the card from my pocket containing the address which our friend in Portland had given me. I had thought nothing of it, for I did not for a moment imagine that a Chinese physician could be of the slightest service to us. But it occurred to me that it might be a pleasant change for my wife to take a drive, and I suggested that she call upon the lady. She assented, and I procured a carriage. We went to the address given us, and I remained in the carriage while my wife maue

the call. I asked her on the way home how she had enjoyed the call, and she answered, "very well. She is a very pleasant lady," and that was all there was said about it.

Next day, however, when we had resumed our preparations, my wife told me that the lady had told her about her own cure by Li Po Tai, and how emphatically she had spoken about his skill and his wonderful Chinese herbs. Like a drowning man grasping at a straw, I suggested that we go to see Li Po Tai. It could do no harm; it might possibly do some good. My wife consented, and we went at once to Li Po Tai's office. We found the waiting room full of people. When our turn came we were ushered into the little barely-furnished room where Li Po Tai used to receive his patients. Li Po Tai felt my wife's pulse while I looked on with an intensity of interest, curiosity and hope which I cannot describe. The old doctor felt first one pulse and then the other, turning his head away in the meantime. He studied a moment, and then said: "You have had no menses for a long time. Your womb is all wasted away, your system is full of poison and your blood is like water. I can cure you. Be seated in the other room."

That was all there was said, and we withdrew into the other room, too much astonished to say anything. But when we were comparatively by ourselves I said to my wife, hoping to cheer her a little, "He certainly told you the truth, for it is just what other doctors have found out by examining and measuring. It seems wonderful that he could discover those things simply by the pulse, and without asking you a single question."

Then commenced a long course of patient waiting and anxiety. My wife at once commenced to take Li Po Tai's herb teas and to follow his directions in reference to diet. In three days he had reduced the swelling from her lips, which was disfiguring her face, something that Smith had not been able to accomplish in two months with all his electricity, massage and every known resource of the modern physician's art. In a short time the muscles controlling the jaw which had been under an unnatural contraction and tension, causing the locking of the jaw, were relaxed, and my wife was troubled no more in this way. These improvements were made so quickly and apparently so easily that we were very greatly encouraged. In a short time, too, the swelling left my wife's limbs, but after that her apparent progress was very slow indeed. Days, weeks and months went by before there was any visible improvement in her strength. But she did finally gain, and not only that, but life was infused into the organs which had been as if dead for years. The long-delayed functions asserted themselves finally, a proof as convincing as anything could be that these wasted and atrophied portions of the body had been made to grow. After we became better acquainted Li Po Tai told me that my wife's case was the very worst that he had ever undertaken successfully. It was certainly the most remarkable cure that I have ever known or heard about.

In order to encourage my wife and to keep her company I adopted the same system of diet that she was compelled to take up. We banished sweets, acids, fruits and cold drinks from our table, also tea and coffee. For two years we had only five cents' worth of sugar in the house, and that five cents' worth was bought one day when we expected a friend to dinner. Of

course, we did not attempt to entertain very much. We both grew fond of the Chinese rice cooked in the admirable way the Chinese teach, and our principal drink was hot milk. Fortunately, after a little Li Po Tai permitted my wife to eat all that she cared for of certain meats and vegetables, all the cereals, milk, cream and butter. So that we were not exactly on starvation rations. But the food was very plain and all made and fancy dishes were peremptorily barred out.

We went to Li Po Tai's office every day, and he felt my wife's pulse. There were always a multitude of other patients present, and Li Po Tai frequently saw over two hundred patients in a day. He was a man of very few words, and was dictatorial in his manner. He would feel the patient's pulse, mutter a few words of advice and dismiss him to the waiting room. The herb teas were prepared on the premises for many of the patients. Others, like ourselves, took them home and prepared them for themselves. The doctor's office was in rather a lugubrious location, being directly opposite the city morgue, and we frequently saw bodies brought to this or carried away from it, the grisly evidences of some of the many tragedies which are of such frequent occurrence in the city of San Francisco. We became in a sense hardened to this after a little and also to the forms of suffering which were manifest in the faces of our fellow-invalids. The daily feeling of the pulse was a time of intense interest to each of these, and they would return to the waiting room and talk over with each other the words of advice which they received. Purely in self-defense we had to make a joke of many serious matters. Life would have been simply unbearable if we had been compelled to look always upon the gloomy side of it, as suggested by the countless forms of disease and suffering which came before us every day.

All ranks and conditions of life were represented among Li Po Tai's patients, from the millionaire to the pauper. Ladies in silks and ladies in calicoes were there. Business and professional men, merchants, doctors, lawyers and journalists. Rich men who were paying the penalty of years of dissipation, and poor men who were suffering from overwork rather than from overeating and drinking. They were all alike to Li Po Tai. He knew no distinction of wealth or poverty, and every one who asked his services received the full benefit of his skill, whether high or low, rich or poor.

After a time I foresaw that the cure of my wife's long-standing and nearly fatal maladies would require a good deal of time, and as I became better acquainted with the old doctor I was very much interested in his personality and ways of life. Finding that I had a great deal of unoccupied time and being unable to engage in any active business which would require all of my energies, on account of the care which I was constantly compelled to bestow upon my wife, caring for her for a long time, as I did, like a little child, I offered my services to Li Po Tai as a private secretary. He willingly accepted the offer, and, for nearly two years, and until his death, I went every day to his office, attended to his voluminous correspondence and talked with any of his patients to whom he wished me to give detailed instructions.

Li Po Tai received hundreds of letters from persons at a distance, some within the State of California, others farther abroad, who asked him to

send medicines by mail or express for about all the diseases under the sun. He had what he called family remedies, which were adapted to many diseases, and could be sent any distance. Many cases were cured in this way.

Li Po Tai was very peremptory in his orders, very independent, and little given to discussions. He told his patients what they must do in reference to diet, etc., and scolded them in unmeasured terms when they disobeyed. His skill in pulse diagnosis was marvelous. He rarely asked a question, but astonished hundreds of people by the complete diagnosis which he made of their ailments simply by feeling the pulse. I never knew him to make a mistake. He could detect in an instant, from the patient's condition, as indicated by the pulse, when one had been disobeying his injunctions in reference to diet and regimen. He would tolerate only one or two deviations from his rigidly-prescribed rules. If the patient persisted in disobeying him he would refuse to have anything to do with him. I have seen a man worth his millions begging Li Po Tai to take him back, and at last break down crying like a little child. Li Po Tai had very little patience with such people. "They keep asking me such silly questions," he would say to me. "They say, 'Can't I eat just a little candy, or a little fruit?' They don't seem to understand that this little is just what I want to get out of their systems. I want to get every particle of acid out of their blood, and the fools persist in eating just the very substances that have been poisoning them for years." Li Po Tai could not understand why people should be so unwilling to make trifling sacrifices when their health was at stake. And there is no doubt that much of his wonderful success was due to his iron will, and to the inflexible rules of diet and hygiene which he imposed upon all who asked his advice.

Money was no temptation to Li Po Tai. His practice amounted to about $75,000 a year, and he was absolutely independent in this respect. Therefore, nobody could bribe him or browbeat him in the least. He lost thousands of dollars every year through the inability of patients to pay their bills, but he never refused anyone treatment on this account. Sometimes people would pay for a few weeks and then inform the doctor that their money was exhausted and they could pay no more. But he would go on and furnish the cure just the same. "What can I do?" he would say to me. "These people are sick. I can cure them, and I cannot see them die." Nor did he show any resentment or any difference in manner towards these delinquent debtors.

Li Po Tai was very jealous of his personal appearance and easily offended. But he was naturally a very shrewd and keen judge of human nature, and his half century of practice among the white residents of San Francisco and the patients who came to him from all sections of the United States had taught him the weakness and foibles of mankind. He knew how to deal with people of different temperaments, and no one, to my knowledge, ever got the best of him. Those who showed too great a lack of appreciation of his effors in their behalf, or those who through ignorance or willfulness insulted him in any way, were shown to the door with scant ceremony, and were compelled to apologize before they were received again, if at all. I recall one particularly conspicuous instance of this. I was in the doctor's office one day when a very finely dressed and smart looking young man en-

tered. He was a handsome, dark-haired young fellow. He had just come to San Francisco by steamer expressly to see Li Po Tai. In spite of his striking personal appearance one could tell at a glance that his health was shattered, for he appeared to be on the verge of nervous prostration.

Li Po Tai felt of his pulse as usual. Then he asked him, "When were you hurt?" At this perfectly civil question the young fellow jumped to his feet, declared that he had not been hurt at all, and began to swear, saying that no d——d Chinaman could make a fool of him. Li Po Tai waved his hand impatiently. "That will do," he said. "You get right out of here. I'll have nothing to do with you. No man on earth can swear at me in that way."

At this the young fellow broke down and wept like a baby, a not unfrequent occurrence, by the way, in Li Po Tai's office. He said that he had tried a dozen doctors, that none of them knew what his trouble was, that Li Po Tai was his last resort, and he would have to die if he could not or would not cure him. He was sick, tired and nervous, and he begged Li Po Tai to pardon his hasty exhibition of temper.

Somewhat mollified, the doctor told the young fellow to go to his hotel and return when he had been able to recollect the item of information which Li Po Tai desired. The man went out, and Li Po Tai turned to me and said: "I want you to be present when that young fellow comes back tomorrow." Accordingly, I was on the lookout next day, and was in the office when the prospective patient arrived. He said that he had been thinking the matter over during the night, and that the only injury he could remember ever having received was a fall from a horse ten years before, when he was a boy. His back had been hurt, and he remembered that his grandmother had told him that some day he would suffer from the effects of the injury. But he had apparently recovered from it, and had thought nothing more about it. He was very civil and polite on this occasion.

"That's right," said Li Po Tai, approvingly. "I knew that you had been hurt in some such way, and now I'll prove it to you." Accordingly he gave the man a plaster and instructed him how to place it over his back above the hips, and told him how long to wear it and when to return. I was on hand again next time and saw the young fellow partially stripped. There was a black stripe under the skin across his back where the congealed blood which had settled in the flesh as a result of the injury received years before, and which had been gradually poisoning his system, had been drawn to the surface. It required only a few weeks' treatment from Li Po Tai to accomplish a cure in this young man's case, and he left San Francisco in a very grateful frame of mind. This was one instance of very many which came under my observation that showed not only the skill of the old doctor and his intuitive knowledge of the sources and causes of obscure diseases, but his tact and firmness in dealing with men, as well, and his success in making them do just as he desired.

Li Po Tai had an inexhaustible fund of good common sense, and was impatient with the thousands of foolish people who lack that very commendable quality. He was particularly impatient with physicians who laid claims to a vast fund of scientific information and almost supernatural skill,

but were puzzled over matters which, from his way of thinking, were very simple indeed. His pulse diagnosis gave him cues, and he looked for the causes of disease in little things that were never suspected by doctors who depended upon information and statements of symptoms from the patients themselves.

On one occasion he was summoned by telegraph to go to a little town near Sacramento. He went and found a boy suffering intense pain from some trouble in the stomach or bowels, which the family physician had been unable to relieve. They conjectured that there was a stoppage of the bowels, but all their injections, emetics and physicings had had no effect whatever. As a last resort the parents of the boy had wired for Li Po Tai. He made his customary diagnosis, and then asked the lad something about what he had been doing for a few days. Knowing nothing whatever about the case, Li Po Tai had carried no medicine with him, but he inquired whether the people could procure any ginger root. Being answered in the affirmative, he told them to make a very strong decoction of ginger root and to give it to the boy as hot as he could take it. He then prepared to leave. The people, in some surprise, asked if that was all they should do, and if he were not going to remain and see the effects of his prescription. Li Po Tai replied, "Not necessary for me to stay. Boy will be all right in a few hours. If he get well you can send the money (naming the amount of his fee) to me in San Francisco." Then Li Po Tai went home and told me about the case.

Sure enough, in a day or two a man appeared with the amount of the fee and the information that the patient had entirely recovered. Li Po Tai's diagnosis had indicated an obstruction in the stomach, and the boy had told him that he had been jumping fences just before the trouble with him began. The old doctor at once surmised that the jar of jumping had knotted a portion of the intestines, and, of course, nothing could pass through them. An intense inflammation had been set up, and the difficulty would have proved fatal had it not been relieved. All of the medicines given the young man had accomplished nothing until Li Po Tai gave him the decoction of hot ginger, which allayed the inflammation, softened the intestines and rendered them pliable, and the knot untied itself. The Chinese doctor's shrewd deductions and searching for a simple reason for the distressing and painful condition in which he had found the patient had undoubtedly saved the boy's life.

Li Po Tai was a great physician because he was original and unhackneyed in his methods. He never followed iron-clad rules. He watched all his cases very carefully, and he had the nerve to give powerful doses of medicine when occasion required. In fact, he claimed that the failures of other doctors of his own race were largely due to their inexperience and their inability to tell just when was the proper time to employ heroic measures. They permitted their patients to die because they did not know how or when to take chances. Li Po Tai's long experience taught him better, and he had the clearness of intellect and the firmness of will to follow strictly the dictates of his judgment. He constantly studied how to adapt his system of Chinese medicine to the needs of Caucasians. He held that white men require different kinds and different doses of medicine from those ap-

plicable to the weaker constitutions of his own countrymen; that differences in climatic influences, in habits of eating, drinking and recreation, as well as differences in the inherited constitutional power and ability to resist disease, made the white man's illness very dissimilar from those that afflict the Asiatic. He constantly changed his prescriptions to correspond with these ideas, and kept a record of many important cases illustrating them. His experience in this direction was invaluable, for no other man of his race ever had the same opportunities for studying the peculiarities of the Caucasian in temperament and in the inherited qualities of mind and body which are handed down from one generation to another. He spent only two or three hours each day in his office, giving only a minute or two to each patient, and it must have required a capacious memory and great quickness of perception to note the changes in the condition of all these people from one day to another, and to change his prescriptions accordingly.

In person, Li Po Tai was rather taller than the average Chinaman. He stood very erect, but his form was shrunken and his face was meager from extreme age. He had a very keen eye, and his features and the shape of his head showed that he was from the better classes of his people, and of a much higher intelligence than we are accustomed to look for among those representatives of the great Chinese nation who come to America. Li Po Tai's face was badly scarred as a result of an explosion of gas in a room that he once entered into which the gas had been permitted to escape by some one who intended to kill him; for Li Po Tai had many enemies in the earlier portion of his career. And some of these pursued him with a bitterness which would not have stopped short of murder, had a good opportunity presented itself to make way with him. In fact, the occasion just mentioned was not the only one when his life was attempted. But in his later days he was reluctant to talk about these earlier events. It is certain, however, that for many years he was in almost daily peril of his life and employed a body guard to defend him.

Of course, his profession was not recognized as legitimate by the courts of California. He was brought before them frequently charged with the illegal practice of medicine, and was, I believe, fined on several occasions. The fines themselves were of little importance, as they were trifling in comparison with his income. But the disrepute into which they brought him, the annoyance and the interruption to his business were matters of grave import. Profiting by experience in this direction, he finally solved the problem by making no pretense whatever to the title "doctor," and by ceasing to represent himself as a physician. The sign at his place of business read simply "Li Po Tai's Herb Tea Sanitarium." His business was that of selling herbs, which was not in violation of any law. As the courts did not recognize his pulse diagnosis and could not punish him for selling herbs —any more than they could punish a man for selling flour or sugar—he thereafter escaped further trouble of this kind.

After a time, too, he made some very powerful friends by his skill and success in treating their diseases after they had been abandoned by other physicians. Among the most notable of these were Senator Leland Stanford and Governor Mark Hopkins. After the former was cured by Li Po

Tai he became his outspoken friend and protector. He persuaded Hopkins to intrust himself to the old doctor in a very severe illness, and at one time set aside fifteen thousand dollars to pay lawyers and court fees when Li Po Tai was threatened with prosecution. It was also stated that the wife of a Mr. Wakelee, the leading wholesale druggist of San Francisco, was one of Li Po Tai's patients. Stanford used to invite the doctor to his elegant mansion on Nob Hill and to entertain him there. Li Po Tai was very anxious to place his herbs on sale in a wholesale way in the drug stores throughout the country, and proposed the project to Wakelee. The latter, however, regarded the scheme as impracticable, on account of the bulk of the goods, the difficulty of suiting a general prescription to special cases, and the opposition which would be certain to come from physicians and druggists. So nothing came of the plan.

During the first ten years of Dr. Li Po Tai's practice in San Francisco his practice was not large among Americans, but was confined almost exclusively to his own countrymen. He knew that he had the skill to cure the diseases of the Chinese, but was not certain at that time of his skill in dealing with white people. He found that many things are so different in America from what they are in China, that they create different bodily conditions and different diseases. Thus the weather and climate, the water, the soil, the food, the liquid drank, and the customs and habits of Caucasians are all different from the corresponding conditions among the people of China and they have their effect in producing different ailments. Accordingly, all of Li Po Tai's remedies had to be changed and adapted to the different requirements of the American system. Li Po Tai spent many years in perfecting these changes, and constantly improved in the results that he achieved thereby. He kept a record of all of these matters, and many remarkable cases in a book which he bequeathed to his son, and which is now the property of the Foo and Wing Herb Company. This is a volume of more than 100,000 words, and its present owners estimate that it would require two years for a student to become reasonably familiar with its contents, so varied are they and so exhaustive of the subjects considered.

Li Po Tai always hired a "common surgeon," as he called him, a man named Woo Tay, to do work for him that he did not care to do himself, such as rubbing liniments into the skin of his patients when necessary, dressing wounds, etc., etc. He also had a doctor, a "common doctor," named Wong Fook Yow, who cooked the medicines for patrons. These men had received some medical education in China, but did not understand diagnosis by the pulse. Li Po Tai was a great surgeon as well as a great physician, but he had no time or strength or inclination to do the manual labor often necessary, and so used to employ physicians of less education and ability to work under his directions.

When I first became acquainted with Li Po Tai I thought that he was probably a doctor who had hit upon remedies which would cure one or two things, and that he had made his reputation out of these. I did not believe that he had skill enough to cure all diseases. For a few months I watched the cases that came to him and I was greatly surprised to see what a wide range of diseases were treated and cured. They all seemed to get along

nicely, and it was apparent at once that Li Po Tai's skill and resources in the way of remedies were adapted to all diseases alike. People suffering from lung troubles in all forms, catarrh, asthma, bronchitis and consumption, from all forms of stomach and liver difficulties, taking various shapes of indigestion, dyspepsia, etc., from diabetes and Bright's Disease and from everything else that one could name in the varied list of ills that afflict mankind, all came to him, and his success was great in all. He was most skillful with fevers of all sorts, such as typhoid, scarlet, la grippe, pneumonia and other forms. They yielded to his treatment very quickly, especially if taken at the start. His skill in chronic cases, some of which had hung along for twenty years or longer, such as old cases of asthma, was astonishing. In short, he was evidently prepared for and equal to every emergency.

The medicines which Li Po Tai prescribed were often very bitter, but he always contended that there was no help for this; that it was absolutely necessary to use them in the form of herb teas, and that any method of putting them into condensed forms or trying to take away the bad taste, as a general rule, would destroy their medical properties and their good effects upon the patient. He thought that it was better to take bitter medicines than to be sick. More than twenty years before I knew him he had treated and cured Senator Stanford, and some time afterwards Stanford was talking with him, and said: "I am satisfied with your treatment, but I think it would be better if you would use chemical preparations, condense your medicines into pills and powders and make small doses. In that way you would take away the bitter taste and people would not make so much fuss over them. Suppose you try this for a time." Li Po Tai attempted to follow this advice. He secured the services of a noted chemist, and made many experiments in this direction. But he found that by condensing the medicines he destroyed their natural power and that they were of no value whatever for curing diseases if used alone. Still, in some cases, the pills and powders could be used in connection with the herb teas, and the prescriptions could be varied in the teas. Li Po Tai said that he could not use the pills and powders alone, because it was necessary to change the remedies from day to day and to make them different in order to suit the different circumstances and conditions of each case as the cure progressed. Some remedies can be used to a certain extent in the form of pills and powders, but they are not sufficient alone.

Some months after Senator Stanford was cured he sent Li Po Tai to Mark Hopkins, who was very ill, and he likewise was cured by Li Po Tai's skill. Afterwards Stanford, Hopkins and another celebrated man were talking together in Li Po Tai's office, and Stanford said: "I like your remedies very well, Li Po Tai, only they are too bitter. White men like everything sweet, and they would take more of your medicines if they were not so bitter." Then Hopkins told a story of a celebrated German physician that he knew who had cured a rich young man who had given himself up to excesses. Being full of evil desires he kept thinking of forbidden things, and this made him worse. Finally the great German physician gave him two or three very bitter thing. He had to take these every day, and got to thinking

about them so much that, little by little, he was able to control his mind, and then he recovered.

Li Po Tai laughed at this, and said: "I take care of the young men in just that way. When a young man comes to me, I want to teach him a lesson. My remedies take away his desires for excesses. When he takes my medicine his mind will become clear, and after he once gets control of his mind his body will be better, and then he will be cured." This was Li Po Tai's lesson for all young men: "If a young man permits his mind to indulge in sensual thoughts, even though he may not follow these up by sensual dissipation, nevertheless he will injure his system more or less. Therefore he must abstain from reading any book or visiting any place or witnessing and scene or looking at any picture that will bring such thoughts to his mind." Li Po Tai constantly taught this excellent precept to all the young men whom he knew and to those who came to him for treatment, and in this way he certainly accomplished a great deal of good, for these are matters that are too often neglected among our own people. And certainly there could be no higher and better teaching in this respect than an absolute command to keep the mind pure as well as the body, because the two must work in harmony, and when the mind is wrong the body is pretty certain to be wrong also.

One case of this kind that came under my observation, that of a wealthy young fellow who came to see Li Po Tai from an eastern city, was particularly obstinate. He seemed to have absolutely no control over his mind, and, therefore, no control over his body, and his nervous system seemed completely wrecked. At first Li Po Tai was very much puzzled over this case, which seemed to resist all his powers. He tried everything, but with very little success It seemed impossible to keep the young man from letting his mind dwell upon subjects that were very hurtful for him. It was the hardest case of the kind that Li Po Tai had ever seen. He studied it over for a few weeks, and then thought of a new method of treatment. He prepared a couple of little pointed sticks and instructed the patient to put them into his ears for a short time several times a day, explaining that they would have a healthful influence on the nerves. The young man followed instructions, and got to thinking about the sticks, until, little by little, he formed the habit of depending upon them, and then, if he, for any reason, did not use them for a day he imagined that he did not feel good. In this way he formed the habit of thinking about these sticks, and by degrees his mind was taken away from himself and from the objects of his evil desires. In this way his will reasserted itself, his mind grew stronger and a cure was the result.

At this time Li Po Tai made a remark which was very instructive to me. He said that people may receive injury from over-eating or from sexual excesses, but that they must be much more careful to guard against the latter than against the former, because, if a man receives injury from over-eating, he naturally wants to eat less, and so recovers soon But when a man receives injury from sexual excesses, he keeps going from bad to worse, because his desires keep growing stronger and also his powers of resistance; and the effects upon his system are such that he has less and less control

over himself. In other words, nature does not provide a limit to such injury, as in the case in over-indulgence in the pleasures of the table, but leaves the man to control his own sensual desires by the force of his will; so that when the will is weak there is nothing to prevent great injury. Dr. Li Po Tai had a great deal of common sense in these matters, and one way in which he proved this was in showing childless couples the way by which, through living correct lives and observing the laws of health very strictly, they might be blessed with children. I have known a great many people who received instruction of this kind from Li Po Tai, and were afterwards very grateful for his advice to them in this direction.

Li Po Tai had some very remarkable cases, and was sometimes known to cure patients without medicine. On one occasion when he went home to China he accomplished some cures of this sort. He went to China in 1886, and remained a year and then came back to San Francisco. While Li Po Tai was in Peking there was a certain rich old man who had two smart sons. Both of these boys were appointed to high public offices on the same day, one of them in Peking and the other in Canton. The father heard the good news by two letters, which made him very happy—his boys had passed the necessary examinations and both had been appointed to judgeships. All the old gentleman's friends came and shook hands and congratulated him, and they had a big celebration. But the father was so happy that his mind was affected. He couldn't sleep, and became very sick. He tried two or three different doctors and received no help. Then one of them mentioned Li Po Tai, who happened to be in the neighborhood, and said that there was a very celebrated doctor come home from San Francisco, and they had better try him.

The old gentleman and his family were only too glad to consult Li Po Tai, and they sent for him, but Li Po Tai, after hearing the circumstances of the case, wrote no prescription. This, of course, surprised the family very much, for usually the first thing that a Chinese doctor does is to write a long prescription and commence to watch the effects of his medicines. Li Po Tai went into another room and called in the sick man's wife and brother and younger son, and told them that he had a way to cure the patient without medicine, and all the family answered, "We are very glad to hear that." But Li Po Tai remarked that he did not think they would be willing to use his prescription, as it was something very unusual. By this time, however, they were all interested in Li Po Tai, and were also at their wits' end to know what to do. So they all promised faithfully to follow Li Po Tai's directions, whatever they might be. Accordingly the doctor explained his plan, which was this. He said: "The trouble is that nerve force is not furnished from the heart to the brain, and therefore sleep is impossible. The patient is so happy that he cannot sleep. We must give him a shock that will take his mind off from himself. I will help you to write a letter saying that his eldest son has fallen from his horse and is nearly dead—say that somebody had made him drunk and he had fallen from his horse. Then we will write another letter saying that the other son is very sick and may die also. You will get these letters and must let the old man see them; let him be frightened for two or three days and sleep will return to him. Then you can tell him

that the letters are false, and he will be cured without medicine. There is no medicine that will do him any good."

The sick man's wife was reluctant to try these rather harsh measures, but his brother interposed and said that it should be as Dr. Li Po Tai proposed, that the plan was reasonable and in accordance with high medical authorities. Accordingly, Li Po Tai wrote the letters and sent them to the family. The younger son took them to the father, whose joy at once turned to grief. He was very much frightened and very anxious. But, strange to say, he slept well the first night after receiving the bad news, and soon got better. The bad news took his mind ofl from himself and aroused him to the necessity of doing all that he could for his sons, whom he, of course, thought to be very ill. So his mind got back to its normal condition, and nature reasserted her dominion over his brain. Needless to say that the wonderful cure gave Li Po Tai a tremendous reputation in that locality.

Li Po Tai did little or no advertising with printer's ink. Occasionally he printed a small card, simply giving the address of his sanitarium. After his reputation became established he depended for patronage upon the natural growth of his business. Each man or woman that he cured of some obstinate disease became a walking advertisement, and was certain to send many other patients. He was very friendly to all who were friendly towards him, and never forgot a favor rendered. Many of the public officials, judges, members of the police force, attaches of the coroner's office and others knew Li Po Tai well, had confidence in his skill and integrity, and were unwilling to molest him or to interfere in any way with his occupation, which they regarded as a good work for mankind.

Li Po Tai frequently had the gratification of seeing his diagnosis confirmed when they were contradicted by the members of the "regular" profession. I was cognizant of several interesting cases of this, although some of them were of a sort which are difficult to describe in print. One which may perhaps be told, although a thing that will appear ghastly to all except doctors and others hardened by the nature of their occupation to repulsive form of disease, was the following: A man of middle age came to him suffering from what the doctors called consumption. He was emaciated, pallid, and had a distressing cough. Li Po Tai never considered anybody else's diagnosis for a moment. He was mentally absolutely independent. He examined the man and told him that his difficulty did not arise in the lungs at all. That, in the first place, his kidneys were badly diseased, one of them wasted away almost to nothing, the other involved almost as much; and that, in the second place, he was suffering from some old hurt, a blow or something of the sort in the abdomen, that the seat of the injury was inflamed to the point of suppuration, and that it had become infested by worms, which were eating away the diseased flesh. Li Po Tai declared that the cough was simply a complication of these conditions and not a proof of consumption.

This diagnosis was certainly well calculated to frignten any man, but the old doctor encouraged the invalid by the statement that he could in all probability effect a cure. The man commenced treatment, and made a very manifest improvement. But, unfortunately, his friends ridiculed Li Po

Tai's diagnosis, considered it a piece of heathenish absurdity and childish nonsense. Guided by their views rather than by his own judgment, and in spite of the fact that he was getting better, the man abandoned Li Po Tai's herbs and went back to the creosote and other drugs which he had been taking as a cure for consumption. The result was that he died in a few weeks.

But the doctors who had been attending him thought that this was a splendid opportunity to show up that arch quack, Li Po Tai, and his Chinese superstitions. They did not, for a moment, imagine that his peculiar diagnosis could be correct. They demanded an autopsy, which was made, and, very much to their surprise, they found that Li Po Tai was correct in every particular. They found the wasted kidneys, one almost gone, but beginning to grow again under the influence of the herb teas, the other in a somewhat better condition. They found the bruise where Li Po Tai had located it. and found also that it was infested with worms, just as he had stated. They found that the lungs were not seriously affected, and that the man was not suffering from consumption. In short, it was a complete vindication of Li Po Tai's skill and unparalleled genius for diagnosis. Doubtless the facts of this autopsy would never have been told if some of the coroner's assistants, and, for that matter the coroner himself, had not been friendly to the Chinese doctor. They had seen enough instances of this sort to convince them that Li Po Tai almost invariably knew exactly what he was talking about.

Another instance which came under my observation was that of a man suffering from some kidney difficulty which affected his spine. He had tried various methods of treatment without relief, and finally, one day, went to a firm of surgeons, who gave him a thorough examination. They informed him that it would be necessary to run a hot iron up and down his back, each side of his spine, an operation which is frequently performed in cases of rheumatism and other diseases affecting the spine. They proposed to operate at once, and the patient consented. Part of his clothing was removed and the iron was heated. While watching this proceeding the horror of the prospect came over the patient, and his nerve deserted him. Grabbing up his coat and other articles of clothing, he ran out of the room and left the building, without stopping to say good-by, and followed by the jeering remarks of the doctors, who called him a coward. Having thus exhausted the resources of the white doctor's art, he went to Li Po Tai, as a last resort. Li Po Tai cured him with a course of herb teas lasting only a few weeks, and without any hot iron play or other form of torture.

Li Po Tai's patients came from all parts of the United States, many from New York and other distant cities, who came to San Francisco expressly to see him. As a rule they did not talk indiscriminately about the merits of this system of medicine, yet we were pretty certain to hear, sooner or later, from any remarkable cure in the person of some friend of the patient whom he or she had recommended to Li Po Tai.

As I have already stated, the cure of my wife was necessarily very slow after the first few week in which the most alarming symptoms were removed under Li Po Tai's treatment. We should often have been discouraged if we

had not frequently seen in the experiences of others the evidence of the old doctor's skill and success. He had brought her to a point where the final result was no longer in doubt, when he died. I am satisfied that her cure would have been completed much sooner than it was had Li Po Tai lived a little longer. We were among the many who were left disconsolate at the sudden decease of the aged Chinese physician at the age of seventy-three. disease, but for general results, and had, unfortunately, towards the end

I had myself been taking a course of treatment, not for any specific of it, when I was feeling and looking better in health than for years before, taken a severe cold. I suppose it was really an attack of la grippe, which was epidemic in San Francisco at the time. I was confined to the house for a couple of weeks, and when I was again able to be out of doors Li Pi Tai had died and had been buried.

I found everything in confusion at his office. His son, Dr. Li Wing, whom Li Po Tai had regarded as his natural successor, was in China. His nephew, Dr. Foo, was intending to remove to Southern California, and did so remove soon afterwards. There were one or two other Chinese physicians in the establishment, but none in whom we had anything like the confidence that we had all had in Li Po Tai. Every one was asking the question of his neighbor, "Who is going to feel your pulse today?" Like many others, I soon after left San Francisco. We employed other Chinese physicians, and found them of varying degrees of skill. We had a great deal of confidence in one whom we found in Portland. I consider him a very brilliant man indeed. He treated us very nicely, wrote out some prescriptions, which I have since had filled at various Chinese drug stores, and gave us a great deal of general advice. His charges were very moderate. He refused to take pay for his advice or for anything except the herbs which he actually furnished, but I bought about a hundred dollars worth of these from him, and have never regretted the investment. We have been following the directions which he gave us, and my wife has steadily improved until now.

There are some quacks and impostors among the Chinese doctors, just as there are among physicians of our own nationality. A few who practice among the lower orders of the Chinese in San Francisco work upon the superstitions of the patients, and employ some of the remedies, such as dried toads and lizards, which are mentioned by those who see fit to ridicule this system of medicine, but these men are usually about as ignorant, except for a little superficial knowledge of drugs, as their credulous patients. All of the educated Chinese physicians whom I have seen had good and reasonable ideas upon anatomy, hygiene and physiology. Their notions in reference to diet are respected and admired by many who do not value their system in other respects. You might think, from the fact that they sell herbs, that they would want to sell as many as possible, and would keep their patients forever taking them. But they have as high a standard of professional ethics as our own physicians, and such advice would be in the highest degree contrary to their ideas of right in this respect. On the contrary, I have had them tell me that it is wrong to be perpetually taking medicine, that medicine, if it is worth anything, ought to accomplish a cure and end the matter. They never prescribe simply to make the patient "feel good." If a

little change in diet or some other trifling reform in a man's way of life would accomplish a cure without medication they frankly tell him so.

The Chinese have some wonderful remedies, and they know how to use them. Some people may claim that our American doctors and pharmacists know all about these remedies, for we certainly have men all the time traveling all over the world and studying the therapeutic properties of different plants, herbs and other natural elements which may have medicinal properties. It seems reasonable to suppose that our own druggists and chemists do know about these remedies, but, if so, they do not fully understand them, or else they do not know now to prepare and to use them. The people of the Orient are the most skillful chemists in the world, just as they excel in a great many other arts and manufactures, such as the making of silk and the carving of bronze and ivory. They have made their system of medicine a study for hundreds of years, and, when they find a thing is good, they cling to it and master all its properties, instead of using it for a time and then casting it aside, as is so often the case with our own doctors. We have a few standbys, such as quinine, calomel and salicylic acid. But the country is flooded all the time with new remedies or with new combinations of the old ones, and each new one is advertised for a time as the best in its way that the world has ever seen. It is popular with physicians for a time, and then is thrown aside for something else which is thought to be even better, but, in its turn, soon runs its little race of popularity. The Chinese do not follow this unsatisfactory plan. They know that their remedies are reliable, and they depend upon them accordingly.

One thing about these remedies is their delicate adjustment to the mechanism of the human body, and the ease and freedom from pain with which they work. The Chinese do not believe in purgings and violent remedies, such as emetics, except, possibly, in extreme cases of great emergency. Take the curing of a common cold, for instance. Most of the medicines which we employ are violently laxative, and we frequently speak of "working off" a cold through the bowels. When we do not do this we take something which throws us into a violent perspiration. The Chinese accomplish the same effect in a much gentler way. You take a dose or two of herb tea and your cold disappears, as if by magic. You are not griped or purged or forced into a profuse perspiration. Yet all of the vital organs, including the skin, have been bought into a sort of co-operative action. They have been compelled to help each other, and the result is that your cold has disappeared before you know it.

A Chinese prescription includes usually from six to fifteen different roots, barks, berries, flowers and other vegetable substances. These are intended to act upon all of the different vital organs, instead of confining the strength of the remedies to one or two portions of the body, as is the case with us. The Chinese hold that health is a harmonious action of all the powers of the body, that when one has been weakened or temporarily crippled the others should be brought to its assistance, that disease in any portion of the body offects all the rest, and that it can, therefore, only be thrown out by assisting every part. This seems very reasonable and logical, and their success indicates that the theory is sound. Many of the herbs which they use are employed habitually by the Chinese as foods. There are several kinds

which they add to their soups and other dishes every day, just as we add a handful of parsley to a kettle of soup. They use these herbs because they make the broth more nutritious. As a race they are very careful in all matters affecting their health, and are very ready to impose upon themselves little acts of self-denial if they are to be benefited thereby. They like the American way of cooking just as well as we do, but they will abandon our highly-seasoned dishes for their own plain rice and thin soups whenever they find it necessary for the sake of health, and they are always cheerful about these matters.

I have seen hundreds of people take the Chinese remedies. Most folks find them bitter and hard to take for a dose or two. Sometimes there is nausea, for the stomachs of people who are ill enough to consult a Chinese doctor are usually badly out of condition, and revolt at the very dose that is going to do them good. It requires an effort, frequently, to swallow the first two or three doses, but afterwards those who have any perseverance whatever in their mental composition, and any will power, find it easy enough to take the medicines. Some people become fond of them and miss the effects to which they have become accustomed, just as people get used to mineral waters and miss them when they go home after a course of treatment at a water cure. The hot decoctions in which these remedies are taken are the very best way to secure their purity and their medicinal properties unimpaired. One gets the pure juices of the plants in a form that is readily assimilated by the digestive organs and thence taken into the blood. This is doubtless another reason why they are so efficacious. One dose a day is usually all that the Chinese physician prescribes. Its effect is supposed to endure for about twenty hours, and then the patient is permitted to rest a few hours before the next dose.

The Chinese have the finest system of diet in the world. They are better informed than we are upon the action of the digestive juices, the varieties of food that are most readily assimilated, and the kinds that are always to be avoided. They never prescribe oily or fatty foods for invalids, but they will put more hard, solid, sound flesh upon a man or woman by the use of the plainest and lightest foods, combined with their medicines, than all the cod liver oil in the world can put. They believe in the perfect digestion of a little food every day rather than in the imperfect digestion of a good deal. With them it is not a question of taking strong foods, such as chicken broth and beef tea, but a question of a sound stomach and complete assimilation, which extract the nutriment from the lightest foods, such as rice and milk, and make it available for the needs of the body. They make no attempt to increase the weight of their patients while there is a particle of inflammation in the system or of impurities in the blood. They believe that strong foods cannot be received with safety by the individual because they tend to produce inflammation, which must be entirely removed before the vital processes can proceed in harmony and produce a normal result. A mere temporary stimulus derived from heavy foods, artificial digestion and tonics is not considered any advance in the condition of an invalid, and is always avoided rather than encouraged. These principles are adhered to rigidly, and the consequence is that their cures are permanent.

The Chinese lay great stress upon the health of the principal vital or-

gans, particularly of the kidneys and the liver. They believe that the seat of life is in the kidneys, that these organs nourish the bones and support the entire body from center to circumference. If a man's kidney action is good he will be strong, will rarely take cold, and will be full of energy. They hold that some kinds of food have a direct and immediate tendency to weaken the action of the kidneys, and they avoid these like poison. They have remedies which act very favorably upon these organs and upon the liver. They can grow up floating kidneys if there is anything at all to build upon, and their remedies for a torpid, enlarged or shrunken liver are equally effective. They find in these organs the ultimate sources of many cases of heart trouble, consumption and dyspepsia, and instead of attempting to cure these by treating the organs last involved, they reach them by treating the organs first involved, when the secondary symptoms disappear of themselves. Everybody knows that many diseases of the American people are fostered by their ways of life, and take the form of complications of these important organs. Among these are Bright's Disease and diabetes, which seem to be largely products of our modern civilization, with its fast and luxurious ways of living. They were never heard of fifty years ago, at least not under their present names. We are constantly paying the penalty for the luxuries that we enjoy, in a lowering vitality and impaired bodily powers. If our national life were simpler there would be fewer cases of these obstinate diseases which seem to be so difficult to cure. They do not occur among the Chinese, partly because they do not invite them, and partly because the remedies which their physicians employ are efficacious in removing the difficulties before they become chronic.

Diagnosis by the pulse is a mystery to most Americans, and those who do not understand it and have not seen it performed do not usually believe that it will accomplish what is claimed for it. There is not so much mystery about it as first appears, when one comes to investigate it. The Chinese believe that there is pulse to the extremities from all the vital organs. They claim to be able to detect the condition of each vital organ from the pulse, also the presence or the faintest indication of fever, the quality of the blood, whether weak or strong, and the force of the "life current," which is the same thing that we call vitality. In other words, it is the constitutional power to do, to perform, to enjoy and to live which is inherited and which varies in different individuals.

Many of the Chinese physicians certainly have a wonderful facility in diagnosis by the pulse. It is an educated tactile sense, often the result of generations of training and practice, for in China the medical profession is a very honorable one, and is frequently handed down from father to son for many generations. There is really, when you come to think about it, nothing more wonderful in this art than there is in the development of a genius for music or in the sixth sense, which the blind so often acquire. I have seen a blind man walking alone the streets of a large city, avoiding electric cars, turning at the right point, and entering the place of business for which he had started, without assistance from anybody. This is simply the development of latent possibilities in human nature by severe discipline, long training and intense mental application. The things which I have seen a thousand times have convinced me that the Chinese can do

just what they claim to do, that they can read the bodily condition of any individual through the pulse, as we would read a printed page. Even American physicians, who are not, as a rule, very ready to recognize anything good in this system of medicine, are compelled to credit the evidence of their own senses, and some of them have given a qualified assent to the claims of the Chinese physicians, and have urged upon their own fellow-doctors that they cultivate the sense of touch to a higher degree, depend upon it more in their diagnosis of disease and less upon information derived from questioning the patient, and study to develop a more complete system of diagnosis by the pulse.

When one considers the disadvantages under which Li Po Tai did his work in America, his success is certainly something very remarkable. He came to California when the State was young, when its manners and customs were rude and lawless, when there was very little regard for human life or for justice, and when there was a very bitter prejudice against his race, as there always has been ever since, and is today. He could not, of course, speak or understand English when he came to this country, although he learned it well in the course of time. When he began to cure the diseases of Americans every possible obstacle was thrown in his way, even to personal violence and attempts at murder. The law was invoked to suppress him. But he triumphed over all these obstacles and made himself respected among an alien race. He supported an elaborate Oriental establishment in San Francisco, having a very large "family," as the Chinese understand that word, which means a great many retainers and dependents besides those most closely related to him. He was generous and free with his money, yet he left behind him a considerable fortune, as well as a reputation for brilliant achievement and grateful remembrances from thousands of people whom he had benefited. His life was certainly a success, as any man will admit who studies it from a liberal point of view, and frees his own mind from the burdens of race prejudice. I shall always remember my experiences with him with great interest, and shall always be glad that a happy chance directed us to him at the time when every other resource seemed to have failed us.

CONCLUSION.

The above are the principal points in the life and character of Li Po Tai, as told to me by my friend Roberts. During the three months that Roberts and his wife spent in the little town where I was then living, I watched her health with almost as much interest as that shown by her husband, for I was very anxious to know whether she was permanently cured. To all appearances she was as well as the average woman. The two spent a great deal of time out of doors, taking long walks every day, longer than most people would care to take. But their greatest fear was that Mrs. Roberts would take cold and suffer a return of some of her infirmities. Like most people who had been invalids for a long time, they were constantly watching the thermometer. And Roberts complained that his wife lacked strength.

They finally went north again, and a few months later I received a note saying that they had found another Chinese doctor who had completed the cure. Mrs. Roberts was then perfectly well, and they had abandoned medicine. They had reached the point which every man who has struggled to regain lost health would give the world to reach.

CHAPTER IX.

A Lesson From Confucius—The Diseases of Women, Their Causes and Cure---Testimonials From Many Patients.

春秋左傳楚靈王好妇人細腰故事

A LESSON FROM CONFUCIUS.

The Ancient Prototype of a Modern Fashion--How the Practice of Tight Lacing Proved the Downfall of a King.

A Medical Question Already 2,500 Years Old But Still Under Frequent Discussion---Settled in China in the Right Way.

BY DR. LI WING.

The adage that there is nothing new under the sun finds frequent verification. The question of tight lacing and the wearing of corsets is discussed regularly by all the medical and fashion journals of Europe and America, the editors of which are probably not aware that the same question was discussed and settled in China many centuries ago. Moreover, at that time, it had important consequences for a ruling monarch, and became a question of state which demanded and received most energetic consideration.

From the time that Confucius proclaimed his doctrines to the people, they have been accepted by China and the adjoining kingdoms, and have been regarded by the people of these kingdoms just as the Christian nations regard the doctrines of Jesus Christ. Confucius was born 549 years before Christ. About thirty years before the time of Confucius the question of tight lacing was definitely settled in China, and the story of this discussion, which led to the revolt of a people and the deposition of a king, has been preserved in the history compiled by Confucius, called the book of Chune Chow, being part of the history of Choo Chune, and is as follows:

There was a king named Wai who ruled some of the southern states of China, which were known as Chow Len Wong. This king was a very peculiar person. He fancied ladies with small waists, and therefore issued a proclamation ordering all of the ladies of his kingdom to wear very tight laces in order to make their waists look small and to please the king. All of the girls and ladies were crazy to obey this proclamation. As a con-

sequence of this habit they soon began to be afflicted with various diseases which they had never known before, troubles such as falling of the womb, for which hundreds of remedies are advertised today throughout America. They had never before been known in China, and they were caused by the unnatural pressure in the middle of the body, which checked the circulation, both of the upper and lower parts, and caused the womb to become heavy. People could see the breast grow larger, and thought that a good thing. But they could not see that certain hidden organs were also growing larger, which was a very bad thing. So the fashion continued for a while. Its advantages were plain to the eye, and its bad results were forgotten or overlooked.

But after a while the king's ministers decided that this fashion was causing a great deal of very injurious sickness in the kingdom; and they all rose against the king's cruel and foolish act, and advised him to repeal it. But he flatly refused. Then some of the ministers waited for an opportunity to depose him, and, accordingly, when he was leading an army to make war against an adjoining kingdom, then the ministers induced the people of his kingdom to close the gates. Thus he was shut out of his own kingdom by his own subjects, and was driven into the wilderness, where he starved to death. The ministers assisted his brother, who was named Hei Jad, to become king, and after he had become king his name was changed to Chow Ping Wong. One of his first acts was to change the evil law which had brought so much sickness and suffering into the kingdom and had worked the ruin of his predecessor. Since that time there has been no sickness of that sort, and is none today, throughout China. And ever since then the women of China have worn a style of dress which does not interfere with their health.

THE DISEASES OF WOMEN.

Their Treatment by the Herbal Remedies—The Most Rational and Successful Method Known.

BY DR. LI WING.

The diseases of women are among the most common and the most formidable of the maladies with which the physician of the present day has to contend. Innumerable cures are advertised and thousands of specialists are engaged in treating these disorders exclusively, yet the cases are multiplied from year to year. According to some authorities very few American women are free from diseases peculiar to their sex, and, at the present rate of progress, it seems probable that, unless relief comes from some source, there will be within the next century a dearth of American-born women physically capable of the duties of wifehood and motherhood.

This is an unfortunate condition of affairs, which is made worse by the unsatisfactory results of prevalent methods of treating these disorders. Women soon get discouraged of trying these methods, and come to regard

their condition as incurable. Consequently, disorders which might easily be arrested by the proper treatment at an early stage, are allowed to drift along from bad to worse, until they reach the point where there is no remedy, according to the notions of American doctors, except the surgeon's knife. As a last resort surgical operations are performed to cut away abnormal growths, or inflamed ovaries, or portions or all of the womb itself. The result of these operations is frequently death within a very short time, or, at the best, the unsexing of the subject, perverting or destroying those functions upon which her health primarily depends, often destroying that health completely, if the woman lives, and often producing complications which cause her death within a few years, if not at once.

The causes of these diseases are very numerous. It would be impossible and is unnecessary to attempt to enumerate them all. Modern ways of life are responsible for most of them, high living, rich foods, late hours, parties, balls, demands of society and excitements of all kinds. Overwork is frequently an exciting cause; anxiety is another. Various perversions of marriage, attempts to prevent child-birth, and ignorance, carelessness or lack of care during and after child-birth. All of these causes, and others, are constantly at work. Many women doubtless have an inherited predisposition to these diseases, and many young women acquire a predisposition through overwork at school, or through early efforts at earning a livelihood. Whatever is a shock to the nervous system or whatever overtaxes it is a cause as well as those causes, such as a miscarriage, which have a direct effect.

The Chinese system of medicine is particularly adapted to the treatment of these diseases. Here is fortunately one of its strong holds. Its great variety of harmless, efficient herbs comes into play in every phase of these diseases. If the trouble depends upon mal-nutrition and a degenerate condition of the nerves the Chinese have special herb foods, which supply the needed elements. If the disorder arises from an impure or disordered state of the blood, this system has many remedies which cleanse and enrich the blood, enabling it to have a healing effect and an upbuilding effect as well. These disorders are invariably accompanied by fever or inflammation in some part of the patient's body, and the Chinese remedies to reduce and prevent inflammation are very numerous and very effective. Those cases even in which the American physician has no remedy except the knife yield readily to the herbal treatment.

In China medicine and surgery are distinct professions, and the two are not usually followed by the same physician. But medicine attempts and accomplishes many things which American physicians turn over to the surgeons. This is seen in the treatment of many diseases of the bones, which, in America, are treated by mechanical supports, by scraping of the bone and other operations or by amputation. The Chinese doctor cures these cases by medicines alone, perhaps aided, in some instances, by the use of plasters and linaments, where there is impure blood or other poisonous liquids to be drawn away. The Chinese think that it is just as easy to feed a bone as it is to feed a muscle. One can be made to grow as well as the other. Both have circulation and are nourished by the blood. The only difference is that a longer time is usually required to strengthen a weakened bone by feeding it than to strengthen a weakened muscle, because its substance is harder

and its circulation is slower. A change therefore requires a greater length of time, but it is just as certain in the one case as in the other.

The same reasoning applies to abnormal growths in the womb or ovaries, or to ulcerations, enlargements of the tissues or of the substance of the womb, cancers, tumors and similar difficulties. These things can all be checked and cured by internal medication much easier than by mechanical means, by scraping and cutting, or by amputation. Surgical operations never accomplish a cure. They simply take away something from the body and maim it in one way or another. When a physician recommends a surgical operation he admits that the means at his command are insufficient, that he hasn't the remedies to meet the case, and this is, in fact, the reason that so many surgeons flourish upon the disorders of women, and find in them their broadest yet constantly growing field. Doctors lack the remedies to meet the need, and as they haven't got them, they cannot prescribe them.

Let us consider in greater detail some of the more prevalent forms of the diseases of women and see how the Chinese system of medicine is particularly adapted to cure them. Derangements of the menstrual function are among the most common and most injurious. The menstrual function in a normal woman ought to be practically painless, instead of a source of misery and illness, as it so often is. Its perversion takes a score of forms; sometimes it is delayed, sometimes premature, sometimes scanty, sometimes profuse, and often accompanied by severe headaches, bearing-down pains, and even by hysteria and almost complete exhaustion. It is usually functional, that is, depending upon defects in circulation, impairment of the nervous system, or a generally debilitated condition, but it may come from an enlarged or ulcerated condition of the womb, or other local causes.

In either case the herbal remedies act efficiently and promptly. A tonic medicine is not what is needed, because, if there is inflammation, as there usually is, a tonic is simply an addition of fuel to a fire already existing. Neither are local applications of any permanent value. They may relieve the local pain for a time, and may be of some transient benefit by toning up the organs involved, as by the use of electricity; but the beneficial effect soon passes; the original causes are still at work, and the original results come back again. Suppressed or painful menstruation is often a result of a cold, and the physician usually thinks that if the menses can be brought on again a cure is accomplished, not stopping to think that the poisonous conditions which resulted from the cold and caused the suppression in the first place still remain in the system and are liable to produce the same effect again. Sometimes there is an unnatural contraction of the mouth of the womb, closing it, and some sort of an operation which forces it open is thought necessary in order to permit a resumption of the menstrual flow.

These ideas are all wrong. What is needed, nine times out of ten, is a general cleansing of the system, and a restoration of the normal activity of all of the bodily functions. If poisons have accumulated in the blood through a failure of the bowels, the kidneys and the skin to do their work properly, this difficulty must be removed before there can be any permanent improvement. If the stomach does not act perfectly, and there is consequently a lack of nutriment for the nerves and the muscles and a thinning of the blood, then that organ and its assistant organs of digestion must be compelled to

perform their functions as nature intended. If poison has been left in the system through a cold which has settled in the womb and the ovaries and clogs their action, that poison must be removed and the trouble will be cured. Local applications are almost always useless, except, perhaps, to a certain extent in connection with internal treatment. The healthful performance of the menstrual function is only accomplished in a healthful state of the whole body, and that must be brought about before there can be any definite and constant improvement.

The same facts apply to the period known as "the change of life," which is a period of great pain and danger for many women. Some women take eight or ten years to pass through this transition, which ought to be accomplished in two or three at the farthest, and without undue inconvenience or suffering. The woman who enters upon this period with all her bodily functions in a normal condition has nothing to fear; nature takes care of the rest. But the woman who commences it with digestion, nutrition, elimination and circulation all wrong, with the stomach, kidneys, liver, bowels all slow or imperfect in doing their work, must expect trouble, as a matter of course, And this is too often the case, owing to American ways of life, which regard the pleasures of the table and the excitements of society as of greater importance than health.

Falling of the womb is another difficulty which too often receives only illogical and patch-work treatment. The muscles supporting the womb in place become relaxed, through a general debilitated condition of the system, or from some local strain or injury, or the womb becomes thickened or enlarged through various causes. The usual treatment is to attempt to support the organ in place by a mechanical device, such as a rubber ring or pessary, when the muscles are weakened; or to cut away a portion by "Curetting" or scraping the parts most accessible, thus trying to reduce it in size and weight, and various injections and suppositories are used with the hope of strengthening the muscles and causing them to hold the organ in its proper place. The failure of all of these methods arises from the fact that the original causes are still at work, except when the injury comes from some sudden strain, such as attempting to lift too great a weight or from some similar cause. Unless those causes can be permanently removed there can be no permanent improvement.

Ulcerous growths in the womb or vagina, cancers of the womb and similar conditions, which take the form of ulcers, of greater or less severity and danger, and such diseases as leuchorrea are also usually treated by local applications, by antiseptic injections, suppositories and other devices to introduce various medications, which are supposed to heal the diseased surfaces. Cancer of the breast is a sympathetic complication to which the same reasoning applies. All of these troubles depend upon some remote cause, some functional derangement, some poison in the system, often left there by lack of care in child-birth or by a miscarriage, but sometimes coming from a cause that is only indirectly connected with the menstrual function or the generative organs. There is no cure, because this source of poisonous accumulation, whatever it may be, is not removed, and, while the local treatment may render temporary relief, it cannot remove the disturbing cause because it is not directed against that cause.

In a word, a course of internal medication is almost always necessary in these cases. Even those cases which arise from some direct injury to the organs of generation, such as an incomplete recovery from child-birth, react upon the system in general, weakening the nerves, poisoning the blood and impairing its circulation, and so affecting the whole body and causing symptoms of numerous diseases. A course of medicine which sets all these matters right will restore the whole system to health. The herbal remedies are the only ones that can be safely taken for this purpose. Tney can be used for any length of time without injury, and they can be assimilated and taken into the system where mineral medicines and tonics are not. They cure by carrying away accumulated poisons, by inducing a healthful and normal condition of the stomach, kidneys, liver and other vital organs, by purifying the blood and quickening its circulation, and by subduing inflammation and fever. There are also many of these remedies which act directly upon the organs most directly involved, and help to restore them to a normal condition.

Many of those cases, even, which appear to demand a surgical operation will yield to the herbal treatment. Among these are inflammation in the ovaries and cancerous or other abnormal growths in the womb. The inflammation is often caused by an accumulation of poisons which are not removed because the circulation is weak. And many of the abnormal growths depend upon a similar cause. An operation is of little use because, even if they are cut away, others will grow again. But the blood will absorb and carry away through the natural channels a great many of these accumulations, mal-formations and poisonous deposits and growths, if it is assisted by the proper remedies. It is simply a question of absorption as against the surgeon's knife, but if the trouble can be cured by absorption the cure is permanent, a statement which is not often true of the results of surgical operations in these cases.

The blood is the life of the whole body, and through it as a medium are carried on all the operations of growth, nutrition and repair. We all know that, in cases of emergency, physicians inject remedies directly into the blood in order to obtain an immediate effect. The use of morphine in this way is an example familiar to everybody. We all know, too, that a poison, like the bite of a rattlesnake, taken directly into the blood causes death within a very short time. And we know, if we stop to think, that every remotest portion of the human body, down to the innermost marrow of the bones, must be nourished, kept in health and repaired, if injured, through the medium of the blood.

Now the herbal remedies assist nature in these cases, as in all others, in two ways. They purify and enrich the blood, and they furnish special foods for the nourishment of different portions of the body. These two facts are beyond dispute; everybody can understand them. We derive our daily food from the animal and vegetable kingdoms, but there is no mineral substance except in those two kingdoms that anybody ever takes for food, will strengthen the system. In the same way we may find vegetable substances which are special foods for the different organs of the body, and have a direct and healthful influence upon them.

Now compare the use of these substances as medicines with the use of minerals or with local applications or mechanical devices. We can under-

stand how a vegetable substance which is in the nature of a food can be taken into the blood and carried to the weakened portion of the body which needs special feeding, and will there render the necessary assistance. But we cannot understand anything of the sort in reference to a mineral, which is indigestible, or to a poison, which is injurious to a well person. Here is the whole difference in the methods of treatment in a nutshell. After these points are established, and everybody will admit them, successful treatment by herbal remedies is simply a matter of knowing which are beneficial under the conditions of each case. This special knowledge the Chinese have been acquiring for the past four thousand years by the exclusive use of these remedies in their practice of medicine.

Under this view of the case, which certainly must appeal to the common sense of every reader who will take the trouble to think for himself, is it not at least advisable for the suffering woman to make a test of these remedies in her own person before submitting to an operation or despairing utterly of ever obtaining relief? There is no need of any humbug or secrecy or false modesty about these matters. And there is no need of being frightened half to death over a case that may not be as bad as the sufferer thinks it to be. A particularly wretched accompaniment of many of these cases is the melancholia or despondency accompanying them. The inevitable depression of the nervous system makes the victim to these troubles believe that there can be no help for her, while the truth may be that a comparatively short and simple course of treatment will restore her completely to health. The effort is certainly well worth the making.

A word may be said in reference to pulse diagnosis in these cases, in which it has been found especially accurate. An important factor in the cure of all these cases is the healing force of nature which may always be depended upon to send relief to the point where it is needed. The Chinese physician knows that, if he can restore the general health, nature will take care of the special difficulties, because the whole body will share in the restoration. He wants to ascertain especially the patient's vitality, the state of the blood, and the harmony, or lack of harmony, in the action of the vital organs. Diagnosis by the pulse determines these points accurately, more accurately, unquestionably, than any physician unskilled in this method of diagnosis could possibly determine them by questioning the patient in reference to her symptoms; for symptoms are doubtless more perplexing and misleading in these cases than in any others of frequent occurrence. Moreover, pulse diagnosis affords a correct indication from day to day of the action of the remedies and the progress of the case.

There are hundreds of cases on record in which the diseases of women have been perfectly and permanently cured by the Chinese herbal remedies. This company has many testimonials of this sort, and can furnish many unquestionable references in Los Angeles. Anyone who will read carefully the chapter in this book entitled "Personal Recollections of Li Po Tai" will find a full and exact statement of one of the most remarkable cases of this sort on record. Every statement made therein is capable of the most satisfactory proof, and this case alone establishes everything that is claimed for the herbal remedies in this connection. Several years ago Dr. J. A. Shesler, an American physician residing in San Jose, California, reported a case where

a tumor that was estimated to weigh thirty pounds was removed from a woman by a Chinese physician through the use of internal remedies alone. In other words, it was absorbed into the blood and carried away. There are cases which form a part of the judicial records of the State of California in which women have testified to similar cures upon the witness stand, and under oath.

Of course, a cure of this sort requires time. Such a thing cannot be accomplished in a day except by very violent means. The herbal remedies are the opposite of violent. Their action is gradual and accumulative, that is, the good that they do in one day is added to that of the day before, and the favorable effect is kept up until a cure is accomplished. If women would employ these remedies at the commencement of their ailments instead of, as at present, after they have progressed for a long time, a vast amount of suffering would be spared them.

In connection with each of the diseases discussed in this volume, we shall present, without further introduction, a number of testimonials from patrons of the Foo and Wing Herb Company, illustrating the treatment of the various diseases here discussed by this company.

There are many testimonials in this book from the friends of Drs. Foo and Wing, but there are many other patients, who, although very friendly to Drs. Foo and Wing, are unwilling, for various good reasons, to give testimonials. Many of these constantly recommended the Chinese system of medicine, as practiced by these physicians, to their friends, and frequently send patients to the Foo and Wing Herb Company, but prefer to show their good will in this way rather than by written testimonial. It therefore happens that, out of twenty or thirty cures mades, there may be only one or two testimonials given. The doctors always respect the wishes of the patrons in this respect, and appreciate the friendship of the many people with whom they become well acquainted, whether that friendship takes the form of an expression for publication or not. And they do not attempt to compel any person to give a testimonial if he is unwilling to do so. Many cases, also, that come under their treatment are easy of cure. There is nothing unusual about them. Treatment for a few days or a few weeks establishes a complete cure, and nothing is ever said about these. Thus it happens that a written testimonial is the exception rather than the rule, and the number given in this volume does not in any way represent the total number of cases treated and cured by this company.

The first of these testimonials is the following:

Mrs. W. J. Anderson, of North Fair Oaks Avenue, Pasadena, writes:

"PASADENA, Cal., July 13, 1897.

"I had been afflicted with a complication of diseases for a number of years, and had been treated by some of the best physicians both in the east and in California, but gradually grew worse. In August, 1895, I heard of Dr. T. Foo Yuen, and concluded to call on him. He at once told me of all of my past, and, at that time, present physical troubles, without asking me any questions whatever, and said that, if I would take his herbal remedies under his direction, they would cure me. I very reluctantly consented to try them, and must say that their effects, from the first, were wonderful. I continued the treatment for about seven months, all the time in doubts as to whether my improvement would be permanent, but it is now over a year since I

have taken any treatment whatever, and I have been improving gradually and continually.

"I feel perfectly justified in saying that Dr. Foo fulfilled every promise he made me. I consider him a just and conscientious man, and I can certainly most cordially recommend him to any one who may need medical assistance."

The following gives particulars of a very remarkable case:

REDLANDS, California, October 16, 1897.

The Foo and Wing Herb Company:—

Gentlemen: My experience with Dr. Foo has probably been one of the most remarkable among his many patients. In 1891 I commenced to have womb trouble, and consulted physicians of both schools in Redlands. They all pronounced it a case of tumor, and their diagnosis was doubtless correct, but their treatment was not as satisfactory; for I tried a great many remedies and prescriptions without beneficial result. The physicians desired to perform an operation, but I dreaded the pain and danger, and would not consent. As this seemed to be the last resort within their reach I stopped doctoring entirely and was ill all of the time until 1893, when I heard of Dr. Foo, who had just then come to Redlands. So many people talked about Li Po Tai's being so wonderful a physician, and told about his teaching his nephew, Dr. Foo, and that the latter was also a very skillful doctor, that I thought there must be some truth in what they said. I noticed that people of education and intelligence consulted him, and I heard a great deal about his success in the diseases of women. So I finally decided to go and see him, and to ask him to give me an examination and opinion.

He asked me no questions whatever, but informed me that there were a tumor and congealed blood in the womb. I was very much surprised at the correctness of his diagnosis, which corresponded with all that I knew before of my condition, and I at once decided to take his medicine. I continued it for three months; sometimes I appeared to be a little better, sometimes worse. My family were nearly discouraged at the end of this time, but I saw so many of Dr. Foo's patients who were doing well, but a few of them not progressing very fast, that I decided to keep on. I noticed that, out of ten or twenty people, one or two would improve slowly, and I concluded that the difference was in the nature of the diseases and not in the character of the treatment. I reasoned that I could not expect to be cured at once of a difficulty of so long standing and of such a serious nature. So I decided to keep on with the treatment in spite of discouragements. And, whenever there was a little doubt in my mind, I went to Dr. Foo and he gave me some brief explanations of my condition, which made me clear in my mind that I ought to keep on with the treatment, and gave me a great deal of confidence in him. At the end of about four months I, one day, had a great deal of pain in the stomach and abdomen. This continued for half a day, then a mass of material that looked like congealed blood came away. It was three times as big as a hen's egg, and was very hard, almost as hard as a stone. Three days afterwards another of these came away, but smaller, about as large as a hen's

egg, which looked like a tumor. And I think that it was a tumor. After that I commenced to improve at once, and was entirely satisfied with the results of the treatment. I continued to take the herbs for about eleven months in all. Then I stopped them entirely, and at that time I looked like a new woman.

After that, whenever I took a little cold, I took a few days' medicine from Dr. Foo, which always cured me, and I was very glad that I happened to live near him. When Dr. Foo went away from Redlands in 1895 I actually cried, for I felt that I had lost a friend. In 1896, I took a very bad cold from which I had a fever and an attack of la grippe. The inflammation, of course, affected the weak part and gave rise to inflammation in the womb, but I think that is all it was. As Dr. Foo was not where I could see him, I took medicine from one of the home doctors, but it did me no good. After the fever left me I was still not very well. This went along until nearly winter, 1896. Then Mr. Hazard came to see me, and told me that Dr. Foo was coming to Redlands again once in two weeks. I was very glad indeed to hear this, for it certainly seemed to be a Godsend to me in the condition that I was in. I decided at once to take some more of the herb teas, and, as soon as I began with them, I commenced to get better. I am now very glad to have Dr. Foo come to Redlands once in a while, because, even if I do not take any medicine, I am glad to see him Two or three years ago I gave Dr. Foo a letter in reference to my case, but did not state any particulars. For the benefit of others I am now willing that these particulars should be published, for I consider Dr. Foo the best doctor in the world.

MRS. M. M. REEDER.

The following, from Miss Zella Bracewell, of Ontario, California, explains itself:

ONTARIO, Cal., September, 1896.

Dr. T. Foo Yuen, Los Angeles, Cal.

Dear Sir: I came to California in the fall of 1893 in hopes that change of climate would improve my health, but it was no avail, and I continued to grow worse. I then began treatment with our local doctors, and was under their care for a year, receiving but very little benefit. I also took patent medicines, but they only increased my sufferings. I was born with a very poor constitution, and have been troubled with spinal affection from a child, and of late years it has caused me much suffering. I also had nervous prostration, severe headaches, gas on the stomach and other troubles. My blood was very poor, and my system greatly poisoned.

Hearing of Dr. Foo, and of some of the cures he had effected, I decided, simply out of curiosity, to see him, and was greatly surprised when he placed his finger on my pulse and gave me a correct diagnosis of my case without asking but one question, and that was my age.

From that time I had a great desire to take treatment of him, believing he could help if not cure me. I find his medicines are very searching, cleansing and purifying the blood and invigorating the whole system. I know personally of many who have been cured and greatly benefited by his treatment.

His methods of treatment are far superior to those of our own physicians, and are administered in a much kindlier manner. There is one great advantage in the Chinese system of medicine, and that is, the medicine consists simply of herbs, roots, etc., and does not have that poisoning effect on the system that many of the minerals administered by our home physicians have.

Last September, while under Dr. Foo's treatment, I caught a severe cold and had an attack of tonsilitis, which poisoned my whole system, but through the skill of Dr. Foo I recovered rapidly, and am now well of it. Several

MISS ZELLA BRACEWELL

friends told me that they did not expect me to live, and some people said the Chinese doctor was killing me, but I have proved to them that he has done the opposite—saved my life. I have gained thirty pounds in weight under his treatment, and am now enjoying better health than I have for years.

I can truly say I believe Dr. Foo has done more for me than any physician that I have any knowledge of could have done, and my gratitude to him is unbounded.

I consider Dr. Foo a highly educated and conscientious gentleman, and can gladly recommend him to those needing medical assistance. Yours truly,

ZELLA BRACEWELL.

The following letter, from a former well-known resident of Redlands, was addressed to a gentleman in San Bernardino, who wrote to her, making some inquiries:

LAKEWOOD, New Jersey, March 23, 1897.

Mr. F. F. Cross, San Bernardino, Cal.

Dear Sir: Your letter was forwarded to me in New York City and from there to New Jersey, where I am staying for a few weeks. I received it today, and take pleasure in saying that Dr. Foo did a great deal for me. I was suffering from biliousness and sick headache in its worst form, not being able to sit up for three days after a severe attack. I had these headaches so often that I was in a weak and feeble condition most of the time. I am thankful to say I have not had one in more than two years; it is nearer three years. I have great confidence in Dr. Foo, and think he will help you if anyone can.

I consider my cure permanent. I took his treatment about nine months. It is expensive, but I think the money was well invested—not being young it took longer to cure me. I cannot tell whether he cures all cases he accepts. If he says he can cure you I think I would let him try. I consider Dr. Foo to be an honest, upright man, and would recommend him to you or to anyone who is sick and suffering. Very truly yours,

M. A. KINGSBURY.

Mrs. Gertrude E. Samo of Los Angeles writes:

The Foo and Wing Herb Company—Gentlemen: I take great pleasure in complying with your request for a few lines for the book you are compiling for the benefit of the sick.

As you have done so much for me, I am anxious to do all I can for suffering humanity. My illness commenced in Washington, D. C., where I lived for over twenty years, and having several deaths in my family, who were attended by some of the most noted physicians of the city, I felt I must obey when my doctor said I would be subject to gastric fever if I remained there, and so I moved to Riverside, Cal., ten years ago. I was very well for several years, but was then again attacked, and for six years I was a confirmed invalid with chronic diarrhoea and other troubles. I think I would have been paralyzed by this time if I had not met with Dr. Foo, for our own physicians only relieved me for a time and could not cure me. I saw Dr. Foo's advertisement in The Times of Los Angeles, diagnosing by the pulse, and went to him without knowing any one he had cured, and when he diagnosed my case by my pulse, without any question except my age, and told me how I was affected so accurately, and the cause, and that it was of long standing, I was astonished, and convinced that he knew what to do for me, and commenced treatment at once, and took a large cup of the herb tea, to the horror of my daughter, who had nursed me so long and was so careful of what I ate and drank. I told her that I felt I was guided by a heavenly Power, and that I was acting wisely, of which I am now fully convinced. I took treatment for two weeks before he could tell if he could cure me. He found he could, having controlled my bowels from the first dose, telling just what the herb tea would do. It was marvelous to me, after being treated six years by our

physicians. He said it would take at least six months, taking two courses of medicine. I improved all the time, and then, at his advice, left off four months, and am now taking treatment a short time longer, as he recommended it. I have great confidence in him, and am thoroughly satisfied with his treatment. He is an honorable, humane, gentlemanly man, and would compare favorably with cultivated men from any part of the globe. There is no question as regards his scientific ability to gain an understanding of the condition of any patient through the pulse alone. His methods of examination

MRS. GERTRUDE E. SAMO.

are truly refined. I have conversed with many of Dr. Foo's patients and find that they lose the prejudice as they become better acquainted with him and see more clearly the evidences of his skill. So strongly am I impressed with this fact that I wonder why our American physicians do not adopt some of these methods, or, at least, investigate them in a fair and candid spirit.

In the matter of diet, Dr. Foo shows great skill and study. You are not allowed to find out for yourself (as I formerly had, to my sorrow,) what is best for you to eat, as a bill of fare is provided.

Some people may think his charges for the herbs high, but compared with the results, they are insignificant.

Hoping that these few lines will induce many who are suffering to take your treatment and be cured, I remain, gratefully your friend,

MRS. GERTRUDE SAMO,

1818 E. Second street, corner Boyle avenue.

Asthma, Indigestion and Rheumatism Cured.

The following is from Mrs. T. D. Merryman of Los Angeles:

Drs. Foo and Wing—Gentlemen: It gives me great pleasure to say that your treatment in my case has been most wonderful, and anything that I can do or say in favor of your system of treatment I feel in duty bound to say that it has proven to have been a savor of life unto life in my case. I was afflicted with diabetes, indigestion and rheumatism. For over twenty

years I had been an invalid and so many times had I been prostrated with inflamation of the stomach that my friends and neighbors had despaired of my life, and it seemed like an impossibility for me to rally. The February after the World's Fair I had a very severe attack of acute rheumatism. Our home physician was called in and he gave me remedies that soon brought relief, and with the aid of canes I commenced walking a little around the house in three or four weeks. I was looking forward to a speedy recovery, but, alas! I was doomed to disappointment. I began to notice a numbness

MRS. T. D. MERRYMAN

and bloating in my feet and limbs. I did not worry much about this at first, thinking that I would soon find some remedy to overcome and ward off the disease, believing it to be just common dropsy. I used the very best medicines I knew of, but all of this was of no avail. I then went to the Hot Springs at San Jacinto, taking hot mud baths, as my friends thought they would certainly bring relief, but the bloating kept increasing. I then felt alarmed and called our physician. He then told me I was in a very critical condition, and unless I could get help very soon I could not last very long.

He told me he had only one remedy to offer, and he believed it would help me; if it did not, then he could do nothing more for me. I took the remedy about four months and was very much better, so that I had hopes of regaining my health. Last fall, however, after all the medicine I had taken, the bloating again increased. I sent away and got more of the medicine and used it the same as before, but this time with no success. I then called another physician, but I gradually grew weaker and more helpless—so feeble that I could scarcely move around the house. About this time there appeared a letter in the Los Angeles Times concerning Dr. Foo Yuen, speaking rather disparagingly of him. I read it; then other letters appeared telling of his success in curing some almost incurable diseases. These I read also. I then made up my mind I would go and see him. I began to have a hope that he might have something that would reach my case. I visited him, and he told me, after examination of the pulse, without any questioning, more accurately than I could have told myself, and I felt confident that he thoroughly understood my case. He showed so much interest in me that I felt I could not make a mistake by placing myself under his treatment, which I did on the 22d of last February. I feel today that I am a perfectly changed being. I can easily walk half a mile to church, while before I could not walk half a block without suffering.

During the spring and summer of 1892 I was taken with acute gastritis, as I had been twice before, although I did not have convulsions nor get as low as I had twice before, yet I was almost in a state of starvation, as I had stopped taking any nourishment whatever, not even water, as my stomach refused to take anything. I told my attending physician that I thought if I only could wash my stomach inside it would relieve me, as I was suffering pain almost too great for human endurance. He replied: "That can easily be done." So he brought me a stomach pump. This I used twice each day with washes, cleansing the stomach thoroughly. Then he gave me a powder to digest the milk which was my only food; this being done so that the stomach might have perfect rest. At first I took about two-thirds of a teacupful of milk three times a day at meal times, gradually increasing the quantity to a quart each day. I lived on this for six months until my digestion was restored, but continued the use of the pump until the first day of my treatment with Dr. Foo, who forbade the use of it. I have used it only twice since then.

I can truly say I will heartily recommend all my friends and any that may need medical aid to Dr. T. Foo Yuen, 903 South Olive, Los Angeles, Cal.

MRS. T. D. MERRYMAN.

3020 Hoover street, Los Angeles, Cal., September 4, 1896.

The following letter, which was originally printed in the Los Angeles Times at a time when there was some newspaper discussion over Dr. Foo and his methods of practice, is from a lady who, although for many years an invalid, is well known as a contributor to various periodicals of Southern California. The letter explains itself:

BLUFF HOUSE, ALHAMBRA, CAL., Jan. 19, 1896.

To the Editor of The Times.

In view of the really malignant attacks now being made on a quiet, educated gentleman, Dr. T. Foo Yuen, and stirred with the sympathy of a long-suffering, sorely-tried invalid for my confreres in misfortune, I take the liberty of begging that you will give this space in your publication. It is well-known that I have been a hopeless invalid for twenty-three years, gradually growing worse with excruciating suffering from head to foot that took various forms, each more torturing than the others, and finally resulting in complete helplessness and a wheel chair. During the twenty-three years I have consulted the best physicians in New York, San Francisco, and Los Angeles. I have found manyj conscientious gentlemen and kindly friends among the number, but none who could cure even one of my manifold torments and only two who have ever given me temporary relief—one physician in New York and the other in Los Angeles, who relieved me of eczema, but said frankly that he could not cure it under my condition of helplessness. Last November I consulted Dr. T. Foo Yuen, and he gave me quite a different diagnosis from any former physician—a diagnosis that many facts and long experience thoroughly confirmed. As I am a mere "stranded wreck on the shores of time," Dr. Foo Yuen does not promise me an entire set of "clearance papers;" but he gives me hopes of a better ending to a disastrous voyage—what no other physician has ever done; hopes that are being verified in this much, viz.. Since the short while in which I have taken his very cleanly medicinal herbs I have been entirely freed from a most atrocious eczema of nearly six years' standing, that if Dante had ever exeprienced for one month, he would have added it to his list of other delights in his "Inferno;" and a dropsical affection causing difficulty in breathing, blurred vision, heaviness of head, and dullness of hearing. If he does as much for me in the next three months, life will, at least, possess a portion of its old-time charm. It seems to me that if some of my spindled-shanked, blue-lipped countrymen would better try and emulate the fresh-lipped, phycisal condition of Dr. T. Foo Yuen themselves, before dictating to others. As an earnest advocate of square-bound, even-handed justice to all men, whether of the Occident of the Orient, I wish to give honor where honor is due. Now, Mr. Editor, in view of these few simple facts, and I am not alone, I ask, is it manly, is it even decent for presumably fair-minded men to wage war by falsification and otherwise on their suffering kind? Since it is we the "rejected invalids"whom they prosecute under the tenuous guise of "protecting the invalid." As if physical suffering, presupposed idiocy and the need of a guardian. I have always found Dr. Foo Yuen a kindly, courteous gentleman in all my dealings with him, and his system of medication pre-eminently dainty, cleanly and efficacious.

EMILY GRAY MAYBERRY.

CHAPTER X.

WITH REGARD TO TAKING COLD.

BY DR. LI WING.

More people fall ill from taking cold than from any other cause, and medical books discuss this subject more than any other, and we shall try to say something upon the same subject. It would be necessary to coin a few new words to discuss this subject fully, from the Chinese standpoint, as the English language does not contain the right words, and it would require two years for a student to become thoroughly familiar with all the teachings of the Chinese System of Medicine in reference to this. But I shall condense some remarks upon it in a short lesson.

If a man has any disease and takes a severe cold in addition it will make his first trouble much worse. If he takes a cold when the atmosphere is pure he will have only a light sickness, but if there is much malaria in the atmosphere the sickness resulting from the cold will be worse. And if there is an epidemic in the atmosphere it will be still worse. Also, if one takes cold when his system is pure it is easily cured, but if the system is impure then it is hard to cure the cold. It requires at least twice the effort, because the impurities are stirred up and the difficulty is two-fold. If a cold is taken in time and the proper treatment is used it is easily cured in the climate of America, but if there is a long delay in taking treatment the cold becomes hard to cure and it requires a long time.

It is necessary to use the pure herb teas and to throw the poison which comes from taking cold to the surface of the body; cause it to expand, so to speak. The cold must be made to return to the skin, when it will disappear. Then, after the cold is gone, there should be some herbal treatment to make the blood pure. But if the herbs are not used, but poisonous medicines are used in trying to stop the disease, then the trouble goes from something that is light and easily cured to something that is much more severe. Even if you stop the progress of the cold, but keep the poisons in the system, there will be a great deal of trouble by and by and it will often end in bronchitis. Sometimes the sickness settles in the nerves, cords or muscles and causes rheumatism. Sometimes the poison affects only one side, stops circulation and causes paralysis. Sometimes it goes up to the brain and causes catarrh, neuralgia, headaches, dizziness, etc. Sometimes it affects the hearing or the sense of smell. Sometimes it settles in the stomach and causes indigestion, or in the lungs and causes consumption or asthma. It is the right thing to commence treatment for a cold at the very outset before it gives rise to any of these complications. The quicker it is taken care of the easier it is controlled. We can cure colds or any form of fever resulting from colds, such as coughs, whooping cough, la grippe, pneumonia, typhoid fever, malarial fever, croup, diphtheria, either in a mild or severe form. The herbal treatment is the best, because it not only expels the cold from the system, but takes away the poison also, and so prevents any further and more serious difficulties.

The following letter is from a former attache of the Los Angeles Health Office, who was threatened with an attack of typhoid fever as a result of taking cold. Mr. Crane says:

S. P. Bagg, Pres.; A. R. Crane, Sec.; L. P. Crane, Mgr.
BLUE BOOK PUBLISHING COMPANY,
Of California,
Office: 242 Wilcox Block.

LOS ANGELES, Cal., Sept. 7, 1897.

Drs. Foo and Wing, Los Angeles, Cal.: Feeling grateful for services rendered me in case of serious sickness, I beg to add to the long list of cures you have made through your method of treatment. I was, as you know, in the incipient stages of typhoid fever, having been unable to attend to my business for several weeks. Your treatment in ten days entirely removed the fever and brought my whole body into a normal state, full of vigor and ambition.

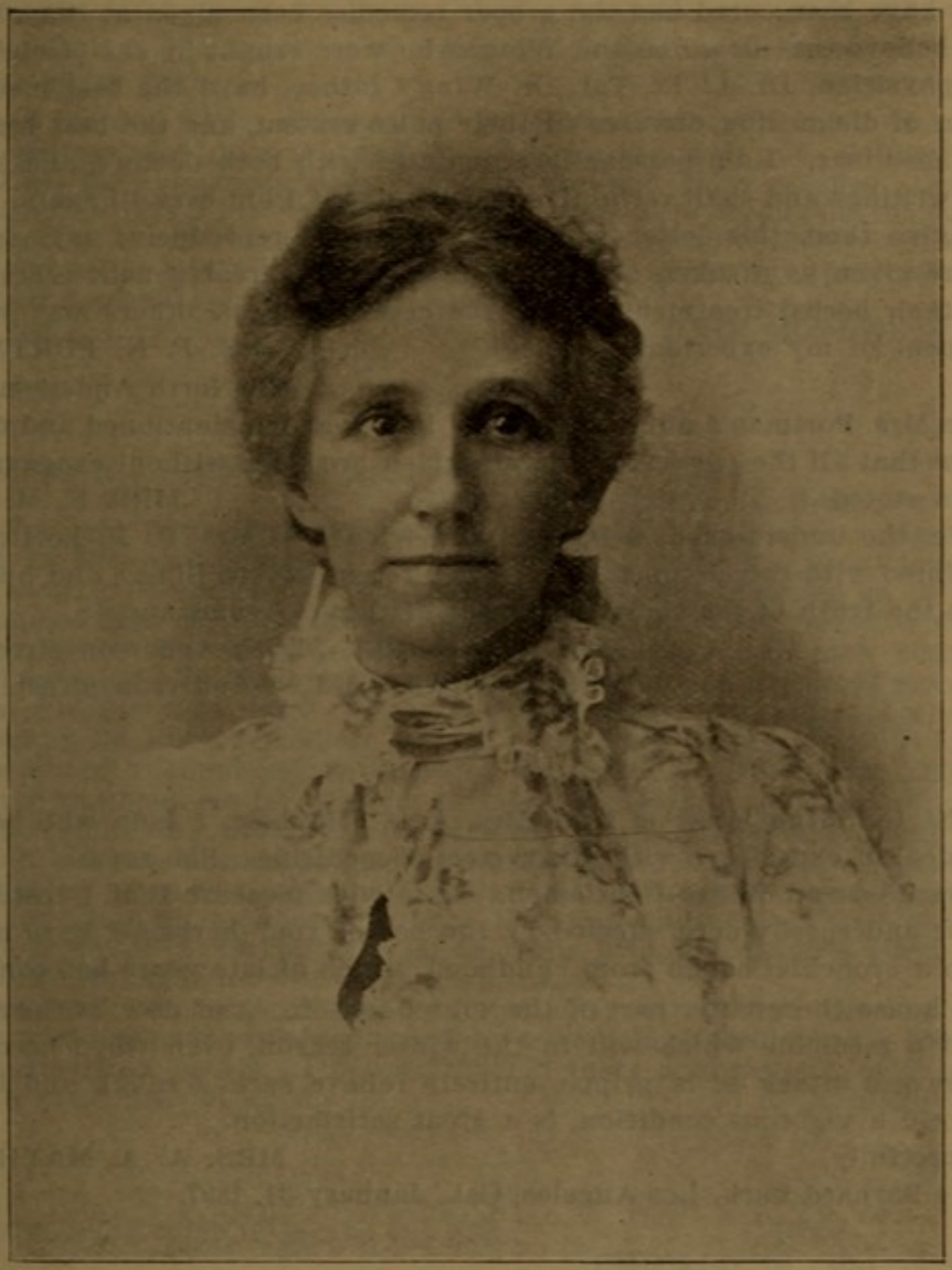
I am convinced you have a method of treatment which is effective and which leaves no bad effects through the system. Science seems to have almost entirely obliterated the old methods of practice, and is giving way to the herb, with which, I believe, the Almighty intended to heal the countless millions of suffering humanity. I congratulate you upon your success, and honor the ancient school of China, with its thousand years of ripe experience. Truth is all-powerful and the scoffer cannot down it.

Very truly yours,
L. P. CRANE,
Ex-Deputy Health Officer, Los Angeles, al.

LOS ANGELES, California, October 21, 1897.

The Foo and Wing Herb Company, Los Angeles—Gentlemen: On the 15th day of last July I was taken sick with an illness which finally became very severe, as I was unable to leave my bed for nine weeks. I had doctored with Dr. Foo on a former occasion, but, not understanding the serious condition that might develop from the beginning of the present illness, I did not send for him at first, but consulted an American doctor. I had at this time a great deal of pain, but no fever or other alarming symptoms. The physician whom I called was unable to determine exactly what the trouble was. He said that it was very obscure, but he thought that it was a gall-stone in the gall bladder. He prescribed for me, and I took his remedies for five days, during which time I rapidly grew worse.

Finding that I was getting no better, and this doctor having done for me everything that seemed to be in his power, I consulted another doctor, who at first thought that I had typhoid fever, but afterward concluded that it was a case of appendicitus. I do not know what he treated me for, but I do know that he gave me medicines which I took. This lasted for about ten days longer, when the physician frankly informed me that he really did not know what the trouble was, and desired to consult with another doctor. But my husband and friends did not think that this was worth while. I then sent for Dr. Foo, who came to see me. At this time my husband and friends had entirely given me up, and did not think that I could live for twenty-four hours. When he saw



MRS. P. N. PORTMAN.

me, Dr. Foo also thought that the case had reached a point where it had become very serious and that all he could do was to relieve the pain for a few days at the most. However, he gave me some herb teas, which I commenced to take and began to improve from the very first dose. It was nearly six weeks, however, before I was able to leave my bed, as I had become very much reduced in strength before Dr. Foo prescribed for me.

I have been taking treatment of Dr. Foo ever since; have completely regained my health and look and feel as well as ever in my life.

Both I myself and all of my friends believe that I would not be alive today if I had not consulted Dr. Foo and received help from his remedies.

Dr. Foo said that the case was simply a slight attack of malaria and could easily have been cured had the proper remedies been given at the start.

I believe that Drs. Foo and Wing, who were taught by the celebrated Chinese physician, Dr. Li Po Tai, Dr. Wing's father, have the best method ever known of diagnosing diseases in their pulse system, and the best remedies in their herb teas. I am personally acquainted with both doctors, and have read their writings and shall certainly consult them if I am ever ill again. I cheerfully give them this letter and the privilege of reproducing my photograph as here given as a token of my gratitude for the great benefit that I derived from their herbal treatment, and in the hope that some others may profit by a statement of my experience.

MRS. P. N. PORTMAN,
231 North Anderson street.

As Mrs. Portman's nurse during the illness above mentioned and described, I know that all the particulars herein given are true, without exaggeration, as therein stated.

MRS. E. M. BELL.

We, the undersigned, neighbors and friends of Mrs. P. N. Portman, were acquainted with the circumstances of her recent severe illness and hereby certify to the truth of the above statement of those circumstances:

LOTTIE BAHRES, 209 N. Anderson street,
MRS. C. SEARS, 229 N. Anderson street, city.

The following letter is from Mrs. A. A. Mayhew, a lady who has had a great deal of experience with this system of medicine. She says:

Drs. Foo and Wing—Gentlemen: It is with pleasure that I testify to the prompt and speedy cure effected by the use of your herbs. I have been subject to a bronchial cough from childhood, which of late years has confined me to the house the greater part of the winter season. And now, at the age of 78, to find a medicine which will in the winter season, even when accompanied by a severe attack of la grippe, entirely relieve such a cough and leave the system in a vigorous condition, is a great satisfaction.

Respectfully,

MRS. A. A. MAYHEW,
No. 4 Barnard Park, Los Angeles, Cal., January 31, 1897.

John Motherspaw of San Bernardino writes:

SAN BERNARDINO, Cal., May 15, 1897.

Drs. Foo and Wing, Los Angeles—Gentlemen: My only experience with Dr. Foo's method of treatment was very satisfactory indeed, as it cured me of a very severe attack of la grippe, when everything else that I had tried had failed. This was in January of this year. La grippe was epidemic in this part of the country and many people were dying from it and from pneumonia, which was what it went into in many cases.

After I was taken ill I tried several remedies, but kept getting worse, and this continued for two or three weeks. Everybody knows what this disease is, so that I need not try to tell how much I suffered from it I was seriously alarmed at my condition, and when Dr. Foo's remedies were called to my at-

tention I concluded to try them as a last resort. They helped me at once, and I gradually became better until, in about a month, I was entirely well. They not only cured the la grippe, but they seemed to help me in other ways, so that, at the end of the course of treatment, I was feeling better than I had felt for ten years before.

I found Dr. Foo a very pleasant and intelligent man, who takes an interest in every patient, and does the best that he can for each one. I have heard others of his patients speak very highly of him and I am satisfied that his skill in administering his valuable herbal remedies is accomplishing a great deal of good. I think that these matters ought to be more widely understood, and am pleased to add my testimonial to those of so many others who have been helped by the Oriental system of medicine.

Yours truly, JOHN MOTHERSPAW.

Following is an additional testimonial on this subject:

REDLANDS, California, October 4, 1897.

The Foo and Wing Herb Company, Los Angeles—Gentlemen: My experience with Dr Foo as a physician has been very satisfactory. About two years ago this coming December I took a very hard cold, which settled on my lungs and developed into a troublesome cough. I tried various remedies without receiving any benefit. After a little I went to Dr. Foo and took about two months' treatment. In that time my cough was cured and my lungs since then have been stronger than ever. I have known of many other patients who have been cured by Dr. Foo's remedies. My own confidence in them is so great that I am now about to commence a course of treatment for relief from difficulties which have troubled me for five years, being the results of a fall which has affected my spine and back. I have received no relief from treatment that I have taken and am in constant pain from this source. Dr. Foo's diagnosis is that congealed blood has settled about the seat of the injury and keeps up a constant irritation of the nerve centers. He proposes to draw this blood away and to re-establish a normal circulation, thus bringing about a cure. I am entirely confident that he will accomplish this.

I have read Dr. Foo's different publications, and I know that he is the first man who has ever explained the Chinese System of Medicine for the benefit of the American people. I believe that, in these publications, he is accomplishing a great deal of good. F. A. M'CRARY.

The following is brief, but to the point:

CHICAGO, Ill., May 16, 1897.

This is to certify that I appreciate with heartfelt thanks the great improvement after taking treatment from Dr. T. Foo Yuen for the disease of bronchitis and la grippe, of which I am entirely relieved. Advising others to give him a trial, which I think will prove beneficial in all cases, I will gratefully remain

Yours truly, MRS. JENNIE SIMPSON,
446 Medill avenue, Chicago, Ill.

Another letter of similar import:

LOS ANGELES, Cal., May 12, 1897.

After a severe attack of la grippe, which left me feeling miserable, I am taking Dr. Foo's medicine, which is greatly benefitting me.

Yours truly, MRS. A. M. CARY,
Magnolia avenue.

CHAPTER XI.

THE CAUSES AND CURE OF MALARIA.

BY DR. LI WING.

The New York Journal for September 2, 1897, contains a protest against the tearing up of the streets of New York City for the purpose of making certain street improvements. The paper states that this constant upturning of the pavements of the great city causes the breeding of many cases of malignant diseases. Among the streets mentioned as in a deplorable condition at that time is Fifth Avenue, from Washington Square to Seventy-third street, or including one of the most fashionable portions of the metropolis. The diseases mentioned in the newspaper as likely to be bred from the decayed matter and the sewerage exposed by these street excavations include consumption, pneumonia, scarlet fever, diphtheria and bronchitis.

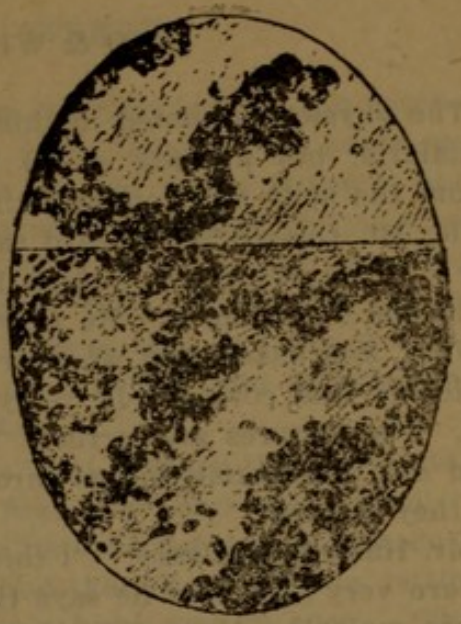
Among the physicians whose opinions in reference to this matter are quoted is Dr. Cyrus Edson, who has a national reputation. Among other things Dr. Edson says: "From what I know of the conditions of New York's streets, never in the city's history have the people been before called upon to face the probability of so great an epidemic of grippe and malaria.

"Every street that has been torn up has opened a new lodging-place for the germs that are breeders of disease and fatal to good health. Malaria is the one ailment that opens the gateway of the system to disease and possible death. The germ of malaria has never yet been found outside the human body, but physicians have learned that it always makes its appearance when such a state of affairs exists as is caused by a condition of the streets like that of Fifth Avenue and in other sections of New York.

"Never, I am satisfied, in any civilized city which was not suffering from bombardment, were the streets so torn up as are many New York thoroughfares. It is not only reprehensible; it is criminal."

Nine samples of earth taken from these excavations and one of water were submitted by representatives of the Journal to Dr. Walter T. Scheele, an expert chemist, for microscopial analysis. He reported that each one of these was "a hotbed for the bacilli of typhoid fever and kindred diseases, as well as of a nature calculated to produce malaria in malignant form among persons residing in or often passing earth thus impregnated." The article is illustrated with pictures of the bacilli, or microbes, of malaria, typhoid fever, consumption, pneumonia, scarlet fever and cholera infantum. These microbes, as shown, are, of course, greatly enlarged and have the appearance of various insects sufficiently loathsome and dreadful to frighten almost anybody. We reproduce these illustrations herewith:

CHOLERA INFANTUM

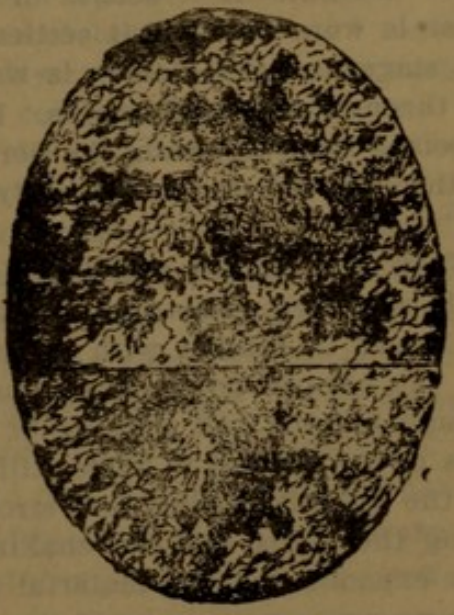


MALARIA

PNEUMONIA

SCARLET FEVER

TYPHOID FEVER



CONSUMPTION

The physicians quoted in this article have much to say about the bacillus of malaria, but nothing as to the remedy for it, the means of expelling it from the body and counteracting its deadly work therein. On reading this article, Mr. George W. Hazard thought that it would be a very good idea to refer it to Dr. Wing and to hear his opinions upon the subject of malaria and the means of curing it. He therefore showed the article in question to Dr. Li Wing, and asked him whether he thought the reasoning of the New York physicians was correct. In reply, Dr. Li Wing said: "That article is very good. The pictures are correct. The physician quoted is a wise man. I have found out these same things through the use of the microscope. So I know that they are true."

Mr. Hazard then said: "I think that the remarks of the New York physician are very good, but he says that they have found no very good treatment to cure malaria. Now, I believe that your remedies are very successful in that disease. You have done what they have not done. Now, can you explain your treatment to me so that I can understand how it cures this disease?"

Dr. Li Wing replied: "I think that most doctors treat malarial troubles with quinine. But the nature of quinine is to condense; its power is to cause things to contract; it cannot remove malarial poison through the outside of the body, that is, through the skin, and that is what is necessary. There may be some relief in some cases from the use of quinine. In other cases there is none. There may seem to be a great benefit, but, after a cure is apparently made, there is still a poison left in the system, and afterward this causes a great many different diseases. But we use herbal remedies, the power of which is to expand, and also to wake up the natural power (the vitality of the patient,) to help the medicines. Then the medicines help the natural power; the two work together and remove the malarial poison which goes out of the body through the skin. If the poison returns to the skin it soon disappears, so that there is nothing poisonous left in the system after a cure.

"Now, I will explain this a little farther. There are three stages of malarial poisoning. If it simply settles in the skin, which is the first stage the disease is light. If it settles in the flesh, that is the second stage, and the disease is worse; and if it settles in the nerves and the muscles, that is the third stage and the disease is worst of all. From the nerve and muscles it goes through the vital organs. If you have the proper remedies to remove the poison from the flesh, the nerves or the muscles it will return to the outside through the skin of the body and will disappear without causing any injury."

Then Mr. Hazard asked again: "I want to know about the ague; why does it cause first chills and then fever?" Dr. Wing replied to this: "The malaria comes in conflict with the natural power (vitality) and tries to hold it. Then the natural power keeps quiet and contracts; the malaria holds strong and makes chills and shaking of the body. Between the second and third stages of the disease it holds still stronger; in the nerves and muscles of the body the malarial poison gets stronger and expands and acts upon the nerves, causing the chills and the shaking. After the chills have gone the natural power expands and the malarial poison is more quiet; the natural power is the stronger of the two and this causes fever. In this case the natural power

is the heat which goes through all the nerves, the muscles and the pores of the body. The malarial poison tries to get in deep, through the pores and the muscles, to attack the vital organs, but the natural power keeps it out, and they both fight together. When the poison wins there are chills; when the natural power wins there is fever. If there is ague once a day, it shows that the natural power is still strong and is a good sign. Such cases are easy to cure. But if there is ague only once in two days or once in three or four days, that shows that the malarial poison has gone deeper and is attacking the vital organs and the case becomes very difficult.

"Some cases are even worse than this. That is when there are just chills and there is no fever. In some there is first fever and then chills. That shows that the poison is stronger than the natural power; that there is not power enough to fight against the poison, and that the poison is getting too strong a hold to control the body. That is a hard case to cure. Since we commenced to treat Americans in San Francisco until now we have cured many cases of this sort, some of whom have come from Florida, Boston, New York, Chicago, and many other eastern cities. But the climate of California is different from the climate of these other places. The malaria is less destructive, and there is very little ague sickness. Still, there is some. But the chills and fever are not so severe. But malaria injures the people in many different ways, and causes many different forms of sickness."

Then Mr. Hazard said: "How does the climate of California differ from that of other states?" And Dr. Li Wing replied: "The weather of California is clearer and softer here. Even the hot weather in the summer is still very cool at night, and this keeps the malarial poison in check and gives relief from it. I have been in all parts of California. In many parts of the country the tops of the mountains, even in May and June when the weather is hot, are covered with snow, which is not all dissolved from the winter before. That is a sign of clear weather. But there are different kinds of climate in California, and different good things and different bad things. In one day, even in this State of California, where the climate is so good, there are many changes, which come very quickly, and there is a great difference between the temperatures of the morning and the night and between day and night, and these cause the people to take cold very easily. Some astronomers say that this state is one where the mineral element controls the atmosphere. There is a dryness in the atmosphere which affects the skin, and causes a south wind, which affects the oil in the skin of the face. As a result the people of this State look old sooner than they do in the east. People of twenty years look like people thirty years old in the eastern part of the United States, and people in the east who are forty years old look younger than those of thirty years in California. There is eight or nine years' difference in the appearance of the ladies as between California and the east. The differences do not show so clearly in the men. Perhaps there is a difference of six or seven years. The people of California have a good deal of malarial sickness in spite of their good climate. I shall give a few cases here to illustrate these. I cannot give all of the reasons here. If students will study my book, later, they will find many excellent reasons for these things, but in this chapter I

can only explain these matters in simple language, and cannot go very deep into the subject.

"In regard to growing old, however, Li Po Tai used to say that if the people of California would follow his directions he could keep them young; and he used also to give a proof of this. He said that the people take too much fried and roast meat, and that their food is too strong; it keeps the natural heat too strong. The people of California do not care for boiled and steamed meats to keep the natural juices of the body good and control the natural heat. For this reason there is more heat in the body than juices, and this causes the people to look old early, and the wind also affects the system. But if they would eat less of fried and roast meats and more of the boiled and steamed meats and take more rice and such food as would help the gastric juices, then they would make less heat in the body; then the juices would be greater than the heat; and that would keep the skin soft all the time. Then the wind would not hurt the skin or affect the system. It is just the same as if your windows and doors are strong and burglars cannot get in. But if you take too much fried and roast meat and make too much heat it is just the same as if you have bad servants who open the doors and help the burglars to come in to injure you.

"And Li Po Tai used to give this fact for a proof of this. The Chinese in San Francisco look young, except those who smoke opium. A Chinaman thirty years old looks only twenty years old, and one forty years old looks only thirty years old. But he lives in the same climate. Why does the wind not trouble him? Because he lives upon food and liquids all the time that bring out the gastric juices more than heat and keep the skin soft all the time; that is a proof of what he said.

"My father used often the tell his patients that the use of rice for food made people look young because it made the flesh and skin soft. And, as an illustration of this, he used to tell his American friends to take a few chickens and put them by themselves and feed them on rice. At the end of a month they were to be killed and their flesh would be found to be much more tender and much sweeter and of a finer flavor than those which were fed on corn, barley or other similar grains. The same thing would apply to ducks or to pigs. More than a hundred of my father's friends tried this way, and every one of them said that it was just as Li Po Tai had said. Now, if animals found this benefit from eating rice, men and women would find the same benefit. We also have remedies either for making thin people fat or for making fat people lean. We can use these when there is no sickness but people simply desire to take on or to put off flesh.

"If a fleshy man will take one or two courses of our medicine all the blood in his body will be changed for new blood, and all the impurities in his system will be removed. This will make him lose flesh, and he will feel lighter and better, and stronger than before. Fleshy people usually feel languid and lazy, but after a course of our treatment they feel stronger and more ambitious. In the same way we can take almost any person who is too thin and can make him gain some, more or less, according to the circumstances of the case.

"Now I shall give three cases to illustrate what I have said in reference to

malaria. The first is that of John Myers. His sickness commenced from malaria. He had chills and fever, and tried treatment for them, but this could not remove the poison from his system. Then the poison settled in the bowels, and afterward went down into his feet, and he could not walk. But after it had run down into his feet he felt no more chills and fever. Still, it was the same poison. But our treatment and remedies cleaned the poison out of his system and removed it entirely through the skin, and also caused the natural juices to grow and control the inflammation, and after two months' treatment he commenced to walk, and has been getting better every day since, and is now able to walk half a block without his crutches, for the first time in two years. Pretty soon he will be able to work again. This shows that the poison has been driven from the system and has been compelled to release its hold upon the nerves and muscles, so permitting them to do their work again. The American doctors could have cured this case at the commencement if they had had the proper remedies to drive the malarial poison from the system.

"The second case is that of James Campbell. This was one of the sort that are easy to understand, and which show that even people who live in a dry climate get malaria. Mr. Meyers lived in a low country, but James Campbell lives at San Bernardino, in a hot climate; but he also got malaria into his system, and I will explain how he got it. His business is ranching, and he works among the trees and the fruits. After a rain or a fog the heat of the hot sun causes the rapid evaporation of the moisture in the earth, producing malaria in the atmosphere. Now, Mr. Campbell, all the time working on ris ranch, takes the malaria into his system little by little, and, in the course of time, this produces rheumatism. In the beginning of his sickness, 20 years, he had a bad case of chills and fever, and he tried some such remedy as quinine to stop the malaria. After a time the chills and fever seemed to be cured, but it was not a cure. When he took cold again the malaria showed itself. But we used the proper remedies to drive the malaria out of his system, and then he became better.

"The third case is that of Thomas Stewart. People would not think this was malaria, because they think that malaria comes only from climate. This case shows that it may come from improper food and liquid. Mr. Stewart lives in Redlands, where the climate is warm and dry, but his malaria came from taking too much fried and roast meat, which produced inflammation in his system, causing a desire for too much raw fruit and too much cold water. This caused a damp air in the system, just the same as a rain or fog causes a damp air in the atmosphere, and both the inflammation and the damp air worked together to cause one trouble, and, little by little, and after a long time, it became a case of malaria. When it first came upon him it seemed that he had taken cold, and he also had a fever. Soon afterwards the poison ran down into his feet, which became very much swollen. He took a great deal of medicine, which only made him worse. He came very near dying, but finally came to Dr. Foo and took the herb teas. At this time he was in such a bad condition that if anybody walked past his bed he had to go very slow or Mr. Stewart could not bear it, and the weight of a fly upon his feet caused him pain. But we treated him only for the malaria, and he got better every day, and finally recovered. But, you ask, would you call this malaria, too, when the

trouble does not arise from changes in the weather or climate? Certainly; and I will explain to you why. By using the microscope we find, in the blood, the urine and the saliva the same conditions in either case. And, when we feel the patient's pulse, we find it the same. Because the name of the disorder may be a little different makes no difference with the facts in the case. The sickness is really just the same. We use the same treatment and get the same results. So you can readily see that malaria comes from improper kinds of food and drink, just as much as it comes from changes in climate and from moisture in the air. In either case there is bad poison in the system, and that must be taken away before there can be any improvement in the patient's condition. Now we give the three testimonials which illustrate these points. They are as follows:

The following letters illustrate the points brought out in the above article. The first one shows a cure of

A Remarkable Case of Paralysis.

1412 North Main street, Los Angeles, California, October 18, 1897.
Drs. Foo and Wing, Los Angeles.

Gentlemen: Two years and four months ago I was taken with an attack of la grippe, which was followed by chills and fever. The fever kept on for months. During the first three weeks I had two physicians, who did what

they could do for me, but with so little effect that I completely lost the use of my limbs, at the end of three weeks, and was confined to my bed. I could

not help myself at all and was fed by others. For two months I was not expected to live.

At the end of the first month I secured a new physician who prescribed principally morphine and strychnine. I took a solution of the latter drug in quantities amounting to ninety drops a day, and three doses of morphine every night, a grain and a half at a dose, which was required to give me any rest at all. In all I had eleven different physicians, and also spent ten days at the county hospital, but while there I took no medicine worth mentioning, although I had good care and nursing.

I finally recovered far enough to leave my bed, but went on crutches, which I have been compelled to use for about two years. May 25th, of the present year, I went to the hot springs at San Juan Capistrano. I remained there for three months and took the hot sulphur baths. I received some benefit from this treatment, but was not cured.

Seven weeks ago I commenced treatment with Drs. Foo and Wing, and have received more benefit in this period of seven weeks than in all of the previous doctoring and hot springs treatment. I can now walk about half a block without my crutches, and am better in every way. I have gained in both strength and weight, and my appetite is now good, for the first time since I was first taken sick. I feel confident of regaining a reasonable degree of health and of returning to my former occupation as a builder and contractor, which I have been entirely unable to follow for over two years.

My different doctors called my trouble muscular rheumatism, paralysis, nervous debility and various other things. Drs. Foo and Wing considered it a slight stroke of paralysis, and their diagnosis has certainly been shown to be correct by the results of their perscriptions. All of my friends are astonished at the progress that I have made in the past few weeks, and many of them have expressed the hope that my present physicians will complete the cure which they have so well begun.

JOHN MYERS.

Complications Resulting From Malaria.

REDLANDS, California, October 4, 1897.

Drs. Foo and Wing, Los Angeles.

Gentlemen: I feel that my long acquaintance with Dr. Foo justifies me in speaking very positively of his success in curing disease. I first became acquainted with him something over two years ago, when I consulted him through the advice of friends in Redlands who had been cured by him of different diseases, and knew what he could do. I had then been sick for ten years and had given up all hopes of ever recovering, or of receiving help from physicians or from medicines. Dr. Foo diagnosed my case as an accumulation of poisons in the system which involved the stomach, bowels, liver and spleen, the last mentioned organ being very badly affected. These troubles were complicated by catarrh of twenty-six years' standing. I had often been treated for this difficulty, but had never received any benefit.

After talking with Dr. Foo I commenced to take his remedies, and continued them for seven months. When I commenced I was so weak that I could not even unlace my own shoes, and could do no work whatever. In seven weeks from the commencement of my treatment I was able to work. I kept on getting stronger and better. was entirely cured at the end of the seven months, and have been at work ever since upon my ranch. I am satisfied that I would not have found any help for my troubles if I had not consulted Dr. Foo.

I have since taken several friends to Dr. Foo for treatment. The results in their cases have been equally satisfactory with my own. I have always found Dr. Foo courteous, honorable and fair in every way. I have read many of his publications explaining the Chinese system of medicine, and the publications of the Foo and Wing Herb Company, such as Dr. Foo's chapter on the Cause and Origin of Diseases, and on Anatomy from the Chinese standpoint, and Dr. Wing's chapter on the Herbal Remedies. I know that Drs. Foo and Wing are the first physicians of their race to attempt to explain their system of medicine for the benefit of other nations, and I believe that good will come from those publications if our own people will study them.

I recently had another experience with Dr. Foo which has confirmed and strengthened my former opinion of his skill as a physician. Through overwork last July I took a severe cold, which settled on my lungs. I did not wait to let this go very far, but took a three weeks' course of medicine from Dr. Foo, which completely cured it. I shall certainly consult him in any similar emergency in the future. JAMES CAMPBELL.

A Concise Discussion of Oriental Medicine.

SAN BERNARDINO, Cal., Oct. 30, 1896.

To the Public:

My experience with Dr.T. Foo Yuen illustrates some points which I think it is very important that all persons, whether they are sick or well, should understand for their own benefit. I shall therefore make a full statement of the circumstances in my case. In 1892 I commenced feeling somewhat out of sorts, a little different than ever before. At times I was troubled with a feeling of heaviness, which caused me easily to become very tired. Sometimes I had no appetite, and at times I felt slight rheumatic pains coming and going. I was not very sick, but I understood that I was likely to become worse; that there was a root of some disease in my vital organs, which were not performing their proper functions. Therefore I consulted different American physicians for some time, trying to find a medicine that would help me, but I received very little benefit.

This went on until November, 1894, when I became very sick. My feet were swollen very badly. I again took medicine, but became worse instead of better. I had great pain in my swollen feet. I could not sleep and could not walk. At this time I happened to see Mr. James Campbell, who said to me: "Dr. T. Foo Yuen has cured many people whom I know of. Many who have been sick for a long time and have not been able to get help from other doc-

tors have gone to him and have been cured. I think he is a man who has had a very good education, and I want you to see him." But I answered him, and said: "If the American doctors are so smart and still cannot help me, I don't think the Chinese doctor can do better than they can," and so I did not go to see Dr. Foo.

A Good Argument.

But in March, 1895, Mr. Campbell saw me again and said that if I had taken the white doctors' medicine a long time without benefit and did not try some new way I was very foolish; that this country is still new, and perhaps the doctors have made some mistakes in the methods which they teach; but that China is an old country, and has more people living in it, and that some of those living there must have knowledge, because Dr. Foo has cured lots of patients who had been unable to get any help whatever before they saw him. "It is better," he said, "for you to see him now and not wait too long a time. If you wait too long and become incurable he will not take you." In reply to this argument I said:

"I have some well-educated friends who tell me that there are some very good doctors in China, but that the Chinese language is harder to learn than that of any other country, and that it is hard to find educated people there. If it is hard to find an educated doctor in China I don't think an educated Chinese doctor would come here; but, as you have talked to me so much about this, the fact does not matter, and I will try to see Dr. Foo," and accordingly I went to see him that same morning. This was early in April, 1895.

Told Him Everything.

I did not yet believe in the Chinese doctor, but Dr. Foo told me everything about my case without asking a single question except my age. This surprised me very much, and his reasoning about the case convinced me that he understood it. I also saw his certificate from the Chinese Consul at San Francisco and others, and from that time had respect for him, and at once commenced to take his medicines. For the first seven or eight days they seemed to make me a little worse, but the doctor told me that they were only stirring up the impurities in my system, and that I should not mind this. In twelve days I began to feel better. I had good sleep and there was less pain. After that I improved all the time until I became entirely well and strong. My skin cleared up and became as white as a new-born babe's in about four and a half months, or one course and a half of the medicines.

How to Keep Well.

When I stopped taking the medicine and left Dr. Foo I asked him for directions for following which I could keep well all the time. I told him that I would follow these and take the very best care of myself. He said that in China educated people take care of themselves by stopping a sickness in ad-

vance and before it becomes serious. In the summer time they take medicine for five or six weeks and clean out their systems. In the winter time they also take a course of medicine for five or six weeks, and thus they have no sickness, because they keep themselves pure. He said that all persons who have been cured of a long sickness, even though they are entirely cured, nevertheless are not well and strong as young men who have always been well, and that about every six months there is some unavoidable effects upon their systems from different causes. There may be some wear and tear from mental labor, or, as he said, from the seven affections, or the food and drink may not be entirely correct, or there may be some injury from overwork, or some accumulation from the worn-out materials of the body which are not fully eliminated from the system as they should be, or there may be some bad effects from the weather. In these ways sickness comes to all, and one who has been ill is more liable to these attacks than others.

Neglect is Dangerous.

If this slight sickness is not stopped then the man becomes worse. The root of the difficulty grows, and by and by perhaps he takes cold or something else is wrong and then there is a bad case of sickness which is very hard to cure and becomes dangerous to life. But if he takes a few weeks' course of medicine summer and winter, twice a year, these troubles are stopped at their commencement, and the man keeps healthy all the time. This, Dr. Foo claimed, was a very good plan indeed.

Worth Remembering.

I heard what the doctor had to say upon this subject and thought that it was a very good thing for me to remember. After I had gone home the year I was cured I kept improving a long time. I was better all the time until 1896, never being sick at all.

In June and July of this year I intended to take a short course of medicine, but I was very busy, and thought that I could not spare the time. Besides I was feeling so well that I thought it unnecessary to take any more. But between the first of August and the first of October it seemed to me that my system was not in as good trim as it had been, perhaps on account of the long continued hot weather. Then I saw at once what Dr. Foo had taught me was a necessary thing to know. I made up my mind that it is better to take medicine for health than for sickness. I made a big mistake once when I let my sickness go so long, and do not intend to make another of that kind. I propose to take a short course of medicine for one or two months and to check whatever difficulty there might be right at the start. I can see the consistency and reasonableness of this method, and I hope everybody who wishes to take care of his health will give this matter sufficient attention to understand it for himself. I believe that in this way everybody could keep well and healthy, and could stop sickness at the start. As far as I am concerned I will never wait again too long before consulting my doctor, and I

believe that Dr. Foo's herbal remedies are the best in the world for this kind of treatment.

E. P. LANE.
With Riverside Water Company.

San Bernardino, Oct. 30, 1896.
(Witness) JAMES CAMPBELL.

Preventive Treatment.

The suggestion made in the above letter in reference to a short course of preventive medicine once or twice a year is well worthy of careful consideration. In China this practice is universal among the better classes, and undoubtedly prevents a great deal of sickness.

Prevention is always better than cure. Persons who have once been out of health are almost always unusually liable to a return of their former sickness or of some complication. A few weeks' course of medicine in the hot weather and another in the winter will prevent such a misfortune by assisting the vital organs and regulating the system. People who adopt this practice will be free from colds and minor complaints as well as from more serious diseases.

Inflammatory Rheumatism Resulting From Malaria Cured.

I take pleasure in giving my humble opinion of Dr. Foo as a physician. In the first place, his diagnosis of my case, it being by the pulse alone, seemed to me wonderful, he thereby locating my trouble exactly. On my first visit to the doctor I was perfectly helpless, not being able to take a single step without assistance. My legs were swollen to such an extent from the knees to the toes that no joints were visible. This he entirely reduced in five days' treatment, and the swelling has not returned in the least. He explained to me the nature of the different poisons in my system and how he would expel them, which he did in fourteen days' treatment. What most surprised me was the simplicity of his treatment and the purity of his medicines, they being entirely vegetable—herbs, roots, berries and barks. This I can verify from personal observation. I am now, after a little over four weeks' treatment, as well as ever, excepting a little weakness in my legs, which are daily improving. My friends who came to see me when I was ill now tell me they never expected to see me out again.

In regard to the success of my treatment, it is more than wonderful in view of the fact that I am advanced in age. I have received treatment from other doctors, but instead of improving I continued to grow worse until I took treatment from Dr. Foo. One who has suffered the excruciating pains from rheumatism alone can imagine the joy of my experience in being cured.

Very respectfully yours, THOMAS STEWART,
Redlands, Cal., March 1, 1894.

An Appreciative Letter.

The following letter from a business man well-known in both Northern and Southern California, who founded the town of McPherson, Orange county, touches on several points of interest with reference to the Foo and Wing Herb Company:

M'PHERSON, May 31, 1897.

Drs. Foo and Wing, Los Angeles, Cal.

Gentlemen: Your favor of the 17th inst. is at hand, and I note all you say regarding your co-partnership for the practice of the Chinese system of medicine; and I note also that you intend to establish a medical college for teaching this system of medicine to the American people.

I congratulate you that you are associated together, as it bespeaks for you a great success.

While I am not well acquainted with Dr. Wing personally, yet as the son of Dr. Li Po Tai, I have no doubt of his ability to make himself a capable physician and a successful business man.

I became acquainted with Dr. Li Po Tai in the year 1864, while he was making his great reputation and building up his very extensive practice of medicine in the city of San Francisco, and even to the year of his death, when, for years, he had as many as several hundred daily patients; and many of the cures made by him were of those I knew personally; and if the voice of all these patients could be heard, it would show that Dr. Li Po Tai cured, relieved, benefited and prolonged the lives of more people than any physician who ever practice medicine on the Pacific Coast. It was at the office of Dr. Li Po Tai, in the year 1892, that I first met Dr. Foo and learned of his ability as a physician. Dr. Li Po Tai spoke in the highest terms of Dr. T. Foo Yuen, and assured me he ranked among the very best of his country.

He said that he had taught his son and nephew only, and had given some instruction to Tom Ghee, Woo Yunk Chow, Li Dien and Li Ye Arm.

I found that many of the most intelligent patients believed Dr. T. Foo Yuen had no equal, and his skill cured a relative while he was acting as assistant to Dr. Li Po Tai. This extensive practice with his uncle gave him such experience as seldom comes to a physician, and was a source of great service in giving great confidence in his ability.

During his years of practice in Southern California, he has been more intimately known to me, treating in my family in a very skillful and satisfactory manner. Dr. T. Foo Yuen has wonderful skill in diagnosis, detecting the most minute symptoms of disease and conditions, and describing them; and is as skillful in removing them. He seems to have a complete knowledge of all the conditions continually in his mind.

His knowledge of the effects of medicines is wonderful, and he states accurately what effect he will have from his medicines, thus keeping his patients comforted in daily accomplishing the work he promises to perform.

Dr. T. Foo Yuen has a very excellent knowledge of the English language, and is able to express himself very concisely, in a courteous manner, and in delicate terms to make known any condition of the system he may desire to make known.

Besides his accomplishments as a physician, he is honest and upright, kindly and Christian in all his ways.

It is needless for me to say you will make a success, for that is already accomplished, for Dr. T. Foo Yuen has scattered in Southern California enough patients already that will make known his skill, and secure a success for you, but with the additional help of Dr. Wing, who has within himself by heredity and education, the elements of success, I believe you have a great future before you.

You will accomplish much for yourselves in your practice of medicine and in the establishment of your medical college; but by far the greater good will be to the people who shall have the benefit of facts of this system of medicine taught, so that diagnosis by the pulse shall be possible among our physicians, and the secrets of many valuable formulas, known and tested for many ages by your people, shall be known among the masses; and in general, the cause of disease, as discussed from other standpoints than as at present; the condition of the human system known by other ways than at present; with absolute knowledge, condition of progress of cure, apparent through the knowledge of the circulation as indicated by the pulse.

Heartly wishing you success, I remain, yours truly,

ROBT. M'PHERSON.

A Newspaper Man Gives His Opinion.

The following letter is from a gentleman who has seen a great deal of the world on both sides of the water, and was formerly in active business life in London as a writer for and publisher of newspapers. He has now become a permanent resident of Southern California, and lives at present in Riverside. Mr. Wilson says:

261 East Tenth street, Riverside, Cal., Sept. 4, 1896.

Dear Sir: I beg to add my mite of testimony to that of others who have derived benefit from Dr. Foo's treatment. I had been suffering from the ill effects of malarial poisoning for some time, and was persuaded by people who had been cured under the herbal treatment to give Dr. Foo a trial, which I did. I am still taking the medicine, and have derived considerable benefit during the short time I have been under the doctor's care. I have gained fifteen pounds in weight during the two months I have taken the treatment. The doctor informs me that he will make me well and strong before long, for which information I am very glad.

Yours truly, A. WILSON.

CHAPTER XII.

THE CAUSES AND CURE OF ASTHMA.

BY DR. LI WING.

There are many things which will produce asthma, and the subject is too large to discuss in full within the compass of a brief chapter. I shall, therefore, confine myself to explaining six different causes of asthma, and to telling something about the methods of curing this troublesome and often serious disease. These chapters on diseases are all simply suggestions for the benefit of the people, and do not profess to treat the different subjects exhaustively.

The first cause of asthma is living in a low wet place. The air about such places is damp and causes malaria, which goes through the atmosphere. Then the air becomes heavy and too damp, and this being taken into the lungs, remains in them in a heavy, dark vapor, like fog. People who are born in such damp districts do not feel the same bad effects as those who move into them from other sections, because they have become accustomed to breathing this damp air and it does not hurt them so much. It is natural for them, and does not hurt their systems at all. If a person of a strong constitution goes to live in such a place for the first few months he will feel a little bit weak in the lungs. But after the first few months the system becomes adapted to the weather and the lungs become as strong again as before. The damp air disappears, and there is no sickness. But one whose lungs are naturally weak cannot take care of the damp air. At first the damp air in the lungs is lighter, looks like a fog, then it condenses and becomes congealed and irritates the lungs, forming phlegm. There is a discharge from the nostrils as in catarrh, and, if this continues for some time, the lungs become weaker, and the person takes cold easy.

When a person in this condition takes cold there is at once inflammation in the lungs, which dries up the phlegm in the cells of the lungs. This congeals harder than ever, like a little round nut. It looks exactly like a young bee in the honey comb. It stops up the cells of the lungs, and a case of asthma is the result.

A second cause of asthma is taking cold in any way which causes inflammation in the lungs and a cough, if the doctors do not understand how to throw it off and remove it through the skin. If they simply use a strong medicine to relieve the cold, and the inflammation from the cold goes into the lungs and poison from the medicine settles there also then there is a double trouble, which takes a strong hold upon the lungs and produces asthma. Many cases of this sort have come to our company and have been cured. Some people who come to use say, "I have had pneumonia, which makes my asthma worse," and others say, "I had la grippe ten years ago, and since then I have had asthma," and some say that they have taken a very bad cold, and have had a fever, which caused asthma; some say that they have had asthma since they had an attack of malarial fever. All of these cases show that poisonous

remedies were used to cure the cold or other disease; that these poisoned medicines were left in the system, and that they caused the asthma. Dr. Li Po Tai cured more cases of this difficulty than of any other. Some cases were entirely cured, and those who received such a great benefit were loud in their praises of Li Po Tai's skill; but some cases were so severe and of so long standing that they could not be entirely cured, but the patients received much benefited, and could not find any other doctor who did them so much good; and the treatment also gave benefit to the other vital organs and was good for the whole system, because his skill removed the causes of the disease, and in this way benefited the patient's whole system.

Third, cases of asthma arise from eating too much fried and roasted meat, and constantly eating food that is too strong and too greasy. From this cause inflammation comes, and this inflammation causes an excessive desire for drinks and for raw fruits. In this way too much cold air is taken into the system, and this dampness and the inflammation work together in causing trouble. Then the stomach produces phlegm, and there is heartburn. Then the phlegm from the stomach becomes very thick. It goes through the diaphragm and settles in the lungs, and so produces asthma.

Fourth, some people contract asthma as a result of venereal poisoning. They take mineral remedies to cure this, such as mercury, etc. This goes through the lungs, near the spine, and causes asthma.

Fifth, some people take an ordinary cold, which causes a cough to go through the lungs. The patients do not pay sufficient attention to abstain from eating and drinking, and take too much greasy food, and soups made from strong meats. They feel a little thirsty and they eat an excessive amount of meat soups, partly to relieve the thirst. This food is too strong under the circumstances, and affects the lungs easily. It goes through the lungs more quickly and penetrates deeper than anything else. It closes up the pores of the lungs, and, little by little, gives rise to asthma. Every day, also, the spleen extracts juices from the stomach, which are sent to the lungs by the power of the spleen, but if the pores of the lungs are all closed they cannot take up these juices, which become phlegm; then there is a cough, and the asthma becomes worse. If the person's constitution is strong, as in some people, and nature has a little time to help the system, then all the sound pores of the lungs are opened again and become clear, and the cough will stop; but if this has settled near the windpipe the phlegm congeals so hard and the pores are shut up so tightly that there then arises a case of light asthma. But still it is not so severe as to endanger life. But if the constitution is weak and does not respond to the help of nature, then the pores of the lungs are closed and cannot open again; then the lungs have no juices to wet the lower parts; then the liver and kidneys become dry and burn the lungs out, little by little, and the lungs grow smaller and dryer all the time. This brings on asthma, and, sometimes consumption, which is often incurable.

But if sickness of this sort, in its early stages, is treated by the herbal remedies, to throw off the cold and clear out the phlegm; and if the patient is also very careful about his eating and drinking, lets meat and meat soups and other strong foods alone, even if he feels very weak for a little while, then the cough will be free, the phlegm will be clean and the pores of the lungs will

be clear, and there will be no case of asthma. If meats are taken at all during such illness they should be eaten dry, and soups should be avoided. Then the pores of the lungs will not be locked up so deeply. But even light soups lock up the pores of the lungs very quickly and very tight. This is a good point for everybody to understand and to remember.

Sixth, a tendency to asthma is frequently inherited from the parents. There is no hardened phlegm as in some of these other cases, but there is what we may call a phlegm poison in the lungs which comes from the father or the mother, and settles in the windpipe, a part of the lungs being covered with it, like a stone covered with moss. The poison looks like the moss on a stone. And there are plenty of spots like this through the lungs. If the constitution of the person is weak there will be a great many of these spots, and they will keep growing bigger all the time until they take possession of the lungs, which lose their functions. In these cases the child usually dies young. In others, where there is a strong constitution, or even a nature that is of medium strength, if, while the patient is still young, he takes our herbal remedies every time he has an attack of the asthma, taking herb teas and pills alternately, then he will get better. If he takes the medicine for a month or two to get rid of the poison and, when the trouble comes again, takes another course the same as before and gets better again, and so continues, taking a little course of medicine at each attack, after a time the poison will keep getting less and less, and the spots throughout the lungs will keep growing smaller until the child reaches the age of maturity. At this time his whole body grows very fast, and the poison, if his system is pure and in good order, will all disappear. He will never have asthma again all his life. Li Po Tai, in San Francisco, cured a great many cases of this sort.

A Typical Case of Asthma Cured.

LOS ANGELES, California, October 21, 1897.

The Foo and Wing Herb Company, Los Angeles.

Gentlemen: I have been greatly troubled with asthma for the past ten months. Previous to this I had been at work unloading coal from box cars for about three years. The dust from the freight hurt me, and I also frequently took cold from sweating at my work, and then cooling too quickly. I had some difficulty with my lungs for two or three years. Finally it developed into a case of confirmed asthma.

For nine months I could not lie down at all, but slept sitting in a rocking chair. I was entirely exhausted and could not walk half a block. I lost nearly a year's work through this sickness. I tried different doctors for about a year before going to Dr. Foo, but had no relief whatever.

About two months ago I consulted Dr. Foo. I then weighed only 118 pounds. I commenced to gain in about a week after beginning the treatment. In two or three weeks I could lie down to sleep. In two weeks I went back to my former work for the Diamond Coal Company. I can now do as good a day's work as ever, feel as strong as ever, and weigh 132 pounds. My health has improved in every way

My residence is at No. 227 N. Anderson street, and is next to that of Mrs. P. W. Portman. I heard of her recent very severe illness. I knew that her doctors gave her up, and that all of her family and friends expected that she would die within a few days. Dr. Foo cured her in a few weeks' treatment. I knew of this case, and decided that the herbal treatment was the proper thing for me if it could accomplish such wonders as that. The result in my own case is a surprise to all of my friends and acquaintances, many of whom thought I would not live very long. Very truly yours,

J. N. SEARS.

A Case Similar to the Above.

LOS ANGELES, Cal., August 28, 1897.

To Whom it May Concern:

I take pleasure in giving a voluntary statement of my experience with Dr. T. Foo Yuen's skill in the treatment of disease. I was taken severely ill last fall, as I thought, from taking cold, but the exact nature of the difficulty I did not understand. I could not sleep on account of great distress in breathing. I also had serious bronchial difficulty and pains in the breast and shoulders. I consulted several physicians of Los Angeles, who pronounced the case consumption, and advised me to go to Arizona or Old Mexico at once.

As I had already had some experience with the Chinese system of medicine with the celebrated doctor, Li Po Tai, I determined to try it again before going to another state or country, and went to see Dr. T. Foo Yuen, of whom I had heard very favorable reports. After a careful diagnosis, Dr. Foo informed me that my case was one of bad blood poisoning, and not of consumption. The blood rushed to the lungs and caused asthma. I commenced his treatment, and in a very few days the dreadful spasmodic breathing which had prevented me from sleeping, disappeared entirely. In two weeks I discontinued the treatment, and have never had a touch of the trouble since. This may seem incredible to some, but I state the exact truth, and many of my friends are familiar with the circumstances and can testify to my complete cure.

My experience with Li Po Tai was while I was living at Sacramento several years ago. I knew him for many years, and knew him to perform some very wonderful cures. In many cases he cured persons after they had been given up by all other physicians. He was certainly a great man and a great physician. A Mr. Goggins, who was a druggist, a Mrs. Cyrus Coffin and Mr. Wm. Reed were some of those whom I knew to be cured by him, and whose names I can now recall. There were many others whose names I do not now remember. From my observation I am free to state my belief that Dr. Foo, Li Po Tai's nephew, and Dr. Li Wing, his son, have inherited much of Li Po Tai's skill and knowledge, from his personal teachings and from the rules which he laid down for the treatment of various diseases. His long experience of nearly fifty years in curing the diseases of white people certainly must have given him superior skill, which his natural energy and shrewdness constantly

increased. I can understand that his precepts and example must be of very great value to his successors, Drs. Foo and Wing, and the cures which they are constantly making, as in my own case, are as definite proof as anyone could ask that they have had the wisdom to profit by their unusually favorable sources of instruction and information.

MRS. HELEN W. COE, 316 West 7th st.

A Permanent Cure of a Difficult Case.

We ask the careful reading of the following letter, particularly because it shows that the benefits to be derived from our treatment are permanent and result in a lasting cure and a general strengthening of the body:

REDLANDS, Cal., Sept. 5, 1896.

To Whom it May Concern:

January 1, 1895, I gave a testimonial to Dr. Foo in reference to his very successful treatment of my case. I am now ready, some twenty months afterward, to repeat what I said at that time and to confirm the very favorable report that I then made of Dr. Foo's remarkable skill. My case was somewhat peculiar. I had been troubled for years with asthma. I had spent hundreds of dollars in different places east and west, with different doctors whose treatment hardly gave even temporary relief and no permanent benefit whatever. I kept growing worse until I was so weak that I could not even get out of my buggy without help. I then lost all hopes of ever getting better, and, as I could not carry on my business successfully, I disposed of it.

About this time, May, 1893, I heard of Dr. Foo's skill. I was told about his pulse examinations, and thought that I would try him as a last resort. He examined my pulse and gave me a test treatment and then told me that I could be cured. I continued the treatment for six weeks, and at the end of that time, through the temporary effects of the medicines, I felt worse than when I commenced, and stopped the medicines. I also told a great many people that Dr. Foo was a quack and a humbug.

After a few days, however, I began to feel the good effects of the medicines, and I soon saw that I had made a great mistake in stopping the treatment, as it was the first thing which had done me any good. I asked the doctor to treat me again. He was at first reluctant to do so, but finally consented, and gave me treatment for eight weeks more. At the end of that time I was a new man. Dr. Foo's methods renew the entire system and carry off the disease at the root. They gradually drive all impurities from the system and give nature a chance to re-assert herself. My strength gradually returned. I re-established my business and have been actively engaged in it ever since. I can now handle the sledge hammer as I did in my younger days. I continued to grow stronger for some time and have felt better since my recovery than before I was sick.

Dr. Foo places the cause of my asthma in the liver, kidneys and spleen. His treatment was certainly effective in removing the cause, however hidden and deep-seated it may have been. His methods are altogether unlike those

of other physicians in this country, and I know that they have been equally successful in many other cases than my own. I am fully as enthusiastic over the results in my case as I was when I finished treatment nearly two years ago, and I have found that the benefit derived has been lasting and permanent in every way. I found Dr. Foo a highly educated, conscientious and scientific physician and gentlemanly in every way. I consider that the good which he did for me is worthy of grateful consideration, and I cheerfully state the facts in my case for the benefit of others, having seen no reason whatever to change my opinion of Dr. Foo or to regret that I consulted him nearly two years ago. A complete restoration to health after long and unavailing search is certainly a benefit worth remembering. JOHN M'INTOSH.

Letter From Mrs. Strong.

Drs. Foo and Wing, City.

Gentlemen: The first that I knew about Dr. Foo's skill was in a case of diphtheria. A young girl in my house had this disease, and I was much alarmed for fear my family would take it. Dr. Foo said that he would give me medicine that would prevent it. He did so; none of us took the disease, although I had a very sore throat when I went to him. His medicine cured it so quickly that it seemed wonderful. I then began taking the herbal treatment, I had had brochitis for over twenty years, and asthma for a longer period, but the doctor's medicines have cured me of both these diseases. I also had chronic rheumatism; in fact, almost all the diseases arising from poisoned blood; but whenever I went to Dr. Foo he had the remedies on hand, and they never failed to do the work promptly and well. I have taken medicine from a great many physicians, but Dr. Foo is the only one whose medicines never failed, and I do not remember of the medicines ever failing in a single instance to accomplish the work for which they were given. One beautiful thing about Dr. Foo's diagnosis is that the patient is not questioned. So many delicate, timid women suffer untold misery rather than go to a doctor and submit to a questioning process about all their aches and pains, their location, etc. Dr. Foo feels the pulse in both wrists, then tells you what ails you, and whether or not he can cure you. I am satisfied with the results of this treatment, and I think it better than any that I ever tried before.

I do not know, of course, whether I am absolutely cured or not; it is possible that I may take cold some time and suffer a return of the difficulty. I do not believe it would ever be as bad as before, but if it should come back again I shall take some of Dr. Foo's medicine, which will certainly help me. It has already done me more good than any other treatment that I ever took in my life. It is well for people suffering from chronic difficulties to keep a small supply of the medicine on hand, for sometimes a small dose will prevent a return of the difficulty. For my part I am very glad that I have become acquainted with Dr. Foo's system of medicine. Yours respectfully,

MRS. MALINDA STRONG,
810 West Sixth street, City.

Los Angeles, Cal., August 10, 1897.

A Severe Case of Asthma Relieved.

LOS ANGELES, Cal., October 18, 1897.

I have been troubled with asthma for the past eleven years. During my experience with this disease I have tried every remedy that I have heard of which offered any relief whatever, and have consulted a great many physicians. Nothing did me any permanent good. My trouble was spasmodic in its nature, and all of the doctors whom I consulted informed me that it was incurable. I consulted three physicians in Portland, where I lived for eight years; and five in Los Angeles, all of whom gave the same opinion.

Finally, I went to Dr. Foo, six weeks ago, although I was advised by friends not to do so. At this time I had a most distressing, hacking cough, which shocked all who heard it, and made everyone think I could not live. I was very weak, and the slightest over-exertion brought on a spasm of asthma. I commenced to take Dr. Foo's perscription, and my cough disappeared from the first dose. I am now greatly improved in every way. I can take a long walk without fatigue, or without bringing on the asthma. I can also lie down with comfort, as I had not been able to do for years. My appetite, complexion and general health are improved in every particular. I am not yet entirely cured, but the benefit already given me is so very marked that I am entirely satisfied with the treatment, and am confident that I shall be entirely cured within a reasonable time. I knew Dr. Li Po Tai in San Francisco, and I believe that his nephew and son, Drs. Foo and Wing, can accomplish all that that celebrated physician could accomplish.

ANNA ELDER,
617 Montreal street.

Now removed to 623 J St., San Bernardino.

Another Case Greatly Benefited.

LOS ANGELES, Cal., July 7, 1897.

It gives me great pleasure to testify to the merits of Dr. Foo's treatment in cases of asthma. In April, 1894, I went from Los Angeles to Redlands in order to see Dr. Foo, as I was then suffering very much from asthma. I had been afflicted with it for twenty-four years, and had tried everything that I had thought would be of any use, but without benefit.

I commenced treatment with Dr. Foo and began to improve at once. I saw so many cases of asthma that were entirely cured by him that I had great hopes that I would be one of them. I cannot say that I was completely cured. I had been troubled so long that it was not possible to get rid of it entirely. Still, I believe that Dr. Foo's medicine is better than any other for this disease. Nothing else that I ever tried helped me as much as this. I am well from the asthma except that, once or twice, when I have taken a little cold, a little bit of trouble has come back again. Then, a few doses of the herb tea relieved me.

Sometimes we can understand that a physician is skillful even when he does not entirely cure a disease. I am sure that Dr. Foo's skill and the remedies which he uses will cure many cases of asthma. Some cases are

very easy to cure, others are very hard and take a long time to cure, and others still are incurable. But even when they are not cured they may be helped by taking this remedy. That is skill enough in these cases. Some people expect the impossible. They do not consider a doctor skillful unless he cures them, even when a cure is impossible. When an old chronic case of a disease like asthma is benefited the relief shows a great deal of skill, and the patient ought to be satisfied. Those who expect to be cured anyway, no matter how long they have been sick or how severe the case has been, are too narrow-minded in their way of looking at this matter. They should be more reasonable, and should consider themselves fortunate in getting some relief.

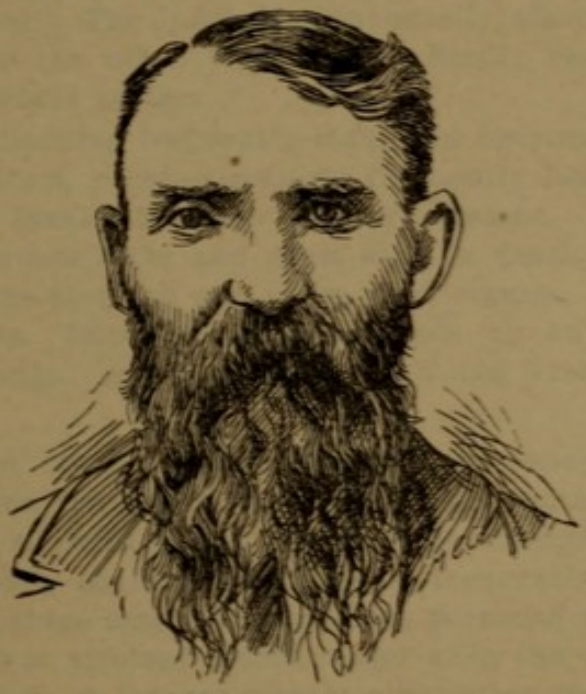
That is my way of looking at this question. When I take a little cold and have some return of my old trouble and am relieved by a little of Dr. Foo's medicine, I am thankful to know that there is a way for me avoid the pain and suffering that I used to experience so often. Asthma is a very painful and troublesome disease, and a remedy which will relieve the worst cases and cure those that have not gone too far is certainly a blessing to mankind.

MRS. J. ROPER.

Letter from E. C. Warren.

Office of Redlands Water Company,
REDLANDS, Cal., August 10, 1894.

Dr. T. Foo Yuen—Dear Sir: In answer to your request for a report of my present condition of health; your treatment, my general health, previous and after treatment, it gives me great pleasure to state to you, at present, I am enjoying as good health as ever in my life, or as I could wish to. I am nearly



45 years of age. At an early age I commenced having asthma and inflammatory rheumatism; would have severe attacks of asthma whenever I took cold, which would last me about a week, and rheumatism periodically, about every

three or four years, until about two years ago I caught a cold which brought on rheumatism that I could not remove. I was obliged to carry a cane all the time and move around carefully. At about the same time I had an abscess on my lungs and was confined to my bed, and never expected to be better.

Dr. Watrous advised me to go to you for treatment. I at once did so; was examined and commenced to take treatment. This was on the 8th day of November, 1893. I took about six months' treatment. Those of my friends who knew me before and since treatment say that I am not the same man. I consider you an able physician; your examination by the pulse is simply marvelous. I cannot speak in too high terms of your skill and shall be pleased to answer any communication you shall see fit to send. Respectfully,

(Signed) E. C. WARREN.

NOTE:—Mr. Warren is one of the founders of the city of Redlands; he has been on the Board of City Trustees and is now the secretary and treasurer of the water company. He is a man whose business experience and sagacious nature make it almost impossible for him to be mistaken as to his views, or misled on a subject of such vital importance.

CHAPTER XIII.

TWELVE CAUSES OF CONSUMPTION AND HEMORRHAGES.

Among the many causes of consumption the following may be noted in this place:

(1.) Many men and their wives have been poisoned from a resumption of marital relations too soon after the wife has been delivered of a child. At least one hundred days should elapse after child-birth before the usual relations of man and wife are again taken up. This poison usually settles in the kidneys and weakens them. The system becomes drained of various elements which are essential to the vitality of the person, especially to the health of his nervous system. When these are taken away there is indigestion, which causes inflammation in the stomach. The foods and liquids which should go to nourish the body ferment instead of being digested, and the result is that there are poisonous gases which go through the system and soon reach the lungs. This creates inflammation and affords a good field for the lodgment of the bacillus of consumption.

(2.) In a similar way venereal poison affects the system, commencing in the kidneys, afterwards affecting the spinal cord, and passing to the other vital organs. The power of digestion usually yields first and then the lungs become affected, as is shown in the above-mentioned cases.

(3.) Sexual excesses at any time of life are a fruitful source of consumption. This is one of the most common sources of "quick consumption" and also of "heart failure." The inflammation usually starts in the kidneys and passes from there to the other vital organs, finally reaching the lungs and going through the whole system.

(4.) Malarial poisoning frequently results in consumption. This may not be the case at the start, because malaria frequently lies in the system for a long time before it breaks out into a severe disease. Then a cold sets the poison in motion, causes fever and often ends in death. It causes consumption by weakening the stomach and other vital organs. They do not perform their duties properly. Imperfect digestion sets up an inflammation which finally reaches the lungs. A cough is the result and finally a case of incurable consumption.

(5.) Miners and other persons who are compelled to breathe noxious vapors in underground tunnels or shafts, or in the engine-room of steamships or the poisoned air in paint shops, laundries or dye-houses, or in tenement-houses or other closely-confined apartments, frequently become the victims of consumption. In these cases the lungs are poisoned and weakened so that a cold develops into a virulent disorder and kills the patient.

(6.) Grief, anxiety or intense mental application too long continued will cause consumption. In these cases the circulation of the blood is weakened and the stomach does not receive sufficient blood to enable it to perform

its functions as it should. The nervous system, also, on the health of which the whole body depends, is affected. Imperfect digestion finally affects the lungs in the same manner as indicated in cause number one.

(7.) A cold affecting the whole body may settle in the lungs, creating inflammation, which will, if not arrested, cause the lungs to fill with phlegm. This hardens and causes severe coughing in the efforts of nature to get rid of it. This coughing wears out the muscles and nerves connecting the lungs and the spinal cord and deprives the lungs of the elements of nutrition which nourish them through the channels of circulation. As a consequence the lungs waste away and break down and a case of pronounced consumption is the result.

(8.) A cold which settles in the stomach or the liver.

(9.) Poisoning through the use of minerals for medication, or for other reasons, such as mercury, morphine, iron, strychnine or arsenic.

(10.) Lack of care during or after child-birth by reason of which there is an incomplete delivery. Portions of the placenta, or congealed blood, are sometimes left in the womb, causing inflammation. A cold which settles in the ovaries, or a cold taken during the period of menstration may produce the same mischief. The result is inflammation, which finally finds its way to the lungs. The poisoning of the system as a result of miscarriages, whether produced willfully or by accident, is also a similar cause of consumption. Women are sometimes poisoned from intimate relations with men who habitually use liquors, beer, wine or poisonous medicines. Self-abuse, in either sex, is a cause of consumption, producing a weakened state, which affords slight resistance against colds or malaria. The result is a general breaking down, in which the lungs finally participate.

(11.) Direct injury to the stomach and digestive powers is frequently a cause of consumption. This may be through improper food or insufficient food or over-eating. Taking too much liquid with meals is a cause, or irregularity in eating, or eating nuts, candies, fruit, etc., between meals. Injury to the stomach and digestion soon causes fermentation of the food, as already explained, giving rise to gases in the system which reach the lungs, dry them up, cause them to contract and fail to furnish the necessary vitalization to the blood to keep it in circulation.

(12.) The habit of chewing tobacco, gum or even toothpicks causes a constant secretion of saliva, which is wasted. The saliva is secreted by the stomach. There is too great a demand upon that organ, which produces inflammation and an excessive desire for liquids. The stomach is flooded with a supply of cold liquids which it cannot use. Thus the system is weakened, and when the subject takes cold or is exposed to malaria, sickness results which frequently ends in consumption. Smoking also dries out the juices of the system and lays the foundation for diseases of this sort. The difficulty may not be direct in these cases, but they are all bad habits and lay the foundations of many diseases, including consumption. The wearing of corsets is a pernicious habit which often produces consumption in women, but an opinion has already been rendered in reference to this habit in the article from Confucius. Therefore it will not be discussed at length in this place. but any one who stops to think a little will recognize the fact that an un-

natural compression of the body just above its most important organs must, sooner or later, give rise to disease and suffering.

Hemorrhages are not always a sign of consumption, although they are often a result of that disease. They may come from the breaking of the small veins in the muscles near the diaphragm, caused by the strain of coughing. Or they may come from the breaking of veins near any one of the vital organs. But they do not always indicate, as many believe, an advanced deterioration of the lungs, and they are often much more easily cured than most people think. They yield readily to the herbal treatment when taken at an early stage—before the cough has worn the patient out and perhaps affected the tissues of the lungs themselves.

A Cure That is Permanent.

Mrs. M. H. Wilson of Redlands, Cal., was treated by Dr. Foo for lung troubles, and cured, early in 1894. Her health since that time has been very much improved over her former condition, and she now gives the following statement of her case:

REDLANDS, Cal., Sept. 4, 1897.

Drs. Foo and Wing, Los Angeles—Gentlemen: For many years I had suffered from a variety of complications which threatened to end in an incurable case of consumption. I had had la grippe, throat troubles, and my lungs were affected. I took treatment from many physicians in Connecticut, where I was then residing, but all the treatment and all the medicines failed to accomplish a cure, and the doctors finally advised me to come to California. Some time after arriving in Redlands I heard of Dr. Foo and consulted him. He prescribed for me and placed me upon a diet which, although very plain and simple, accomplished more for me, together with the herb teas, than all the tonics, raw meats, eggs and other so-called strengthening foods ordered by my former physicians had been able to do.

I was pleased with Dr. Foo's methods from the commencement. His diagnosis was so correct that it at once gave me confidence in him, and the benefit that I received came so soon and continued so steadily that this confidence was confirmed. I was therefore encouraged to continue the treatment for eleven months, at the end of which time I was cured of my lung troubles. This was more than three years ago and, since then, although my physical condition has been delicate and I lack the strength that I had before my first sickness, yet I have been comparatively well and have had no return of the troubles with my lungs. I believe that my cure was as complete as I could possibly have expected, and the long time which has since elapsed shows that it was permanent.

I have read the articles on Oriental Medicine which Dr. Foo has published from time to time and the advance chapters which he has written from books that he intends to publish. I know that Dr. Foo is the first Chinese physician to explain the principles of his system in English and to attempt to teach them to the American people. MRS. M. H. WILSON.

A Notable Cure of Hemorrhages.

LOS ANGELES, Cal., Oct. 2, 1897.

Drs. Foo and Wing, Los Angeles—Gentlemen: In November last I took a severe cold, which settled on my lungs. My cough became so bad that I was alarmed and consulted a physician, who told me that my lungs were in a very bad condition. I did not feel satisfied with his diagnosis, and consulted others until I had consulted six of the best in Los Angeles. They all agreed that I had quick consumption, but none seemed able to help me. I finally went to Dr. Foo and, after hearing his diagnosis of my case, I commenced taking his medicine. Within two weeks I was greatly improved and in two months I felt like a new woman. My cough was entirely gone, my complexion had cleared up, and my flesh seemed firm and natural. The poisoned and weakened blood seemed to be removed from my system and to be replaced by new and stronger material. The old blood, from which I received no strength or nourishment, had been made new. I have had no return of the hemorrhages or other symptoms since I ceased taking your medicine, several months ago, and the liver trouble, from which I suffered greatly, has also disappeared. I believe I should have died had I not gone to Dr. Foo just when I did, and I consider my cure the more remarkable, as it has been fully ten years since I have been troubled with this dreadful disease. I have had a great many hemorrhages during that time and have treated with doctors from one end of the continent to the other. Dr. Foo is the first and only physician who ever gave me any permanent relief. I am now entirely free from nervousness and can sleep all night for the first time in ten years, and I feel under the deepest obligation to the doctor for his kind and skillful treatment of me.

I also wish to add for the sake of the public that I have seen Dr. Foo's books and circulars explaining the principles of Oriental Medicines, his "Lesson on the Cause and Origin of Diseases and the Herbal Remedies," and Dr. Li Wing's "Lesson on the Five Different Natural Elements." I know that these physicians are the first to explain their system of medicine for the benefit of English-speaking people, and I believe that if their system of practice were more generally adopted a great deal of good would be the result.

(MRS.) E. ROSS BRITTON.

1025 South Flower street.

Another Cure Tested by Time.

LOS ANGELES, Cal., Sept. 1, 1897.

Drs. Foo and Wing: It is with pleasure that I furnish you with these few lines for publicity:

I left my home in Pennsylvania some time ago, where I was for many years under the care of several physicians, who finally pronounced my ailments incurable and then advised a change of climate. I at once came to Los Angeles, Cal. I was rapidly growing worse, and, realizing my condition. knew

I must get help very soon or it would be altogether too late. Having lost all confidence in doctors, I had about given up all hopes of ever getting well. Through friends I was advised to consult Dr. Foo, and my attention was drawn to some remarkable cures he had performed. After discarding a deep-seated prejudice, I consented and went to his office for examination. After this consultation I was thoroughly convinced that I had at last found a physician who thoroughly understood my case—as he does all others.

His diagnosis was so perfect that I had implicit confidence in him and began treatment at once, November, 1895. After taking Dr. Foo's medicines every day for three months and a half I was well, and have never had the return of any of the symptoms of my former disease. I cannot speak in too high terms of the doctor and shall be pleased to answer any communication you shall see fit to send me in hopes that many subjects of suffering humanity may be so fortunate as to fall into the healing hands of Dr. Foo, and be so blessed. I shall never cease congratulating myself for having consulted him in time, for had I waited only a few days longer he would not have taken my case. I shall certainly advise any friends of mine who may need a good physician —no matter what their disease may be—to consult 'Drs. Foo & Wing, No. 903 South Olive street, Los Angeles, Cal., and be treated by them.

Wishing you a long and happy life, I am sincerely yours,

MRS. P. W. PORTMAN.

No. 231 North Anderson street.

Relieved of a Complication of Diseases.

LOS ANGELES, Cal., Sept. 23, 1897.

Drs. Foo and Wing, Los Angeles—Gentlemen: In kindly remembrance and acknowledgment of the great skill displayed in curing me of a complication of diseases (among others being kidney, liver and lung troubles,) I now write you to say that I have not felt so well for many years as I have since you cured me of these troubles.

It would be difficult to say in this letter what I have suffered for years from the complaints named above. I assure you for some years I was almost unable to get about, besides I have endured, it seems to me, every disagreeable thing that accompanies these complaints, and have scarcely been able to eat anything on account of loss of appetite.

Since the treatment at your hands my appetite has returned and in fact I am a new creature entirely. In acknowledgment of your wondrous skill, and for the benefit of the sick who have no knowledge of the effects of your able treatment, I have written you this letter, hoping it may reach many others, who can be benefited as I have been.

Yours very truly, MRS. J. E. BATES.

McKinley avenue, Los Angeles, Cal.

Threatened With Consumption.

WILDOMAR, Cal., Oct. 10, 1897.

Drs. Foo and Wing, Los Angeles—Gentlemen: This is to certify that I have been treated by the Foo & Wing Herb Company for several months, and I believe it has been the means of saving my life. I had throat and lung trouble and had doctored for years, with no apparent improvement. I was told by Dr. Hughes just a few days before I went to Dr. Foo that I had only about six months to live, and I only went to Dr. Foo because I was urged to by friends; but I certainly have no cause to regret it. Consumption and those diseases of the throat that sooner or later lead to consumption the American doctors do not cure; they only help them for a time. Dr. Foo, I believe, will cure these troubles if the patient will take his medicines long enough and live as he prescribes.

Any one who wishes can write to me. I have nothing but good to say of Drs. Foo & Wing, and I am ready to answer any questions. One thing more—I have heard that people who have lung trouble are more or less hopeful. Well I was not; I was morbid and down-hearted, and thought many times that I would end my life and my suffering together. I had some private trouble which perhaps made it worse; but, however, I feel that I owe a great deal more to Dr. Foo than I can ever repay, for without health life is awful.

IDA RINNE.

Appreciative Letter from a San Bernardino Lady.

Mrs. B. Howard of No. 467 C street, San Bernardino, writes:

"SAN BERNARDINO, Cal., Aug. 6, 1897.

"I feel very grateful for the benefits conferred by Dr. Foo's treatment, not only in my own case, as he cured me of certain persistent catarrhal troubles, but especially in my husband's case. He had been a confirmed invalid for several years, suffering from obscure diseases of the stomach, which had developed a severe cough, from which he was never entirely free. Physicians had cautioned him not to do anything to stop this cough, and one said that nothing on earth could cure it. Two years ago I expected him to die at almost any time. There was, however, a slight improvement, but in January, 1896, he again began to fail.

"About this time I read an article in a daily paper published in San Bernardino in response to an attack which had been made upon Dr. Foo by some of our local physicians. Dr. Foo made a certain proposition, in a very straightforward, conscientious manner, and none of our physicians seemed to dare to accept it. These facts led me to think that Dr. Foo must know whereof he spoke, and, as he was to be in town soon, I was curious enough to go and see him, and induced my husband to go with me, but not expecting to take any treatment.

"While waiting in Dr. Foo's office we met one of his first patients in Southern California, who told us about what had been done for him. This

encouraged us. When Dr. Foo made his pulse diagnosis it was so correct and satisfactory that we at once decided that my husband should commence to take the treatment which he recommended. In a very short time the change in his appearance was so great that many of our friends observed and spoke of it. He has continued that treatment, at intervals, since that time, with the best of results, so good, in fact that he has been able to endure more care and more work in the past year than in the six years preceding, the improvement being a surprise to me, to my husband and to all who have known him.

"We feel truly grateful to Dr. Foo for the new lease of life which, under God, he has given, and we can cheerfully recommend his method of treatment to all who need medical aid. In my acquaintance of nearly two years with Dr. Foo I have always found him conscientious, pleasant and courteous. I certainly hope that he may continue for many years in his work of healing the sick and that the day is not far distant when his unusually successful methods may be more generally adopted. I believe that this result would be for the benefit of humanity."

Cured Without Seeing the Doctors.

Letters from which the following are extracts have been received from a lady who resides at Bisbee, Ariz., and has been treated by Drs. Foo & Wing by mail, neither of them having ever seen her. Before she commenced the herbal treatment she was having two hemorrhages from the lungs a week, and has not had one since. Her case had been given up as hopeless by her home physicians. She writes:

BISBEE, Ariz., Oct. 9, 1897.

Drs. Foo and Wing, Los Angeles, Cal.—Dear Sirs: I am out of herbs. Would have written sooner, but I was not here in Bisbee. I am improving so fast that I don't like to give the herbs up, for I know that they will cure me. Please send me another month's treatment. I am getting along fast, and a great many people are very much surprised to think that I can be cured.

Yours truly, MRS. S. A. KELLEY,

Your letter of inquiry just received. I am mending very fast. My lungs don't bleed any more. My pulse beats 77 per minute, as nearly as I can time it. I am still sore and weak in my right side between the top of my hip and the ribs, but not half as sore as I was. I know that your herbs will cure me. My doctors here said the way my lungs bled there was no remedy for me. They may excel the China people in some things, but they cannot excel them in the knowledge of diseases and medicines. I treated so long with our doctors without receiving any benefits that I lost all faith in them, and thanks to the day I saw your advertisement in the Los Angeles paper. May God grant you long life and great success is the prayer of your faithful friend,

SARAH A. KELLEY.

Quick Consumption Averted.

SAN BERNARDINO, Cal., April 8, 1897.

It gives me great pleasure to bear testimony to the skill of Dr. T. Foo Yuen, whom I have known for several years and who has made remarkable cures in the cases of friends of mine, as well as in my own case. I first became acquainted with him on New Year's day, 1894, having gone to see him on behalf of the wife of a friend who was very ill. She commenced treating with Dr. Foo, and some time afterward I learned from her husband that she had entirely recovered, a fact which was a great surprise to me, as I had not supposed that she could get well. This circumstance gave me a very favorable impression of the skill and methods employed by Dr. Foo.

Later I was taken with what appeared to be a very severe cold, resembling an attack of pneumonia, and was for several weeks in a hospital at Riverside, and went to see Dr. Foo. He told me that I was threatened with an attack of quick consumption, but said: "You have come to me in time to save yourself. I will remove the poison from your lungs and in a short time they will grow up and be strong again. My treatment will stop the disease where it is and prevent it from going any farther, and will heal the lungs and cause them to grow again and become as strong as before." I took his treatment for three or four months and the result was as he had predicted and promised. I was entirely cured of the difficulty with my lungs, which have never troubled me since. Recently, however, I began to have considerable trouble and pain in my back, which frequently prevented me from doing my usual work. As I had more confidence in Dr. Foo than any other physician, after my former experience with him, I consulted him about this difficulty, and have already received great benefit from his treatment of the case. My appetite is now good and I have gained in weight and strength and the pain in my back is much lessened. I am certain that I shall receive an entire cure of this difficulty, as in the former case. I believe that Dr. Foo's herbal remedies will accomplish all that is promised. Their use involves no nausea or derangement of the digestion or any other disagreeable result, but as far as my experience and observation go they are always beneficial. In many cases they accomplish most wonderful cures. I shall always be grateful to Dr. Foo for what he has been able to do in my own case, and will cheerfully recommend him and the herbal treatment to all suffering people. Respectfully,

J. F. L. M'LAIN

CHAPTER XIV.

CANCERS AND THEIR TREATMENT.

NOTE:—The remaining diseases, for the cure of which testimonials are given in this book, will not be discussed at length. They are fully treated in Dr. Li Po Tai's book, now in the possession of the Foo & Wing Herb Company, but are too long and too deep to be considered here. It is also difficult to find the proper words to translate some of these subjects into English. At a later day Drs. Foo and Wing will have lessons, or chapters, on these diseases ready to explain to their students. But it would take two or three years to teach them in full. The present volume is too small to go into these subjects thoroughly. Those who desire to learn more about them should become students of Drs. Foo and Wing.

The Wonderful Case of Clara Humphrey.

In the following pages is given the history of the famous cure of little Clara Humphrey, which was accomplished by Dr. Foo in 1895 and is one of the most remarkable in all the history of medicine The reader's attention is called to the fact that this case conclusively shows that the herbal treatment is adapted to cases which are supposed to require treatment from a surgeon as well as to those cases which would ordinarily, among Americans, be referred to a physician. There is some repetition in the following accounts of the circumstances of this case, which is unavoidable, as it is desired to show all the circumstances as fully as possible. The subject is properly introduced by a statement from Mrs. T. Van Luven, a friend of the family, familiar with all the circumstances. She says:

LOS ANGELES, Cal., Sept., 1896.

To the Public:

Having known Dr. T. Foo Yuen for about three years, and being familiar with some of the remarkable cures he performed in Redlands, Cal., when I lived there, and where the doctor also resided at that time, and knowing of his having cured some of the worst cases which had been given up by other doctors, or the patients had lost all confidence in them, I take pleasure in saying a few words as to how it came about that little Clara Humphrey came under his medical skill, which saved her life.

Mrs. Humphrey knew nothing of Dr. Foo, the doctor having only a few months before moved to Los Angeles, and as I was visiting my daughter in Los Angeles, Mrs. Humphrey being her neighbor, I called on her, knowing what she had gone through and what little Clara had suffered. I must say I never saw any one so frantic with grief as Mrs. Humphrey. On entering

her house I first saw her with clasped hands, despair and misery written in every feature of her face. She said the doctors were coming to take Clara to have her leg taken off, and that she must submit to it, as it was Clara's last chance for life. I remonstrated, saying: "Do not give up until you see Dr. Foo, and if he says he cannot cure her, then there will be no use holding out any longer." Mrs. Humphrey then asked me who was Dr. Foo. I informed her, and she consented to go to him, which she did as soon as I sent her Dr. Foo's address, and the public well knows the result of his treatment; what Dr. Foo's skill and herb teas have done for little Clara Humphrey.

Hoping this will be of benefit to some one who may be as unfortunately afflicted as Clara Humphrey was,

I remain, yours very sincerely, MRS. T. VAN LUVEN.

Statement of Clara Humphrey's Mother.

The following is the statement of Mrs. A. Humphrey, the mother of the little girl:

217 East Ann Street,
LOS ANGELES, Cal., Aug. 19, 1896.

I have a little girl, Clara, now past 11 years of age. About the first of March, 1893, while playing, she fell and bruised her shin bone of the right leg, between the knee and ankle. The injury did not amount to much at first, and for a long time we thought nothing of it. But after some weeks it began to trouble her. I consulted our family physician. He said the injury amounted to nothing, and would go away itself. He advised me to rub a little liniment or arnica upon the bruise, which he said would be all that was necessary. Some months later, as the bruise or wound still continued to trouble my little daughter, we consulted another physician about it. As soon as he saw it he declared that the injury was very serious, and asked why we had let it go so long without medical advice, and declared that Clara would be crippled for life, as the limb would have to be amputated. He wanted to perform an operation at once, but we were so much alarmed and frightened that we would not consent to this. We next consulted another doctor, who stated that the injury was more serious than we had at first supposed, but that it could easily be cured in a short time. He treated it with liniments and lotions, but these remedies failed to produce the desired effect, and the doctor decided that it would be necessary to open the wound and scrape the bone. An operation of this kind was performed and gave temporary relief which lasted three months.

At the end of that time the wound again became painful, with a swelling and other indications of a serious difficulty. The doctor now decided that the wound went deeper than he had at first supposed, and that a portion of the bone must be removed. So a more radical operation was performed. This operation was performed at the doctor's sanitarium. As I remember there were present eight of the best surgeons in the city. They all agreed in their opinion of the case. They said it was a cancer of the bone, which could not be healed.

They recommended immediate amputation of the leg as the only means of saving my daughter's life.

They thought it would be dangerous to delay this. This opinion was also rendered by other physicians at different times. But the doctor, however, was unwilling to consent to amputation, as he still had hopes of saving the leg. So a section of the bone about two inches in length was cut away nearly to the marrow and removed. After this operation my daughter was confined to her room for some months and was not permitted to use her leg at all. But there was no permanent improvement, and the doctor decided that it would be necessary to scrape the bone the third time. This was done about the first of August last, nearly two and one-half years after the first apparently trifling injury had been received.

Clara grew worse after this third operation and the doctor now declared that, as the wound had not healed, it never would heal; that there were symptoms of blood poisoning and that in his opinion the limb must now be cut off or my daughter would die. He said she could not live forty-eight hours unless this was done. About ten or eleven days after the third operation he came to the house with a carriage, prepared to take Clara to his sanitarium for the purpose of performing the amputation. We objected to this, but he stated that in such cases it was the duty of the physician to overrule the wishes of the parents, who were incapable of forming an unbiased judgment, as he believed, under the circumstances. The doctor had been very kind to us and had done everything in his power for our daughter. It was hard under the circumstances to go contrary to his judgment, but I was still unwilling, and so informed the doctor.

Just about this time we began to hear about Dr. T. Foo Yuen through Mrs. Van Luven. Acting on the advice of friends I took Clara to the doctor's office. I was informed by him that the child's system was poisoned as a result of the different operations, and that there was no cancer of the bone and no need of an amputation. He said the leg could be saved and my daughter cured, although he predicted that it would take a long time, perhaps a year. I at once commenced preparing and administering the herb teas which I procured from him. I also applied poultices and plasters which he furnished. We continued to use these for about six months. There was a decided improvement in about five weeks, and in about six months we stopped using the remedies, as they were no longer needed.

When we first took Clara to the doctor's office she was so ill and weak that my son had to carry her in his arms. A little later we took her in an ordinary baby carriage. In about six weeks she was able to walk from the street car to the doctor's office, a distance of several hundred feet. In about three months she walked about the house and streets the same as she had done before the injury. She now can walk several miles a day and run and jump the same as other children. There is no limp or other deformity. The injured leg has been completely restored, new bone and marrow having grown and filled up the cavity. She has gained fourteen pounds since using these herbal remedies and is now perfectly well, attends school and is as active as any child of her age.

I have stated these facts at length because this is the only way to make

CLARA HUMPHREY—Before Treatment

CLARA HUMPHREY—After Treatment

other people understand the case. Facts speak for themselves and I do not care to add any comment of my own, further than to state tnat if any people are skeptical as to the truth of these statements they can readily be verified by calling at No. 217 East Ann street.

I am, yours very truly, MRS. A. HUMPHREY.

At the risk of being tedious, some further particulars and illustrations of this remarkable case are given below which describe in some detail the methods which were followed in accomplishing the results which have seemed marvelous to every one who has investigated them, as very many people have done in order to satisfy themselves of the exact facts in the case. The following is a general history of the case in condensed form:

Of all the people in Los Angeles who went through trying experiences during 1895, little Clara Humphrey is perhaps the most to be congratulated. Her case, which is partially described by her grateful mother in a letter written and published in this pamphlet, is wonderful in its showing of how apparently trifling incidents may ruin a human life and change it from a cycle of joyful years to a course of pain and misery. This particular case is of interest to every one, because it illustrates incidents that may at any time come into any life. It also shows the helplessness of skill and science in thwarting the progress of disease, unless the proper agencies are employed. It contains a lesson which any one may learn at a glance, and which, if learned and stored away in the memory, may some day be of untold value, because it may point the way to a recovery of health if that priceless boon is lost or impaired.

Clara E. Humphrey is a bright little miss, now about 11 years of age. The Humphrey family has lived in Los Angeles for several years, and is now living at No. 217 East Ann street. They are well known in that neighborhood and are thrifty, industrious, intelligent people, although of late they have been greatly afflicted by sickness.

More than two years ago Clara, then about 9 years old, while playing in the yard, fell and bruised the large bone of her right leg, commonly called the shin bone, about half way between the knee and the ankle, against the sharp edge of a flight of steps. The injury was apparently very trifling. Yet there are numerous instances on record where similar injuries have taken forms of malignant disease, such as has crippled many unfortunates for life.

In this case not much was thought of the trouble for weeks and months. The attention of the family physician was called to it, but he remarked that it would cure itself, and suggested a little arnica or some similar medication. This was applied, but, as time wore on, the injury became worse, causing pain and inconvenience and finally produced symptoms of swelling and soreness that alarmed the child's mother, and she consulted Dr. Orme upon the question. That skillful gentleman stated at once that the injury was very serious and sharply reprimanded the mother for her supposed neglect in permitting it to run so long. He said that the bone had become cancered and that amputation of the limb would be necessary. He wanted

to "open it up" at once, but the child and the mother were both frightened and declined to permit an operation.

They next consulted Dr. Beckett, who took a more favorable view of the case; he had seen many such cases and never one that he could not cure; he assured the mother that there was no need of being frightened; that it would be necessary to open the wound and scrape the bone, thus removing the diseased particles, when a cure would follow as a natural result. The parents consented to this operation and it was performed. For a time it seemed to be successful, a temporary relief being the result, which lasted about three months; then the malignant indications returned. Dr. Beckett stated that a second and more radical operation would be necessary and that a portion of the bone must be removed.

On this occasion, as we are informed, seven of the best surgeons of Los Angeles, besides Dr. Beckett, diagnosed the case and agreed that there was cancer of the bone; that it could not be cured, and that amputation was the only thing to be done, as it was clear that delay was simply imperiling the patient's life.

Dr. Beckett, however, stood out against the combined verdict of his associates. He desired to try the bone-scraping process again. The patient was again placed upon the operating table, and under the influence of anaesthetics, and this time, to insure success, a section of the bone, about two inches in length, was neatly cut through nearly to the marrow, and removed. We have it upon good authority that this piece of bone was sent East to a specialist, who submitted it to a microscopic examination, and confirmed the diagnosis.

Of course, this case was known about the neighborhood and among the medical fraternity at large. Several had expressed opinions of the case, the general sentiment being that it was incurable and that the diseased member must be lopped off in order to save the life of the patient.

Before you read any farther, stop to think of the state of mind which must have controlled the parents and friends of this little girl, after their long period of anxiety, when the only choice left was the choice between maiming and death! It was a difficult position, and nine hundred and ninety-nine people in a thousand would have consented to amputation, believing it simply a case of choosing the lesser of the two great evils. Fortunately for her, Clara Humphrey's parents were made of sterner stuff.

After the second operation the patient was confined to her room for two months, not being permitted to use her leg at all. He health began to decline more than ever, as she felt the influence of the confinement, in addition to the shock of the operations, the effect of the anaesthetics and the constant anxiety and dread. Dr. Beckett still hoped to save the limb, and it would be impossible to say too much for his care, his attention and his earnest endeavor. That his system of practice failed was no fault of his, either as regards his efforts or his skill. Every resource of the surgeon's art was exhausted, and his perseverance at least delayed the proposed amputation until a new light dawned upon the medical horizon of Los Angeles and brought a little ray of hope to Clara Humphrey and her friends.

But even Dr. Beckett must have been discouraged when it at last became

evident that a third operation would be necessary. This was performed, although other physicians advised amputation, "the sooner the better." Soon after this third operation the most alarming symptoms arose. And in a few days Dr. Beckett was compelled to accept the views which he had so long opposed and to inform the little girl's parents that only amputation of the limb could save her life. He stated that blood-poisoning had commenced; that it could not be arrested if the limb were permitted to remain, and that the child could not live forty-eight hours unless it was removed. He urged and commended this course upon his honor as a physician, and one can readily understand that, after the patience and loyalty which he had showed in treating the wound, it cost Mrs. Humphrey a struggle to refuse her consent to the operation.

But, in the meantime, through a curious chain of circumstances, information of a means of succor in this extremity was being brought to Mrs. Humphrey.

It happened that an article advocating the use of Oriental medicines appeared in the Los Angeles Times of August 15, 1895, at the very time Clara Humphrey was hovering between life and death, with a further lease of life, according to her physician, of but forty-eight hours. Some of Mrs. Humphrey's friends saw the article, and urged her to consult Dr. Foo Yuen before permitting the child's leg to be taken off. The child, now too weak to endure the jarring of a carriage, was taken in her brother's arms to his office.

The diagnosis of Dr. Foo Yuen was very different from that of the medical experts who had been treating the case. An opinion was at once rendered that there was no cancer of the bone at first, but that the bone scraping and operations that the doctors performed caused a cancerous growth, and said there was no necessity whatever for amputation; that blood poisoning was present, and that the life of the child was hanging by a thread. In fact, the virus from the wound which had been kept from healing by repeated operations, had already gone through the entire system. But the patient was assured that there would be no difficulty in controlling this by means of herbal remedies.

In a mature person a cure would have been much more difficult. The matter of healing the wound, or replacing the bone which had decayed and that portion which had been cut away, would be a more tedious process. It might require a year, but it could be done. The essentials to recovery were, first, a thorough cleansing of the system by proper remedies, to clear it of all the products of inflammation and ulceration, the decayed tissues, the dead flesh and the impure blood; and, second, an upbuilding of new and healthy tissues, muscles and bone in the affected parts, by the use of special foods in the form of herbs. It was explained that the bone is as much alive as any portion of the body, that it can be repaired and renewed and cleansed if the proper methods are employed, although, of course, it requires more time to go down to the marrow than it requires to affect the softer muscles and tissues. But the opinion was positive, in this instance, that time, patience, skill and herb foods would do the work.

The diagnosis and explanations appeared so reasonable and so con-

sistent to Mrs. Humphrey that she at once determined to trust in the virtues of Oriental remedies. She procured a supply and commenced to prepare them at home, and to administer them according to Dr. Foo's printed directions upon the packages. The rapid physical deterioration which had commenced, was at once checked, and the fear of a speedy death from virulent poison was removed. . , .

Apart from this there were for some days no apparent change; then, as the herb teas searched the system more thoroughly, there were transformations. The sore on the diseased limb extended until it nearly encircled the limb, and was a very repulsive thing. Yet nature was by this means throwing off the poison which had accumulated in the child's veins. In about five weeks she began to be brighter mentally, and stronger physically, showing that she was getting rid of the incubus, and from that time she rapidly improved. In the course of the treatment powerful plasters were furnished, which were applied to the limb and drew the partially dead flesh and the decayed particles of bone from the wound.

To cut a long story short, for it is the history of six months in a human life, we must say that the little girl gradually began to walk, and to regain color, strength and health. Her weight increased fourteen pounds. The ugly sore on her leg gradually healed; that portion of the bone cut away by the surgeon's knife was replaced by new bone, and the child is today as sound as anybody. The wound is perfectly healed over and healthy, although the skin is not yet entirely normal in color and texture. Nature will accomplish this renewing in time, as she has already accomplished the work of cleansing, healing and upbuilding, by appropriating the food substances which were supplied in the very plain and simple, but effective, form of herb teas, and the use of proper foods and proper habits of life.

This is simply a plain statement of facts, without embellishment. For, in this case the facts are certainly strong enough to speak for themselves. We might, if necessary, reinforce this article by affidavits of the persons most directly interested. But we believe that this is not necessary. These circumstances are understood by scores of people, and there is not the slightest opportunity for any over-statement or chicanery. We took occasion, however, to photograph the injured limb at a time when it exhibited the worst appearance, and again a few days ago when recovery was practically complete. We have had plates mades from these photogrphs, which are reproduced herein, and are an additional proof of the truth of what we have said, an exhibit which will remain as an illustration of what herbal treatment can accomplish.

The objection is frequently made to Chinese medicine that it does not include surgery. Dr. T. Foo Yuen is proud of the case of Clara Humphrey. The saving of that little girl's leg and a life is a great achievement. The history of such a case as this is a sufficient answer to every objection that can be made to Chinese medicine.

Cancer of the Bowels.

The following brief letter from a gentleman in the east who has been cured by Drs. Foo and Wing of cancer in the bowels, explains itself. This letter was written after some six months' treatment, while Mr. Ingalsbe was in California on a visit.

SIOUX CITY, Iowa, August 16, 1897.

Drs. Foo and Wing, Los Angeles, Cal.

Gentlemen: I write you a few lines to let you know how I am getting along. I am a new man from what I was when I first started to doctor with you. The blood and pus have disappeared from the ulcers in the bowels, and my head is clear. My wife says that I would not be alive now if it were not for you. I shall certainly remember you to my friends.

Yours, A. INGALSBE,

207 Bluff st., Sioux City, Iowa.

Home address: 366 Bowen avenue, Chicago, Ill.

A Case Somewhat Similar to Clara Humphrey's.

SAN BERNARDINO, Cal., Sept. 27, 1897.

Drs. Foo and Wing, Los Angeles.

Gentlemen: About four years ago my son, Robert, then seven years old, received an injury in the hip and knee of the right leg, as the result

of a fall. Very soon afterward the bone of the knee commenced growing larger, and continued to increase in size. There seemed to be a great deal of poisoned blood in the knee-pan. It was very hard over most of the surface, but soft in places. There was trouble with the circulation in the leg below the knee, the foot being, most of the time, as cold as ice. Very soon the boy had to go on crutches, and he continued to use them for years.

I tried various doctors in San Bernardino and Lake county and they did what they could for the case, but without affording any relief whatever. Some of them wanted to cut the leg off; some called the trouble cancer of the bone, and said it would cause blood poisoning and death after a little unless it was removed. But I was unwilling to have the foot cut off, and after a while, as the doctors seemed unable to do anything for the case, I stopped consulting them altogether, and tried no more. Time went on, and the knee kept slowly growing worse, and my son had to use his crutches continually.

Finally a friend gave me a copy of Dr. Foo's book, which I was very much pleased to get, as it told about some similar cases which had been cured by Dr. Foo. We went to Dr. Foo, and he commenced to treat my boy. This was in December, 1896. He gave internal remedies and also applied plasters to the knee. After a little there was a great deal of discharge from the knee, brought out by the combined action of the internal remedies and the local applications. Then the knee commenced gradually to grow smaller, swelling reduced 2¼ inches in one week, and the medicines also seemed to help the vital organs internally for the boy's appetite improved, and he grew stronger and had more flesh and a much better color. After one month of the treatment the foot commenced to feel warm and natural, showing that the circulation of the blood had been re-established. Since then he has put away his crutches, except in long walks, after having been unable to go without them for 3½ years. The knee bone is now natural, there is no more discharge, and the cure is complete. The boy walks on both feet, the same as anybody, except that there is a little limp, because the right leg is a trifle shorter than the other. This was certainly to be expected after the leg had been out of use for so long, and we are only too glad that the trouble is no worse. We feel that the benefit received has been everything that we could have expected, under the circumstances, and are confident that even this lameness may disappear after a little exercise of the foot. We are certain that no doctor or surgeon could have accomplished more than has been done for this case, and that our boy has been saved from becoming a cripple for life, or, in all probability, from an untimely death.

A. A. DEXTER,
San Bernardino, Cal.

CHAPTER XV.

Cases of Eczema and Their Cures---A Discussion of the Oriental System of Medicine by Geo. W. Hazard---Mr. Hazard's Experience With Eczema.

LOS ANGELES, Cal., Sept. 3, 1896.
845 South Olive street.

To the Public:

In a former letter, dated August 1, 1894, I said that Dr. Foo had conquered the dreadful troubles I was then afflicted with, and that I had resumed work and was gaining strength every day. After two years I write again to confirm the skill of Dr. Foo and the virtues of the herb medicine. I have not lost a day's work in the past two years, and have not had a return of any of my old symptoms, showing the thoroughness of the cure Dr. Foo made of me. During my sickness my weight went down to 140 pounds, but I soon regained my customary weight of from 175 to 180, and have kept it ever since. At first I followed the diet prescribed very strictly, and I now follow it to a certain extent, although I have found that I can safely allow myself much greater freedom in my choice of foods than when I was recovering from my very severe illness. I believe that many things in this plan of dieting are as valuable to the well as to the sick.

I wish to speak of the eczema from which I suffered in complication with other infirmities. This was so bad that my face and hands were frequently in a perfectly raw condition, like a piece of raw beef, and my eyes were so badly swollen that I was compelled to remain in a dark room and could not use them at all. I was never entirely free from this distressing and painful malady until I commenced treatment with Dr. Foo, but I have had no return or symptom whatever of it since he cured me. This is such a common disease that I feel sure that many will profit by my experience in reference to it.

My daughter Mabel suffered from malarial poison for a long time. I took her to Dr. Foo in 1894, and, after twelve doses of medicine, the poison was completely eradicated from her system, and she gained 35 pounds in weight in six weeks, and has continued in excellent health ever since. My other children have also derived great benefit from Dr. Foo's treatment.

GEO. W. HAZARD.

The above cut represents Drs. Foo and Wing and some of their best friends, Mr. and Mrs. George W. Hazard, Mrs. A. Humphrey and her daughter, Clara.

An Approved System of Medicine Known by Its Results--The Oriental System Compared With Others

BY GEO. W. HAZARD.

To the Public:

About five years ago the successful medical institution now widely known as the Foo and Wing Herb Company had its origin in an interior city of Southern California. Its beginnings were obscure, but its success was marked from the very first, and its fame soon spread among neigh-

boring communities. Among the warmest friends of Dr. T. Foo Yuen, who was the founder and is still at the head of this enterprise, are many of his earliest patrons, who received great benefit from his skill in their own cases, and have since watched his career in Southern California with every confidence in his ultimately brilliant success, a confidence which time has fully justified.

There must be a definite reason for the success of a physician. In the difficult profession of medicine, incompetence, fraud, pretence and ignorant assumption soon run their brief and disastrous course. When health is at stake people want the best. They do not consult an ignoramus or a pretender twice, nor do they recommend such a one to their friends. The doctor who fails to cure—and there are thousands of them—is at least permitted to remain in obscurity. He does not become a shining light in the profession, with numerous patients and a growing bank account. Nor does he win the friendship of those who are so unfortunate as to trust themselves once in his unskillful experiments.

It is, therefore, only right and reasonable that Dr. Foo should "point with pride" to the many cures that he has made of persons who knew him when he first came to Southern California, who found refuge in his skill, and in the potent, harmless herbs which he prescribes, from a multitude of distressing physical ills, and are today rejoicing in the health that he restored to them, in many cases after numerous unavailing trials of other physicians. These early patrons have been friends of Dr. Foo. They have recommended other invalids to his care and attention, and the result has been marked and permanent success, a clientage that has grown steadily from the beginning and is still growing, and a reputation for truth, honesty and the performance of promises of which any physician in any country might well be proud.

These are the only elements of success in the medical profession. In this, as perhaps in no other, brain tells. A thorough knowledge of anat- and intuition in diagnosis, and a clear, cool head for prescribing, these are some of the personal qualities which, as everyone will admit, ought to form the mental equipment of every physician, and must form the mental equipment of a successful one. These are the qualities which all who know Dr. Foo intimately, have recognized in him. Completely absorbed in his profession, without a thought or an aspiration apart from it, endowed by heredity with special likings and special aptitudes for the healing art, and trained from his early boyhood for this calling, Dr. Foo has devoted every faculty of an unusually active mind to the study of the myriad forms of omy, an absolute familiarity with the remedial agents employed, instinct disease and the available means of curing them. He is by no means a blind follower of the rules laid down in his book, but is an original and independent thinker. He has methods of his own, and the proof of their value is seen in hundreds of cures that he has made.

The writer was among the earliest of Dr. Foo's friends in Southern California, and has watched his career with a great deal of interest. Like scores of others, I consulted Dr. Foo only as a last resort, when nearly dead from a complication of apparently incurable diseases, and, after trying

everything else within reach. I had the universal prejudice against the Chinese, and the very prevalent notion that their system of medicine is a humbug. I was induced to consult Dr. Foo only by the urgent persuasions of friends who knew something about him, and with very little faith on my own part in his skill, or in the virtues of his remedies. As in hundreds of other cases, which I have since observed, I was immeasurably surprised by the termination of my case, for I found myself again a well man, contrary to every expectation on my part, but only after a most heroic struggle on the part of Dr. Foo against the disorders which were threatening my life. Since then I have watched Dr. Foo's progress from an uncertain and comparatively unknown position in a country town to a handsome and well-equipped establishment in the metropolis of Southern California, with a constantly growing influence and a highly satisfactory patronage.

Such an experience naturally sets a man to thinking, and the result of the writer's reflections was to change many of his ideas on the subject of medicine. Evidently a cure had been possible in my case, for that was the final result, yet, until I consulted Dr. Foo I had kept going from bad to worse. Nothing had done me any good. Disappointment had followed disappointment, until, weakened in mind and body, I had been almost ready to let go my hold on life. Evidently there must have been some radical and fundamental difference in the methods practiced by my first physicians and those practiced by Dr. Foo to produce such diametrically opposite differences in results. Under the one regime I sank to the lowest point of my vitality, under the other I gradually rose from that point to a far better state of heath than had been mine for years. Now, whence the difference?

In the first place, there was a radical difference in diagnosis. Dr. Foo asked me no questions, except my age. He found out for himself, simply by feeling my pulse, all that he wanted to know, and told me more facts about my physical condition than I had ever known before. Yet every thing that he said was reasonable, and coincided with my experience. A peculiarity of this diagnosis was that it at once gave me confidence in Dr. Foo. I felt instinctively that, if he could learn so much about me in so short a time, by such an examination, he ought to be able to prescribe the proper remedies to cure me. All that was said was stamped with common sense and truth. I did not stop then to wonder where Dr. Foo acquired this extraordinary faculty, but I have since concluded that there is no mystery about it whatever, that it is simply the result of very long and very patient training, based, of course, upon an unusual and inborn aptitude. No one would attempt to make a musician out of a deaf man, and it would be idle to assert that this skill in pulse diagnosis could be acquired by anybody and everybody; yet I am firmly convinced that many could acquire it, perhaps even some of our own white physicians, if they would devote to it as many years of patient practice and as much self-denial in their ways of life, to keep the brain clear and sharpen the perceptions carried from the nerves of the finger-tips to that of the brain, as Dr. Foo has cheerfully devoted. This is too large a subject to discuss in de-

tail in this place. Hundreds have tested pulse diagnosis in their own persons and to their own satisfaction, having proved for themselves that it is genuine and philosophical, and the way is open for any other person who desires to make the same test.

In the second place, my experience with Dr. Foo strengthened a growing distrust of the drugs employed by the American physician in the practice of his profession. I had long suspected that they did not accomplish what was expected of them, and now I know this to be a fact, at least I knew it well enough to satisfy myself, and so well that I have carefully let them alone ever since. Upon investigation I found that I was not alone in this opinion, although I must admit that I was surprised to see what eminent authorities in the practice of medicine had long entertained and freely expressed this same opinion, radical as it is and contrary to the understanding of the masses, who are encouraged in their daily use of pernicious drugs by the powerful influence and the common practice of thousands of druggists and physicians whose occupation would be gone if drugs were abolished. Some of these frankly-expressed opinions shocked even me by their boldness and freedom of expression. Thus the late Dr. Oliver Wendell Holmes, the eminent anatomist and professor at Harvard College, in his "Border Lines of Knowledge," says: "The disgrace of medicine has been that colossal system of self-deception, in obedience to which mines have been emptied of their cankering minerals, the entrals of animals taken for their impurities, the poison bags of reptiles drained of their venom, and all the inconceivable absurdities thus obtained thrust down the throats of human beings suffering from some want of organization, nourishment, or vital stimulation." Then, as if to show that these daring words apply to the medicine of the present time as well as to that of the dark ages, this eminent authority adds: "If all drugs were cast into the sea it would be so much better for man and so much worse for the fishes." Surely, nothing could be plainer than this clear-cut and concise expression of a revolutionary opinion.

John Mason Good, M.D., F.R.S., says: "The effects of medicines on the human system are in the highest degree uncertain, except, indeed, that they have destroyed more lives than war, pestilence and famine combined." Sir John Forbes, M.D., F.R.S., physician to Her Majesty's household, says: "In a large proportion of cases treated by allopathic physicians the disease is cured by nature and not by them. For a less, but not a smaller proportion, the disease is cured by nature in spite of them. In other words, their interference opposes instead of assists the case. Consequently, in a considerable proportion of diseases, it would fare as well or better with patients, in the actual condition of the medical art as now generally practiced, if all remedies, at least active remedies, especially drugs, were abandoned."

Quotations of this sort might be multiplied, but it would be useless. Everybody knows by bitter experience the futility of depending upon drugs for health. There can be no reasonable doubt that this condition of affairs, so strongly deplored by many of the best minds in the medical profession, is largely, if not wholly, due to the unfortunate selection of the remedies employed, the false assumption that the human body can assimilate and

use mineral substances and other poisons, that a thing which would hurt a well man can cure a sick man. The Chinese, at the very outset of their medical practice, avoided this fundamental error and prohibited by law the use of all such drugs and poisons. They employ in their remedies only vegetable materials, which are readily assimilated, are largely in the nature of special foods, and, to return to Dr. Holmes's statement of the case, supply exactly what is needed to meet the "want of organization, nourishment or vital stimulation," which is at the bottom of many cases of obscure and chronic disease.

The Chinese employ more than 3000 medicinal herbs in their practice. Not one of them is poisonous or injurious under any circumstances. This fact accounts for many of their successes. Their skill in diagnosis accounts for others. Their thorough knowledge of anatomy and of the nature of disease, acquired by vivisection hundreds of years ago, is also a potent factor for success. And their system of diet is the best in the world. They know exactly what foods the invalid should use, and what he should avoid. They have remedies for all diseases, acute or chronic.

Dr. Li Wing is a very valuable accession to the Foo and Wing Herb Company, for, as a son of the celebrated Chinese physician, Dr. Li Po Tai, he has inherited much of his father's skill and knowledge, and a great variety of information, embodied in written notes bequeathed to him, upon the treatment of diseases of Caucasians by the Chinese system. This special information, the result of half a century of experience on Li Po Tai's part, is an exclusive and very valuable legacy to his son, and is available only through this company.

Not everybody understands the importance of this point, but it will be apparent to all upon a ittle explanation. The Chinese, as a nation, are close followers of long-established customs in their ways of life. Their food and drink, their habits of work and recreation, and everything that enters into the daily routine of their lives have been fixed for centuries by almost invariable rules. They have developed into a very great and populous nation, but with marked physical and mental peculiarities. The rustling, incessantly active American is at the opposite extreme from the patient, easy-going Oriental, and differences in climate as well as differences in ways of life have developed an entirely different type of humanity. This compels changes and adjustments in adapting the Oriental system of medicine to the requirements of Caucasians, and even Li Po Tai, successful as he was in his later years, was wont to declare that, for the first ten years of his practice in San Francisco, he was simply experimenting and studying, finding out the necessary changes and learning to treat the ills of the white man by adapting his system of treatment to the physical and mental peculiarities of the white man. That he fully succeeded in this attempt was shown by his long course of usefulness in San Francisco. Drs. Foo and Wing, having been taught by Li Po Tai, and having inherited his written notes and formulas, can commence in this respect where their distinguished relative left off, and have this very decided advantage over all other practitioners of their own race.

Dr. Foo and his friends have been especially gratified during the past

year at the fact that so many people of unusual intelligence and of high standing in their communities have been among his patrons. Moreover, these men and women have seen the merits of Dr. Foo's methods and are perfectly willing to let others know that they believe in him. There used to be a prevalent opinion that Chinese medicine is a humbug and that those who permitted themselves to be cured by it were self-deceived, that the cures were only in imagination, and that the ailments which had been relieved would come back again after a little. Fortunately, time and experience have disproved these false assumptions, and so many people have found themselves in the possession of health, after years of suffering, and in the good company of so many others who had been permanently cured, that they have come to see that there was no illusion in the matter. Many of these are not only willing, but desirous that others should know the results of their experience with this system of medicine. It is, of course, a blow to our national pride to discover that a citizen of a nation which we consider barbarous, can accomplish satisfactory results in cases where our own highly-educated physicians have failed. But that point is neither here nor there. The facts speak for themselves, and any reasonable man must accept them, even if they do wrench his preconceived opinions and prejudices out of joint.

There is only one thing for people to do who are in need of help from disease, especially for those who have tried physicians and are still in need, and that is to make a personal test of this matter. This system is now too well founded to be ignored, or to be laughed out of existence, or to be set aside by those who assume it to be wrong, but cannot prove it. It has been shown that its cures are permanent, the one thing that people have been waiting to find out. There can be no doubt that Drs. Foo and Wing have helped a great many people back to a condition of health, out of a most discouraging condition of sickness. Whether they can also help any particular case is a question which can only be determined by a personal interview. The doctors give every facility at their commodious establishment, No. 903 South Olive street, to all inquirers. Everything is perfectly open and free, there is no mystery, no expense. There are plenty of courteous attendants. The best advice that I can offer any invalid is to see Drs. Foo and Wing at once. Delays are usually dangerous.

GEO. W. HAZARD.

Cure of an Obstinate Case of Eczema.

CEDAR, Ariz., August 31, 1897.

Drs. Foo and Wing, Los Angeles, Cal.

Gentlemen: Although I have never seen Drs. Foo and Wing, yet I have to thank them for curing me of a very obstinate case of eczema. I had been unable to get rid of this difficulty by all the ordinary methods of treatment within my reach, but I had heard a great deal about their cures of other people. I was living in Arizona, and was unable to go to Los

Angeles to see them, but wrote to them, and asked them if they could cure me at home. They asked me a great many questions by mail, which I answered as fully as I could. They then informed me that they could cure me at my home. They said we will change your impure blood and make it new, and you will then be all right. I took a few months' treatments, perhaps three or four, to accomplish this, but at the end of that time I was well. From the results of this method of treatment at a distance, in my own case, I can heartily recommend it to any others who may be similarly situated. I am certainly abundantly satisfied, for it cured me of a very troublesome affliction from which I had suffered for a long time.

WILLIAM P. CARR,
Cedar, Mohave county, Arizona.

CHAPTER XVI.

Cases of Catarrh---Diseases of the Kidneys and Bladder---Indigestion and Dyspepsia.

Cured of Dypepsia and Catarrh.

M'PHERSON, Cal., Sept. 10, 1896.

Dr. T. Foo Yuen, Los Angeles, Cal.

Dear Sir: In kindly remembrance and acknowledgement of the great skill displayed in curing me of dyspepsia and catarrh, I now write you to say that I have not felt so well for many years as I have since you cured me of these troubles.

It would be very difficult to say in this letter what I have suffered for years from the complaints named above.

I assure you that I have been in such suffering these many years that I have been for hours unable to speak or scarcely move an inch. Besides, I have endured every disagreeable thing it seems to me that accompanies these complaints, and in addition I have been unable to eat scarcely anything without great distress.

Since the treatment at your hand, I am able to eat without fear of distress anything I desire, and am in every way a new creature.

In acknowledgement of your skill and for the benefit of those who have no knowledge of the wondrous effect of your treatment, I have written you this acknowledgement. Yours very truly, SADIE J. M'PHERSON.

Cured of Catarrh and Lung Trouble.

LOS ANGELES, Cal., Sept. 2, 1896.

To the Public:

Dear Reader: I have been troubled with catarrh for several years, and for the past two years with lung trouble. I have tried a number of different medicines for my catarrh and lungs, but found no relief until I began taking treatment from Dr. T. Foo Yuen. I have taken about seven months' treatment, and the doctor pronounced me cured. Of course, like all others, I thought a Chinese doctor was no good on earth, and that they did not know their business, but I heard of Dr. T. Foo Yuen through some of my friends, and they told me that he would tell me my ailments by merely feeling my pulse. I thought any doctor that could do that must know his business, and concluded to consult him and find out for myself. I found Dr. T. Foo Yuen to be a perfect gentleman in every respect, and when he felt my pulse he told me all my ailments perfectly and where my

pains were located, so I was convinced that he knew my case, and I was glad to give him a trial.

I can now say that I feel better than I have for many years. My pains have all left me, and I am not bothered with the catarrh. I feel it my duty to let everyone know what Dr. Foo has done for me. His skill enables him to tell patients, not only their disease, but the causes that lead up to it, and bring on the disease. I advise all sufferers to consult Dr. Foo, and give him a fair trial, and I am satisfied that he will bring them out all right.

This testimonial is sent out willingly and unsolicited in hope that many subjects of suffering humanity may be fortunate to fall into the hands of Dr. T. Foo Yuen, and be so blessed. Yours in sincerity,

C. R. WHEELER.

217 San Pedro street, Los Angeles, Cal.

A Complete Cure of a Case of Putrid Catarrh.

Dr. T. Foo Yuen.

Dear Sir: My gratitude prompted me to grant your request to allow you to publish the facts concerning my case.

For some months before I commenced treatment, in March, 1894, I had experienced much difficulty in performing the duties in my business, because of the weak and languid feelings that occurred often, yet I had no sign of disease. Time and again I was pronounced to be in perfect health by different doctors, though some claimed that my ill feelings were due to putrid catarrh, a condition that had just appeared. Their treatment did not cure me, or even check the progress of that loathsome trouble. When I had lost all confidence in our fashionably schooled doctors I investigated your methods and results thoroughly (and I will say that one point I shall never cease to practice, investigate everything that I am interested in before pronouncing it no good), and thank my stars that I did, for I am certain that I would have been a total wreck physically long before this time; I was going down at a frightful rate.

Your explanation of the cause of my condition was correct in every respect, and the way you detected the facts, by only feeling the pulse, is enough to convince any sane person that you possess a truly wonderful knowledge of the human system.

Since I was discharged as cured, after seven months' treatment, I have resumed business with the zeal of my former days, and success attends my every effort.

Hoping this will reach the eyes of those who have been indiscreet in their youth, and that they will not allow prejudices to stand between them and the most skillful physician on the Western Continent, as I nearly did.

I am, sincerely yours, SANFORD R. CROWE.

Redlands, Cal., December 24, 1894.

A Brief But Vivid Statement.

SCHAFER'S WHOLESALE AND RETAIL HOUSE FURNISHING GOODS.
No. 1609 Atlantic Avenue.
China, Glass, Tin, Wooden and Willowware, Dolls, Toys, Masks, Wigs, Flags, Fireworks and Sporting Goods.

ATLANTIC CITY, N. J., Nov. 26, 1896.

Dear Doctor: I feel that I ought to give you a testimonial of what you have done for me. When I called on you I was suffering with a bad cough, thought I had consumption. In 5 days your medicine cured my cough. I was also suffering from diabetes, was poisoned inside and outside, my hands were in a dreadful state, swollen out of shape. I was compelled to keep my fingers bound up. Nothing seemed to relieve me. My family doctor said it was diabetic trouble. I also took a course of treatment from a specialist in New York, but without relief. My insides were filled with tumors, and set me nearly wild.

Thank God, all is now over. I am 65 years of age, and reside at Atlantic City, N. J. Respectfully, MRS. E. L. SCHAFER,
No. 26 South Tennessee Avenue.

P. S.—I expect to see you soon.

From a Prominent Attorney at Santa Monica.

SANTA MONICA, Cal., Sept. 15, 1897.

To Whom it May Concern:

Some time ago I received an injury in the back, in the region of the kidneys, which troubled me a great deal. I tried several different remedies, but received no relief. I had heard a good deal about Chinese medicine, and I saw the advertisements of a good many Chinese doctors in the newspapers. But I did not know which one of them was best. A good many of them called themselves Imperial physicians, so that this name was no guide to me, and I did not know which one was the genuine. Finally, I asked my friend, Mr. Major, who knew more about Chinese doctors than I had been able to learn. He said: "The first one to call himself an Imperial physician was Dr. T. Foo Yuen. A few months afterwards others called themselves Imperial physicians, but you need not care about this. I know that the first doctor to explain the Chinese system of medicine was Dr. Foo. For a long time nobody explained it. He explained the Chinese system of medicine and the 'Origin and Cause of Diseases.' And Dr. Li Wing explained the Herbal Remedies and their relation to the five natural elements. I will give you a copy of their circular. And you will see from this that they are educated men in their profession."

Mr. Major gave me a copy of the circular, and I took it home and read it several times. I liked the reasoning. A long time ago I had heard about Dr. Li Po Tai, and, from what I heard of his skill and ability, I had

learned to respect him. Now, I saw that both of these doctors had been taught by Dr. Li Po Tai, and I decided to call on Dr. Foo.

I went to see him; he gave me a pulse diagnosis and prescribed for me, and I commenced to take his remedies. I commenced to improve at once, but continued the treatment for about three months. At the end of that time all the troubles with my kidneys and spine was removed. The medicines also gave me more brain power and energy. There seemed to be more of the natural juices in my system, such as the gastric juice, and my digestion and the other functions of the stomach and other vital organs were better than they had been for ten years. There seemed to be a general renewing of my health, and a more natural condition of the body than for a long time before.

One day, after I had begun to get better, I said to Dr. Foo: "Your remedies are good, but I will tell you something worth while for you to know. If you would use chemical processes and condense the remedies into small quantities they would show greater skill and would be handier for the people who use them." Dr. Foo laughed at this, and replied: "Old Dr. Li Po Tai tried three very smart chemists, who tried to fix the herbal remedies into small quantities of liquid, but found that they lost their natural power and properties when put into these shapes, and were of no benefit to the human system. You will see my sketch of Dr. Li Po Tai, which will soon be published, and then you will understand all about this."

This opened my eyes, and I thought of Dr. Foo's answer a very reasonable way to look at this matter. Now I have seen some of the chapters from his book, and I am satisfied that he is right. I would be glad to have everybody read this book. It certainly contains some very strong arguments, and is entirely new to the American people. You will find three different sketches, one of Dr. Li Wing, one of Dr Foo and one of Dr. Li Po Tai, and they all explain the Chinese system of medicine in a better way than it has ever been explained before. You will find plenty of good things in this book.

J. T. KIGGENS,
Santa Monica, Cal.

From a Distant Patient.

CEDAR, Ariz., August 31, 1897.

To the Public:

Although I have never seen Drs. Foo and Wing, yet I can cheerfully testify to their success in treating and curing me by means of remedies which they sent by mail and express. I was troubled with impure blood, which brought on inflammation of the bladder, developing into a painful and obstinate case. I knew something about Dr. Foo and his methods of treatment through friends in Los Angeles, who had been among his patrons. One of these is Mrs. Humphrey, the mother of little Clara Humphrey, whose remarkable cure is now well-known in Los Angeles. At their suggestion

I wrote to Drs. Foo and Wing, who sent me the remedies suitable to my condition, as above stated. I am sure, from my experience, that they can make new blood, completely changing and purifying the blood in a person's system, and thus giving health and strength. When I first commenced to take the medicines I felt a trifle bad for a time, but this wore away in two or three weeks, and after that I gained rapidly, in fact at first I gained fifteen pounds in thirty days. All the painful symptoms went away, and I now consider myself as well as I ever was in my life.

JAMES WALKER.

Cure of Rupture, Catarrh of the Bladder, Spine and Kidney Trouble---Statement of C. W. Davis.

LOS ANGELES, Cal., Sept., 1896.

Dr. T. Foo Yuen, Los Angeles.

Friend Dr. Foo: I never want to lose an opportunity to speak of the good you are doing for the ills of humanity, and of the good you have done me personally, therefore, I make this statement for publication:

I was sick in 1895 for four months, with rupture, catarrh of the bladder, spine and kidney diseases, suffering excruciating pains from failing strength. I had slept but little for three or four months, and was in a wretched condition. I sought the advice of two or three local physicians, who each prescribed for and treated me during the time of my sufferings, but no relief came to me during their treatment. While in this painful and distressed state my friend, Mr. Ditewig, persuaded me to visit Dr. Foo Yuen for a diagnosis of my case, and have him prescribe for me. After taking Dr. Foo's remedies for fourteen days, all my pains had ceased, sweet sleep came to me, my appetite returned, strength and weight increased, while I carefully kept up the treatment for six months, and I became a well man, as I am today attending to my routine business affairs.

I make this statement for publication, with an earnest desire that some fellow-sufferer may be led to see Dr. T. Foo Yuen for similar ailments, or, in fact, any in which humanity is afflicted. Very respectfully,

CHARLES W. DAVIS.

230½ South Spring street, Los Angeles, Cal.

Letter from a Well-Known Business Man.

Messrs. Wade & Wade are well-known among the business men of Los Angeles, particularly among mining men and all others who require assays of minerals or chemical analysis of any sort. These gentlemen are trained by the requirements of their business to habits of exact observation and close reasoning. It is therefore reasonable to suppose that their opinion is of especial value, even in a matter of professional skill a little out-

side of their usual line. Mr. E. M. Wade, of this firm, gives the following letter:

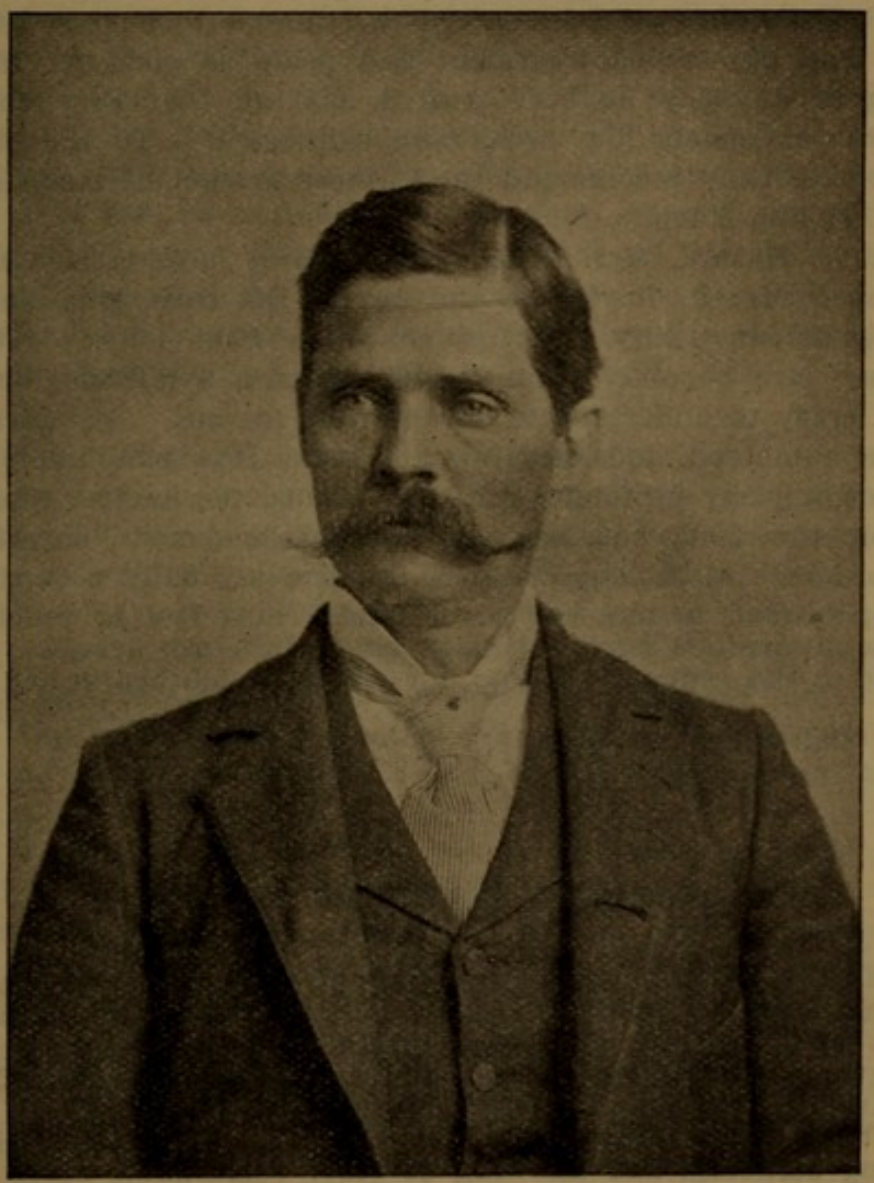
LOS ANGELES, Cal., Sept. 5, 1896.

Dr. T. Foo Yuen, Los Angeles, Cal.

Dear Sir: I gladly recommend you as a skilled and successful physician, having myself taken your treatment of herb remedies with great benefit. Your herb teas are not only harmless, but beneficial when administered under your skillful direction. Your powers of diagnosis by the pulse, which have been within my own observation and experience, are marvelous. Respectfully, E. M. WADE.

Chemist and Assayer, 115½ N. Main.

Was Called the "Walking Mummy."



Mr. W. A. Hallowell, Jr., ex-Deputy Postmaster of Ontario, Cal., and ex-Postmaster of Oberlin, Kansas, says:

I have been in the employ of the Postoffice Department in various

States. The steady and confining work brought on my troubles, as I did not take the necessary time to eat my meals—my digestion becoming worse and worse. Indigestion was my main trouble. My kidneys and bladder were affected also and everything that I tried to do seemed useless I had been seeking relief and cure for many years, going to Excelsior Springs, Mo., the Hot Springs, Ark., and the Manitou Springs, Colo., also treated with several of the regular physicians.

I came to California in 1886 and to Ontario in 1888. While I was summering in Mill Creek Canyon last year, I heard of Dr. Foo, and, knowing that I had never received any permanent benefits from all the treatment and patent medicines I had taken, I thought that, as he was so famous, he would perhaps help me in regaining my lost health. He examined me, and—impressed with the truth of his assertions as to my derengements—I began his treatment last September. I was down to 95 pounds, and have now gained 28 pounds, and am gaining all the time, even during this warm weather. By following the doctor's diet, I find it to be just suited to my system. I lived up to his treatment and made as good an improvement and showing as anybody he ever treated. I think that Dr. Foo saved my life, for I was extremely low, weak and exhausted. To the sick and afflicted I can cheerfully recommend the Chinese system of medicine as practiced by Dr. T. Foo Yuen.

Mr. Geo. W. Hazard, Mrs. M. H. Wilson, Mrs. Jackson Hendrickson, Dr. B. F. Watrous, Mr. S. R. Crowe and any of the most prominent business men of Redlands can testify as to my condition when I arrived there. They considered my cure beyond human power, in fact, a miracle, and took the doctor to be crazy to undertake to do anything for me. My days were considered to be numbered, and very few at that. How can I now find words to express not only my profound gratitude toward the doctor, who raised me virtually from the dead, but also my utter astonishment, surprise and delight to enjoy, once more, good health, life and my daily occupations. Life is no more a burden to me, but a joy, and I now feel to proclaim to the world that a miraculous cure has been effected in my behalf. After God, I owe my life to the eminent Dr. Foo, for whom I wish health and unbounded prosperity.

W. A. HALLOWELL, JR.

Ontario, Cal., August 1, 1894.

Cure of a Famous Artist.

The signer of the following letter, W. G. Cogswell, is one of the best-known among American artists, and famous for the many reproductions of his portraits of prominent men, particularly of General Grant. Mr. Cogswell has traveled in many countries, and is a gentleman of wide information and culture. His opinion is of great value. He says:

Having been successfully treated by Dr. T. Foo Yuen for chronic dyspepsia of long standing, and knowing of other remarkable cures effected by him with his herb remedies, I can recommend him to all sufferers as a skillful physician, and a gentleman of rare knowledge and ability.

WM. G. COGSWELL,

Los Angeles, Cal., Sept. 23, 1896. 1138 South Flower street.

CHAPTER XVII.

Cures of Heart Disease, Pimples and Blood Impurities, Rheumatism and Paralysis, Neuralgia and Brain Troubles, Neuralgia in the Face and Teeth.

Disregarded the Advice of Friends.

The following case is a good illustration of the folly of listening to the advice of people who cannot rise above a petty prejudice. If Mr. Scealey had followed his own judgment in the first place he would have saved himself considerable money, as well as a great deal of suffering and anxiety. Instead of doing this he listened to the advice of people who knew nothing whatever about facts, but were guided simply and solely by their inherited belief that there can be nothing truly good or scientific except that which originates in their own country. No amount of money would hire Mr. Scealey or any other man of sense to go through his experience, the fortunate termination of which was due to his following the course at last which he should have followed at first. Mr. Scealey says:

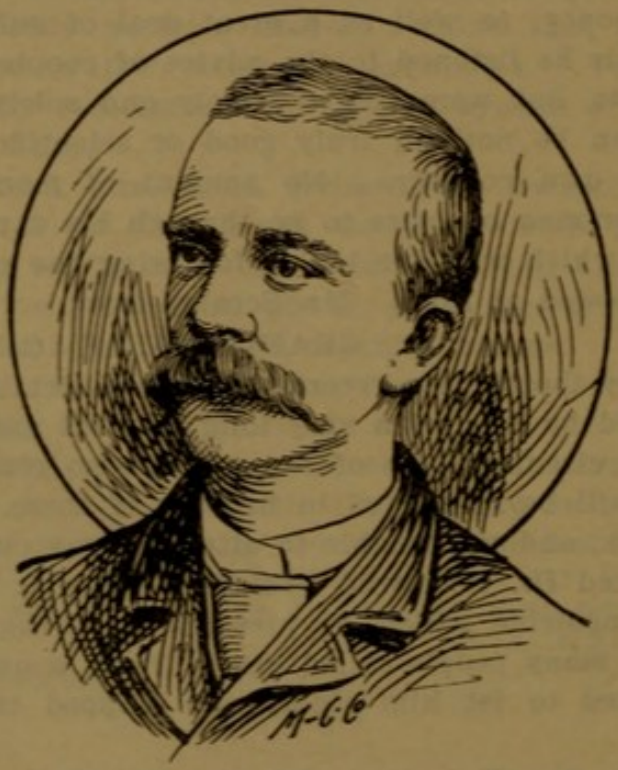
CRAFTONVILLE, Cal., Sept. 2, 1896.

This is to certify that I have recently been a patient of Dr. T. Foo Yuen and have been cured by him of a very long, painful and dangerous illness, called goitre. The circumstances of my case are so remarkable that I feel sure many people will be interested in hearing of them. About two years ago I was taken sick, and was unable to attend to my customary work upon a ranch. I consulted Dr. Foo, who was then living at Redlands, and took two doses of the medicine which he prescribed, paying him for a weeks' treatment. But so many people called him a fraud, a quack and a humbug, that I was persuaded to let him alone, and stopped taking the medicine after two doses.

Then I went to San Francisco and was treated by some of the best physicians there, among them Dr. Gale and Dr. Dennis Arnold. I remained three months under their care; then, as I was no better, I returned to Los Angeles, and consulted the best physicians I could find there. I was treated for several months by the best physicians in Redlands, and also went to Long Beach, hoping that a change of climate would benefit me, and consulted the best doctors I could find there. All of these changes and experiments did me no good whatever. The doctors all disagreed in their diagnosis. Some called it consumption, but none of them did me any good. Some of them said that it was enlargement of the heart, and incurable. On the 20th day of February my physician in Los Angeles advised me to go home, as he said that I could not last twenty-four hours. At that time I

had had no rest for a long time, and was burning up with fever, which my physicians were unable to control in the slightest degree. My temperature was 106 degrees, and my heart was palpitating at the rate of 140 beats a minute.

In desperation I went to Dr. Foo, whom I had abandoned just two years before, for the numerous American physicians under whose direction I had steadily gone from bad to worse. Dr. Foo told me that my trouble was an affection of the kidneys and bladder, which affected the heart, and that the heart case was very much enlarged, causing the goitre. He said that he could cure me, and I commenced treatment. I began at once to get better very slowly, but surely. Within a day or two my fever was less, my pulse was slower and I was able to sleep. In five weeks I went to work for the first time in two years. I continued the treatment for six months and have just finished it. I am now working every day, and feel and l
as I ever did. It took about three or four weeks to reduce all the swelling of my heart and to take it all away, and to bring my pulse down to its natural beat of 80 to the minute.



JOHN SCEALEY.

I consider that if I had continued my treatment with Dr. Foo two years ago, instead of being frightened away by the ridicule of my neighbors, I would have saved my eighteen months of misery and hundreds, if not thousands of dollars. At that time my cure would have been much easier than it was later, and would have been a matter of only a few weeks instead of months. I have stated these facts without exaggeration, and they certainly prove, to my satisfaction at least, that Dr. Foo is the most skillful physician that I have ever known, and that his herbal medicines will cure cases which cannot be reached by other forms of medication. I make this statement voluntarily and because I believe that other people ought to know the facts in this case for their own benefit and guidance.

(Signed) JOHN SCEALEY.

A Wonderful Cure of Heart and Stomach Trouble.

LOS ANGELES, Cal., Sept. 1, 1896.

To the Public:

I, J. T. Burrows, feel it my duty to say a few words in behalf of Dr. T. Foo Yuen, and for the benefit of any afflicted as I have been. I ailed for many years with pains in the region of my heart and stomach, also with headache in the back of my head and pains in the cords of my neck, so bad at times that I thought I would die. My heart would palpitate until I could hardly stand on my feet. I had doctored a great deal, but had received very little benefit, was very nervous, and I often thought my time had come.

I had often heard of Dr. T. Foo Yuen, and of the wonderful cures he had performed at Redlands, California, so I concluded to investigate his methods. On inquiry I found a number of persons he had cured when they had despaired of ever getting well, having been told by their physicians that there was no hope for them. After careful reflection I decided to try Dr. Foo and his remedies. At that time he resided at No. 17, Barnard Park, Los Angeles, Cal., but now his office and residence is at No. 903 South Olive street, Los Angeles, Cal. After taking Dr. Foo's herb teas for three months I gained twelve pounds, and felt well and full of life. Dr. Foo Yuen is a gentlemanly man, in every way kind and courteous, treating all alike.

Hoping this testimonial may be of some benefit to some fellow-sufferer, I cheerfully give it for publication. J. T. BURROWS.

Pimples Removed.

LOS ANGELES, Cal., August 25, 1897.

To Dr. T. Foo Yuen:

My daughter was troubled with pimples on her face, and they not only looked badly, but were a constant source of annoyance. Many different remedies were tried without success, and finally she placed herself under the care of Dr. Foo, who treated her by purifying the blood. After about four months the pimples entirely disappeared, and after she had stopped taking medicine the effect was more beneficial.

W. G. COGSWELL.

1138 South Flower street.

Statement of Mrs. M. J. Bowlby.

LOS ANGELES, Cal., Sept. 1, 1896.

To the Public:

Dear Friends: My disease was bad blood and weakness. I was not able to sit up, and it was a heavy drag for me to move about. I had been

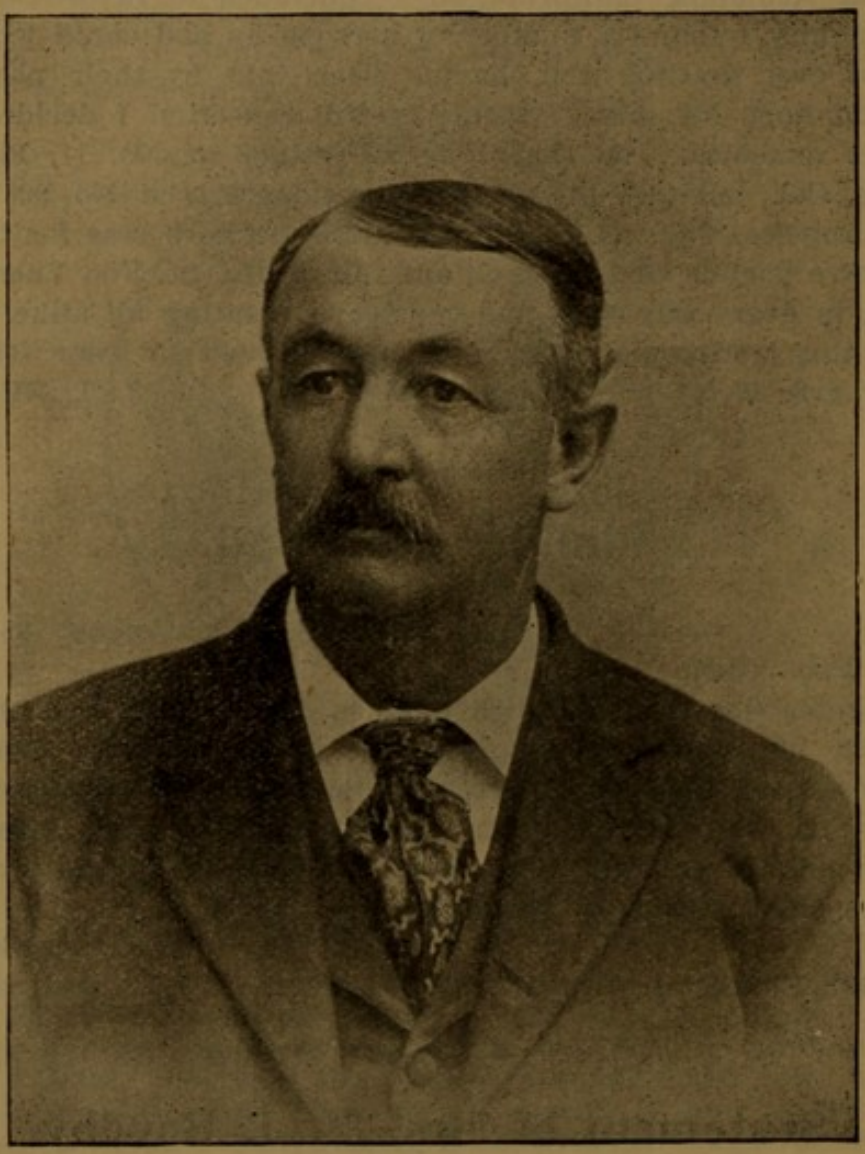
afflicted for years, and treated by many physicians, some of whom pronounced my case incurable, and I had about given up hopes of ever getting well. I heard of Dr. Tom Foo Yuen through a friend, and decided to try his treatment. On the first visit I was satisfied he understood my case, because he told me what my ailments were. I at once commenced taking his herb teas, and continued three and one-half months, when Dr. Foo discharged me.

I was greatly benefited, and am now better than I have been for many years. I have no headache or weakness, and I consider myself cured. I cheerfully recommend Dr. T. Foo Yuen to all similarly afflicted.

MRS. M. J. BOWLBY.

Room 8, No. 136 San Pedro street, Los Angeles, Cal.

From a Prominent Citizen of Los Angeles.



CAPT. C. TAYLOR.

To the Public:

I had been suffering with pains in my kidneys and severe constipation of the bowels for a long time, the result of which was sleepless nights, loss

of appetite and rheumatic pains in my feet and legs. For four months I had rheumatism in my foot, the inflammation was so great I could scarcely put it on the floor, and the swelling extending to my knee joint was so painful I could not sleep. I consulted Dr. T. Foo Yuen and commenced taking his remedies. I felt the effects of the medicine immediately, and I also noticed a marked improvement every day in my condition. I continued the treatment three months and was entirely cured. My rheumatism was not only cured and the swelling gone, but my blood was purified, brain and nerves vitalized, and the whole system restored and reinvigorated. I have no pains, my appetite is good, my bowels move regularly and my health is better than it has been for ten years. I am always ready to testify to results and true merit, and I heartily recommend Drs. Foo and Wing, No. 903 South Olive street, Los Angeles, to every man who may be afflicted as I have been. Dr. T. Foo Yuen has a large practice, and can always be found at his office or a letter addressed to him will have his prompt attention. I remain, your friend,

C. TAYLOR, 520 South Grand avenue.

A Cure of Hemorrhoids of Thirty-seven Years' Standing---the Case Complicated by Inflammatory Rheumatism and Threatened Paralysis.

Mr. J. W. Symmes is a respected and well-known citizen of Redlands, Cal. He was born in 1830, and is, therefore, 66 years of age. In early life he was engaged in mining, and contracted the beginnings of his subsequent physical infirmities through exposure in that occupation. His difficulties started with constipation and piles, from which he suffered 37 years with occasional intervals of temporary relief from treatment by various physicians. In 1874 a swelling appeared over the short ribs on the right side, and no treatment could reduce it. In 1889, rheumatism was added to Mr. Symme's other infirmities, and by Christmas of that year he was absolutely helpless.

Mr. Symmes was then taken to Arrowhead Springs, and took a course of mud baths, with only a slight benefit. He returned to Stockton, and continued treatment with specialists. But he continued to grow worse, and finally went to Redlands for the benefit of the mild southern climate. At this time he was unable to do any work whatever, was constantly in pain, and considered himself likely to die at any time. He heard of Dr. Foo, and consulted him. The result of his treatment by Dr. Foo are best expressed in his own words: "His diagnosis gave me hope, and I was glad to try him. After about five weeks' daily treatment the pain across the back of my head left me suddenly, and I went to look for the swelling which for twenty years had troubled my side, but it had disappeared; all I could feel was an empty spot and a weakness. While under Dr. Foo's

treatment I had to remain on my back for four weeks. I had no more constipation or pain of any kind. Dr. Foo is one of the most conscientious medical men I ever met, and, through his skill and the help of God, I have been cured of my ailments of long standing."

The above words were written some three years ago. He has never had a return of his difficulties worth mentioning, and that the cure in his case was permanent as well as satisfactory is abundantly shown by the following letter which we have recently received from him. We offer it as final proof in a case which we consider among the most remarkable of those that Dr. Foo has undertaken. Mr. Symmes says:

REDLANDS, Cal., Sept. 10, 1896.

Dr. T. Foo Yuen, Los Angeles, Cal.

Dear Sir: In response to your inquiry I am pleased to say that my great improvement in health has continued until the present time. As advanced in age as I am I can now attend to my daily work, and feel well in every respect. In fact, I feel better than I did when I was ten years younger. I am at present engaged in ranching, or some form of out-door work, nearly every day. I consider myself remarkably fortunate in having met you, and become one of your patients at the very critical time in my life when I happened to hear of you. I believe that if I had not obtained relief through your treatment and your herbal remedies, I should not have recovered. I still follow out in great measure the healthy diet which you taught me to observe, and I believe that it is of great assistance to me in keeping my health. I always take pleasure in giving the credit of my cure to those whom it rightfully belongs, namely to your skill, your efficacious herb teas, and to your system of living. Very truly yours,

J. W. SYMMES.

Experience of a Practicing Physician.

Dr. B. F. Watrous, of Redlands, Cal., was for many years a practicing physician until compelled by ill health to abandon his profession. In 1893 he became one of Dr. Foo's patients. His difficulties commenced with an attack of la grippe three years before. The final result was chronic indigestion and troubles centering in the liver. He consulted different physicians and spent some time at Bartlett Springs, in Lake county, but got no relief. When he finally returned to Redlands and consulted Dr. Foo, he was suffering intensely from neuralgic pains all through his body and particularly in the chest, back and shoulders. These pains were caused by poisonous gases, which accumulated in the system as a result of its inactive condition. Of his experience with Dr. Foo, Dr. Watrous says:

I met Dr. Foo in July, 1893, and he examined me by the pulse only, saying that I suffered from indigestion, also from liver, spleen and lung trouble. His diagnosis was so perfect that I knew he understood his business, and had confidence in him. I took treatment for about six months, and was surprised to be so much benefited. My wife was taken suddenly

ill and died. The shock brought discouragement upon me. I left the doctor's treatment, and took several bad colds, which brought on the trouble anew. At the pressing instance of friends I began the treatment for a second time, and, until this day, have been improving very rapidly.

As far as my observation goes I know that Dr. Foo has perfected many remarkable cures. And I do not know of any case where he has made a mistake in diagnosis or treatment of patients. On the contrary, I have heard his patients say that he always told them how the medicines would act, when they would take effect, and how long the treatment would need to be continued.

I found the doctor a thorough and perfect gentleman, a well educated medical man and a friend to those who suffer. In time his skill will be recognized and sought for even by those who have been opposed both to his methods and to his race. And I believe that his methods and mode of treatment will finally be recognized the world over as the only ones which lead to perfect health. B. F. WATROUS.

Redlands, Cal., August 8, 1894.

Paralysis and Other Troubles Aleviated.

LOS ANGELES, Cal., Oct. 22, 1897.

To Whom it May Concern:

For forty years I have suffered from paralysis and diarrhoea. The paralysis was principally in my lower limbs and back. I tried many different remedies, but found no relief, and gradually grew worse until the fall of 1893. During that year at different times I heard of some of the wonderful cures of the celebrated Chinese doctor Li Po Tai of San Francisco, and thought of going to him for treatment, but concluded that I could not stand the expense of the trip, and—fortunately for me—about that time I learned that Dr. Li Po Tai had a nephew in Redlands who was as skillful and successful in his treatment as the old doctor, and I went from Los Angeles to Redlands to see him. He asked me no questions, but simply felt my pulse and told me my troubles. I began at once to take his treatment. He did not make any great promises, but seemed fair and reasonable. Said that he or no other man could make a well man of me considering my age—65 years—and the forty years that I had suffered, but said that he could benefit me a great deal.

After taking treatment for some time I was but little better, and had no permanent benefit from paralysis until six months; I then quit the treatment. I did not lose faith in the doctor, as I had much relief from paralysis, and my diarrhoea was cured. I am sure I did not get the full benefit of the treatment, as I done considerable work every day, which was against the doctor's instructions, considering my condition of health. Something very strange occurred during the next four months after quitting the treatment, at the end of that time I had gained forty pounds in weight, and felt much stronger and better in every way. This reminded me that the doctor had said "That I would gain after I had stopped the treatment."

I get a bad cold occasionally, as most people do, and instead of taking quinine or some other poisonous drug, I go and take the doctor's herbs for a week or two and am cured. FRANK AMES.

Neuralgia and Dizziness Cured.

LONG BEACH, Cal., Oct. 20, 1897.

The Foo and Wing Herb Company, Los Angeles, Cal.

Gentlemen: I had been troubled with severe headaches and dizziness for the past two years, and with neuralgia of a very severe nature in the left side of the head for three months. I had tried many different remedies, but without any relief. I was acquainted with some of the patients of, and had heard a great deal about the cures accomplished by the late Dr. Li Po Tai of San Francisco. Learning that his son, Dr. Li Wing, and his nephew, Dr. T. Foo Yuen, who had been taught by him, were practicing the Oriental system of medicine in Los Angeles, I concluded that I would call upon them for an examination and opinion.

I was very much pleased with Dr. Wing's diagnosis, which was much more correct and satisfactory than I had anticipated. I commenced treatment under his direction. After about four weeks I commenced to improve very rapidly, and in six weeks I was entirely cured of my illness. It seems very clear to me that Drs. Foo and Wing have equal ability with and have profited by the instruction of their distinguished relative, Dr. Li Po Tai. I consider their methods very reasonable, and I know that they are successful. Yours truly, ALEX. SIMPSON.

Cure of Brain Fever and Other Difficulties.

R. D. Brumagim of Redlands was treated by Dr. Foo for brain fever, and afterwards for other difficulties less severe. Of the results of the treatment in his case he speaks in the following appreciative language:

REDLANDS, Cal., January 18, 1895.

To the Public:

I can speak in very high praise of the skill and knowledge of Dr. T. Foo Yuen. The remarkably short time required to give me complete relief in three different attacks of intense suffering—one of brain fever, from which I recovered to resume my business duties in ten days—and the other troubles being completely removed with only three and five doses of medicine, is convincing evidence that Dr. Foo's medicines are in perfect harmony with the laws of the human system. Such immediate relief could be afforded only by a selection of the proper agents, and as a result of a positively correct diagnosis.

When I review in my mind the many complete cures that Dr. Foo has effected, in cases which were considered incurable, and doubtless were in-

curable by other methods. I am led to hope that the day is not far distant when his system of medicine will be adopted generally.

R. D. BRUMAGIM.

A Serious Case Made Well.

REDLANDS, Cal., July 27, 1894.

Dr. T. Foo Yuen.

Dear Sir: If I had any relatives in bad health I should surely recommend them to you. I enjoyed good health until I was wounded in the war of the rebellion. After that I never felt well until I had undergone treatment from you. My digestive organs troubled me always, and, although taking medicines and being treated by several physicians of highly recommended medical institutes, could not get well. A neuralgic pain started in my face, confining itself to my right cheek. The pain grew stronger, and I went to a dentist and had two teeth extracted, but got no relief. I consulted two local doctors, who gave me morphine. I tried another doctor, who, during twelve days, tried everything which he thought ought to bring relief, but without avail, so I had another tooth pulled. In both instances the teeth were found to be sound.

My mind became seriously affected, and I realized that I was in danger of becoming insane. My friends insisted that I should try Dr. T. Foo Yuen, and I finally consented to do so. As soon as you felt my pulse you said that my case was very serious, adding: "It will be difficult for me to do anything for you; your trouble is caused by the stomach and the spleen; I will tell you after ten or fourteen days' treatment whether I can cure you or not." I began treatment. You gave me such a light diet that I feared you would starve me to death. After twelve days you said you could cure me, provided I would follow your directions strictly, adding that the treatment would last about seven months. You examined me, day after day, and I improved very much under your treatment. After ninety-four days I became tired of the diet and medicine, and, feeling so much better, I thought it was enough, and quit It did not take me long to see my mistake, and that I had been foolish not to follow on your treatment. You had insisted that I should keep up the treatment three months more, and get entirely well, but I thought it would do, as the treatment had helped me wonderfully; not only did it take that pain away, but did a great deal of good to my general health.

You are a wonderful man and a perfect gentleman, and bound to acquire a wide and famous reputation.

H. W. TIMMONS,
Notary Public.

Neuralgia Cured.

406 Mason street, San Francisco, Cal., March 24, 1894.

To Whom It May Benefit:

I do willingly add my endorsement to the superior skill and excellent faculties of Dr. Foo, of Redlands, Cal., in handling diseases of all natures and stages. I would certify that, during the summer of 1893, while at Redlands, I was taken with a severe attack of neuralgia, which I supposed originated from a decayed tooth, but which idea I abandoned, after having the tooth extracted. I would writhe in misery from midnight till sunrise. I consulted Dr. Foo, who diagnosed my case as arising from malarious gases in my system. I began treatment, and in two weeks' time was so benefited that the attacks were less severe and changed to the forenoon. At the end of the eighth week I was entirely cured. The effect of his medicine was such that it not only affected the local symptoms and seat of disease, but acted on the whole system, thereby causing me to feel healthier than ever before.

I would also add that during my acquaintance with Dr. T. Foo Yuen I have always found him a most estimable man and a perfect gentleman, who never offended any one, being always of a genial disposition and thoroughly intellectual. This testimonial is sent willingly and unsolicited, in hopes that many subjects of suffering humanity, who may be so fortunate as to fall into his healing hands, may be so blessed. Yours in sincerity,

(Signed) EDWIN CAMPBELL.

CHAPTER XVIII.

Deafness--Inflammation of the Bowels--Diphtheria --Piles--Bone Injuries and Morphine Habit.

Deafness Cured.

LOS ANGELES, Cal., Sept. 4, 1896.

Dr. T. Foo Yuen:

Dear Sir: We are very glad to give you a testimonial for our daughter Sarah, who had been troubled with a discharge and deafness of her left ear for the past ten years. Now, after treating with Dr. Foo and taking his herb remedies for seven months, she hears well, has no discharge from the ear, her eyes also have grown strong and her general health is all that we can desire. MR. AND MRS. W. G. COGSWELL.

Inflammation of the Bowels.

SAN BERNARDINO, Cal., May 29, 1897.

As the proprietor of the Occidental Hotel in San Bernardino, where Dr. Foo has had an office at intervals for the past two years and a half, I have had a chance to see very many of his patients and to watch the effect of his treatment. At first I had no faith whatever in Chinese medicine, and, although I had been suffering for a long time with bowel trouble, I would not consult Dr. Foo.

I noticed that nearly all the people who did consult the doctor were afflicted with old, chronic diseases, which were very difficult to cure, and I supposed that most of them had been given up by other physicians. Very much to my surprise I found that they all got along nicely, and I began to hear them tell about their cures and to praise Dr. Foo and his remedies. Still, I did not feel inclined to try the treatment in my own case, and, after a little, Dr. Foo stopped coming to San Bernardino for a few months, and I had no opportunity.

Last fall Dr. Foo again began to make visits to San Bernardino, and I again had chances to watch the effect of his treatment. All of the cases got along so well that I became satisfied to take the treatment. I had already tried several different physicians and had received no benefit. My general health was very poor then, as a result of my bowel trouble. I had no strength and wanted to lie down all the time. I also had fever much of the time, and stomach and bowel trouble all of the time. I commenced the treatment, and, after one month, began to see a benefit from it, and after that I improved all the time, and after two months I looked very different than

I had before. I grew stronger, had more energy, and wanted to do something. In three or four months I was completely cured, and have had no return of my difficulty since then. My health is now so good that I realize the great benefit which I have received, and wish to say something for Dr. Foo, so that other people who are afflicted as I have been may also have an opportunity to be cured.

These remedies act differently than any others that I have ever taken. There is nothing violent in their effects, but they seem gradually to get at the root of the disease and to remove it entirely. After one gets a little accustomed to them there is nothing whatever disagreeable in their use. Dr. Foo is certainly very skillful, and the main point about his treatment is that it cures, which is what most people want to know. Like all the others who have given it a fair trial, so far as I have heard them speak of it, I can recommend it very strongly. Those in particular who have tried other remedies without success should lose no time in availing themselves of Dr. Foo's skill. They will never regret making the trial.

A few weeks ago I took a very hard cold, which went into a form of la grippe.

Fortunately Dr. Foo happened to come to San Bernardino about the time I was taken sick, and his medicines cured the cold at once, saving me, I have no doubt, from a protracted fit of sickness. I have never known any other remedies to act so promptly and so reliably. There is some virtue in these herbal medicines which one can depend upon. I hope to see Dr. Foo's practice increase and many others derive benefit from it.

MRS. E. R. VAN DEURSEN.

An Attack of Diphtheria Avoided.

LOS ANGELES, California, October 18, 1897.

Last February my daughter, Lulu, went through a severe attack of la grippe, which was followed by complications that threatened diphtheria. Her throat was very badly swollen; she had a high fever, and was unable to leave her bed for a few days. Dr. Li Wing commenced treating her at once. The treatment consisted of the herb teas and of powders which were blown into the throat to prevent the formation of the ulcers which usually appear in cases of this kind. My daughter was out of bed in two or three days and able to go out of doors as usual in a couple of weeks, although she was a long time in recovering from the weakness brought on by the sickness. She has had no sore throat or any trouble of the sort since.

Dr. Yoth, who happened to be at the house during this illness, and saw my daughter several times, said that all of her symptoms were those of threatened diphtheria, and that, if it had not been for the prompt and effective treatment given her, it would undoubtedly have gone forward into a severe illness, which might have endangered my daughter's life. We considered ourselves very fortunate in the termination of the case, especially as there were no after-effects, which so often follow cases of this sort and are often of great injury to the health for many years or for life. The herb teas prevented anything of this sort

MRS. M. A. HAZARD.

Piles and Other Troubles.

REDLANDS, Cal., April 30, 1897.

To Whom It May Concern:

My acquaintance with Dr. T. Foo Yuen now dates back about four years. It commenced when I consulted him for different difficulties which had troubled me for a long time, finally taking the form of so-called bronchitis, with ulcers in my throat, pains in my chest and a generally debilitated condition. I had also been greatly afflicted with hemorrhoids.

Dr. Foo informed me that all of these difficulties had their origin in a poisoned condition of the system, dating from the birth of my son, thirteen years before. and that if they were neglected, as time went on, they would grow worse and might result in rheumatism or consumption. His pulse diagnosis was so complete that I was both surprised and pleased. I commenced treatment, and in about four months was completely cured. I became in every way better and much stronger than I had been for many years.

As I lived next door to Dr. Foo for two years in Redlands, I had opportunities to know many of his patients, and I also afterwards tested his methods of treatment when my children were ill, once with a case of scarlet fever and once with la grippe. I learned to respect Dr. Foo thoroughly as a physician and to honor him as a man, for his uniform courtesy and kindness of heart, as well as for his great skill and his many successes in very difficult caes.

As time passes, although the doctor has removed to Los Angeles, I have still known of him, and have heard with pleasure that his practice has steadily increased and that his reputation has grown greater year by year. I believe that the more widely this system of medicine is known the better it will be for the American people. During the four years which have now elapsed since I was cured, my own health has been so good, as compared with what it was before that, to my mind, the value and permanency of the cure possible through this system of medicine are established beyond a doubt. I shall always consider it the very best way known to man of treating all disorders of the human body.

One other thing I wish particularly to mention, as it may save some one else from a great deal of suffering. Last September I was bitten on the arm by a black spider. I called one of the best physicians in Redlands, who did everything in his power for me, and probably saved my life, but he told me frankly that he could not remove all of the poison from my system and that I must outgrow it. The veins turned black all over my body, and I had, day and night, indescribable pains resembling those from acute rheumatism. I had no relief from these for ten days, and looked at the end of that time like a person who was just recovering from typhoid fever. Dr. Foo then came to Redlands, and I consulted him. In a very few days after taking the herbs that he gave me the pains all left me and I gradually recovered, although it was several weeks before I had my health back again. The bites of these spiders are sometimes fatal, and I consider myself very fortunate in knowing of Dr. Foo's skill and in being able to avail myself of it at this time.

MRS. A. J. HENDRICKSON.

Piles, Catarrh and Granulated Sore Eyes Completely Cured.

State of California,
County of San Bernardino,

Newport Lumber Co.,
REDLANDS, Cal., Feb. 25, 1894.

Dr. T. Foo Yuen:

Dear Sir: In regard to your inquiry concerning what benefits I have received under your treatment, I would say first, by way of explanation of my troubles, that I had what is commonly called blind bleeding piles, also catarrh and granulated eyelids, all of which have bothered me for years, and for which I had, at different times, doctored with five different leading physicians of Southern California. The first trouble mentioned had become of such a painful nature that I was told that nothing but an operation would ever relieve me, and the chances of its not being successful were not pleasant to contemplate. As to my catarrh and eyes, I was under the direction of a physician, treating them daily. Through friends, I had heard of your wonderful power in diagnosing, and of some cures you had performed, although you had but recently come to our city.

I tried to smother what prejudice I had for the "heathen," and was driven up to your office for examination, after which I was thoroughly satisfied, for without a word from me—through the pulse alone—you told me exactly my trouble and its cause. While the cause was to me entirely new, the reasons given were so practical that no one could help but believe them. I commenced a course of treatment, going to your office nearly every day, and am now—at the end of five months—entirely well of all my ailments.

Yours very respectfully, G. E. FOSTER.

Subscribed and sworn to before me, this 12th day of April, 1894.

(Signed) FRANK C. PRESCOTT,
Notary Public.

A Remarkable Cure of Inward Piles.

Drs. Foo and Wing:

Two years ago I took Dr. Foo's medicines and received a great deal of benefit. At that time I gave a letter to show that Dr. Foo showed great skill in my case and helped me very much. I then had nervous prostration, which Dr. Foo cured entirely. This was complicated by an obscure difficulty, which proved to be internal ulcers, in the bowels, and this was not entirely cured. The case was one that might be called inward piles. So I was not entirely well, although very much better than before. I then consulted two American doctors, who performed an operation, which relieved my condition for about a month, but after that time I was as badly off as ever.

The next time that I saw Dr. Foo after this he advised me to see his

cousin, Dr. Li Wing, who had then recently come from San Francisco. Dr. Li Wing informed me that the treatment which he would give me was the same as that used by Dr. Foo, and, in both cases, came from Dr. Li Po Tai, but that the medicine which Dr. Foo had used was not good because it was not old enough. It is a powder, which must be kept a long time before it is strong enough to use. He said: "You can try it again, if you like." I therefore tried the same remedy a second time, and it at once relieved the difficulty, and made me feel easier than for a long time before. I used it for over a month, and received a great deal more benefit than before. It is several months since I stopped using it, and I now see that it was just the remedy for my case, and I see that Dr. Li Wing must be a very skillful physician, and that he has a very high opinion of his father's skill.

I have been very glad for some time to live near Dr. Foo, for whenever I took a little cold or ate something wrong I could be sure of getting the proper remedy from him. But it is possible that he may have to go back to China for a time, and then I would not know what doctor I could have confidence in, and I have been a good deal worried over this. But now that Dr. Foo has Dr. Li Wing for a partner, so that if one goes away the other can stay here, so that there will be a good doctor in Los Angeles all the time, I think that not only I myself but many others will be very glad.

Yours very truly, ——— ——— ———

We do not care to print the name of this patient, but will gladly furnish it to any one who may desire to inquire into the case.

In explanation of the facts stated in the above letter, which certainly presents a very interesting case, it may be stated that some of the remedies used by Chinese physicians are good when they are new, but some have to acquire age before they are strong enough to be of any benefit. Some are good when neither very new or very old, but some have to be kept a long time. For this reason it requires considerable capital to keep a sufficient quantity of herbal remedies ready for instant use, and physicians often have thousands of dollars invested in these. Every six months the doctor who is up to the times goes over his stock of medicines and finds out what he has used and what he must procure for the immediate future.

In the above case the medicine required was one that is put into the ground, buried in huge earthen demijohns or flasks, for several years before it is in the right shape to use. The Chinese have made a study of these subjects for centuries and are the cleverest chemists in the world, so far as drugs and medicines are concerned. This medicine, after being buried a year, has a very strong and disagreeable odor; after two years the smell is gone; and, after three years, the smell begins to become good, and then the remedy is in proper condition to help the human body in its diseases. Some physicians use as many as twenty jars of this remedy, each containing sixty or seventy pounds, every six months. The dealers who prepare them write on the outside of each earthen crock the year, month and day in which it was buried and the name of the person by whom it was prepared; and every half year each dealer must see how much he has on hand and prepare for future orders. They usually have a room in the upper parts of their establishments, up two or three flights of stairs, in a dry place, for storing this

remedy. When a company always has a good supply of this remedy on hand, and of the right quality, it very soon establishes a good trade, which is permanent. People will always patronize such a firm, and a new concern cannot get much business; cannot take it away from the old and rich company. Because medicine of this sort is different from ordinary merchandise—things that people buy for food and drink, and the name of the manufacturer and of the physician who prescribes it are a guarantee that it is of the right quality. And even if a very good quality is prepared by new people in the business the public will be afraid of it and will not buy; they want the established name on the product.

Drs. Foo and Wing always keep a full supply of the right remedies on hand, in good condition. But in 1892, as shown by the above letter, Dr. Foo was very busily engaged with the study of English and other similar matters and forgot this particular remedy for a time. As a result the powder which he finally procured was not old enough, as it proved to be only two years old, and it did not accomplish the object for which it was intended. When Dr. Li Wing brought some of the remedy, which was three years old, then the case above stated, which had not been cured by Dr. Foo's remedy, was cured by the same remedy of the proper age and strength. In a difficult case, even if a skillful doctor prepares the prescription, and this is filled in a common drug store, there will not be benefit enough, because the remedies may not be of the right quality. For this reason people who patronize the Foo and Wing Herb Company will be sure to get the proper remedy, but there are other companies, claiming to get their knowledge from Dr. Li Po Tai, which are fraudlent in their claims. Since Dr. Li Wing came to Los Angeles he has given up all of his former business connections in San Francisco. It is possible that we shall establish branch office in other towns after a little, but when that time comes we shall advertise the fact in the newspapers. In the meantime people must be on their guard to consult only the genuine company.

Injuries to Bones Cured.

247 East Tenth Street.
RIVERSIDE, Cal., August 30, 1896.

Dear Sir:

It is now nearly four years ago since I met with a serious accident, resulting in breaking two ankle bones. I unfortunately fell off the roof of a house I was painting. Local doctors treated me at once, but after a time we found blood congealed under the feet, paralyzing the muscles, which contracted the foot, causing great pain, and crippling me entirely. Some physicians advised me to undergo an operation, but I strongly objected to such a proceeding. I ultimately heard of Dr. Foo and the remarkable cures he had effected, and determined to try his treatment, which decision I look upon as saving me from being a cripple. The doctor found

my system in a very weak and nervous condition; but after a few days' treatment I could rest better, and began to feel an improvement. After three months' treatment I was cured.

In reply to your inquiry as to my present state of health, I am very pleased to say that my general state of health was never better, and my ankles and feet do not trouble me in the least.

I am, yours very truly, W. G. COX.

Threatened With the Loss of a Leg, But Cured.

I came to California last October from the East in perfect health, but about the first week in November I sprained my right ankle. I caught cold in it and it inflamed badly. I went to a private hospital for treatment and remained five weeks undergoing treatment and suffering most excruciating pains. I then was advised by the attending physicians to have my leg cut off. I thought my case was not understood by them, and I left the hospital. At this time I had five bad wounds in my leg, and could not put my foot to the ground, and had to walk on crutches with the greatest difficulty. I had a friend who was taking treatment from Dr. T. Foo Yuen. My friend was an eastern lady, afflicted with asthma, diabetes and other complicated diseases. She had been treated by the best specialists in the East without much relief, but after taking Dr. Foo's remedies she began to improve right along. She brought me one of Dr. Foo's pamphlets, giving an account of little Clara Humphrey's case, which I read with great interest, but was very skeptical about Chinese doctors, and did not pay much attention to it at the time. Later, however, upon inquiry and investigation I found that Clara Humphrey was perfectly cured. One day my friend asked me to go to Dr. Foo's office for her medicines and requested me to let Dr. Foo feel my pulse and diagnose my case. I did so and was satisfied he knew what he was about, and I concluded to take his remedies at once.

He assured me that he could cure my leg by July; it was then the middle of April. So he gave me medicines, and in July my leg was perfectly cured.

There are two photographs by Steckel, 220 South Spring street, to be seen at the doctor's office, showing the beginning of my treatment with him and the cure.

It gives me great pleasure to state that I found Dr. Foo Yuen an expert physician, honest and true to his patients, and a gentleman in every respect.

I recommend him most highly to whomsoever may need his services. His office and residence is at 903 S. Olive street, Los Angeles, Cal.

Yours very truly, PROF. F. H. VOLLERY.

Cure of the Morphine Habit.

SAN BERNARDINO, Cal., Oct. 3, 1896.

To the Public:

Feeling deeply grateful to Dr. T. Foo Yuen for what he has done for me, I wish to say a few words in his behalf.

I having used opium for thirty-two years, having gotten in the habit by sickness, my physician doping me full of it for two years and a half.

When I found out what it was my system was full of it, and I found it impossible to quit it. I have spent hundreds of dollars to quit the drug, but could never do it. I was failing fast, and if I had not gotten relief I would have been dead long before this. I had often heard of Dr. T. Foo Yuen and his wonderful cures with herb teas. I had doctored so much I had lost all confidence of ever getting relief, only by death.

I thought I would make the last effort. He told me from the first he could cure me, for which I feel grateful, for, of course, I suffered a great deal. I have not used the fatal drug for eight months. Any one this, and suffering likewise, may call on me personally, and I can tell them a great deal more than I can write. I live one mile north and three east, on base line, from the city of San Bernardino. Any one suffering likewise would do well to consult Dr. T. Foo Yuen, as I have the greatest confidence in him and his herb teas.

Yours respectfully, ABNER McCRARY (Aged 66.)

CHAPTER XIX.

Information for Patients and Inquirers.

Suggestions as to the Points of Difference Between This System and Others---How the Treatment Should be Commenced and Continued.

To Our Patients and Inquirers.

It is important that all persons consulting us should read and understand the following facts in reference to our method of diagnosis before an examination of each case is undertaken.

Upon the first examination we will explain which of the vital organs is responsible for the abnormal condition. The whole body is the outgrowth of six vital organs, and is supported and nourished by them. These are the liver, heart, lungs, stomach and spleen, and the spinal column. All disturbances of the human body, barring accidents, arise from a derangement of one or more of these organs, a failure to perform the usual duties naturally and completely.

Cases of acute disorders are invariably accompanied by high inflammation or fever, which makes them easy of detection and indicates the necessity of the most prompt and radical treatment, which is always employed. Recovery is frequently so rapid and certain that the patient's friends forget the alarm which they recently felt and regard themselves as the victims of their imagination. They are disposed to believe that the patient could not possibly have been as ill as they had feared and as his condition had indicated. But chronic and less violent disorders, while perhaps equally dangerous, have more obscure origins and are frequently complicated by a number of disturbances. To detect all of these and to apply the proper remedy for each in a single prescription frequently requires a comparatively long time. We would be untrue to ourselves and patients were we simply to guess at the troubles with which the latter are afflicted, and, in numerous instances, time is an essential element of the diagnosis. We must have an opportunity to become thoroughly acquainted with the constitutional powers and the bodily condition of any

patient when he presents himself for treatment. In some cases this requires a period of from ten to twenty days, the first examination locating the seat of the disorder, and subsequent examinations determining its duration and the extent to which it has affected the organs and bodily powers. In some cases a test treatment, lasting from ten to twenty days, is necessary. This places the system in a proper condition for determining the standard treatment. The duration and character of this latter treatment depends upon the length of time the patient has been ill, the age, sex, and similar considerations.

Many persons present themselves laboring under excitement and suspicion to such an extent that they are led to doubt and to be under a restraint which prevents them from taking a breath for several minutes. This mental excitement is always to be deplored, although in the case of persons of an extremely nervous temperament, unavoidable. It should be restrained as much as possible. Others are excited because they fear that they will be refused treatment; but this very excitement may tend to make a case appear worse than it really is. Others who happen to reach the city in a weakened, perhaps almost exhausted condition, take stimulants—perhaps two or three cups of strong tea or coffee, which deranges a weak person as much as a pint of whiskey would derange a strong man.

But the use of liquors or tonics is always a detriment, and in many cases is fatal to correctness. Even people in good health may, by the use of such stimulants, or excessive worry, disturb their systems and make it appear at any particular time that they are suffering from serious disorders.

These remarks are not intended to discourage any person from receiving treatment and consequent benefit. If we were to accept only those people who might come to us free from the results of any form of excess or worry or stimulation we should have few, if any patients, for such persons, as a rule, do not require the services of a physician. It is our object and desire to benefit these very individuals. But we state these facts simply and solely for the correct understanding on the patient's part of what we propose to do. You will understand from this, that if the first examination is not entirely satisfactory to you, the reason is found in some fact as explained herein. We trust that if you are asked to call for a second examination, you will not be discouraged, and will not think that we have promised more than we have been able to perform. Your interests are ours, and fair and honorable efforts on your part, in regard to the matters herein explained, will result in your greatest good. In a word, you should present yourself for examination as nearly in a normal condition as your health and general physical condition will permit.

General Instructions.

The following remarks and instructions should be carefully read and observed by all persons who desire benefit from our treatment. This system of medication is different from any other, and its efficacy depends upon certain simple and logical principles. If these are fully understood and carefully

followed, the benefit received in any case will be greatly increased. In fact, such observance is essential to satisfactory results.

We do not make the absurd claim advanced by many physicians, or at least indicated in their lack of attention to diet and simple laws of health, that medicines will work miracles. Medicines properly used assist nature in her constant effort to throw off disease. It is natural for people to be well. But medicines cannot make them well if they oppose the processes of cure, by late hours, narcotics, over-eating, dissipation in any form, or other practices that tend to lower vitality and hinder recuperation from the effects of disease.

The first essential is attention to diet, which should be restricted. We prescribe a dietary for each patient which should in all cases be strictly followed. When a person's system is clogged with impurities and the vital organs are hindered in their functions, a large amount of food cannot be assimilated. It is simply so much more foreign matter which must be thrown off before the vital organs can resume their customary duties. It not only does no good, but is in the way, and therefore does actual harm. Furthermore, the remedies which we prescribe are in themselves foods and in a large measure take the place of other articles of diet. For this reason the patient requires less food than he would need were he not taking treatment.

These remedies frequently cause patients pain, and dull, ill-defined uneasiess for periods varying with the different conditions of different cases. These indications that the medicines are working in the system should cause no alarm. They are simply proofs that nature is ridding the system of the obnoxious elements which oppose a cure. Sometimes the pain is felt in the head, resulting in headaches and giddiness. In other cases the symptoms take the form of frequent and sometimes violent purgings. Sometimes there is simply a sensation of lassitude and aversion to the ordinary duties of life. To be forewarned is to be forearmed, and our patients are hereby advised of the fact that these circumstances are not unfavorable. On the contrary they indicate that the remedies are producing the desired effect. They will gradually wear away and will be followed by a reaction which will finally result in increased energy and a restoration to health. Our medicines are neither tonics nor purgatives. They are simply assistants to the vital organs in a resumption of their proper duties. Purging is an effort of nature to rid itself of obnoxious elements and not a direct result of the medicines.

Persons desiring relief from diseases must have patience to continue treatment. An impaired constitution cannot be restored in a day, and the remedial processes of nature are always slow. About ninety-five per cent. of the people who engage in business fail at first and only achieve success finally, if at all, through profiting by their own failures and the failures of others. Only about one-third of the many who commence treatment continue to the end. The others become discouraged and drop away, discontinuing the treatment at periods varying between three days and six or seven weeks. As a rule twelve or thirteen weeks are required to produce a favorable result in the average patient. The time varies with the constitutional power of different people to resist disease or throw off its effects.

We desire these facts to be fully understood at the start, and prefer to

place them before our patients in this plain and unmistakable language, rather than to have them learn from other patients who may have lacked the courage and perseverance necessary to a cure. We offer the fullest possible opportunities for investigating our system of medical practice, and warn patients against probable discouragements, and prefer that they should satisfy themselves that they are to be benefited, if they persevere, before they commenced the treatment. We wish to use every possible percaution against failure, both for our own reputation and for the good of patients. And if you are not prepared to give our system a fair trial, we prefer that you should not receive any treatment at all. We desire to warn all intending pafients, in this connection, against listening to the advice of others. The facts are before you and you are to follow the dictates of your own judgment.

Nature always works in cycles, and the human system requires about three months, or thirteen weeks, to renew exhausted tissues, purify the blood and prepare for a more accurate and harmonious action of the different organs. These periods also frequently mark a rapid decline in the vital powers. During the two and a half years of recent practice 113 people who came for advice, were refused treatment, their cases being thought incurable. These cases were all fully diagnosed between the first examination and the 21st day, most of them within seven, eight or ten days. Of these persons, 67 who were residents of Southern California, and 18 who lived elsewhere, have since died, showing conclusively the correctness of the diagnosis. But many of these persons would have been curable if their cases had been taken up three to six months earlier.

Many persons show a childishly thoughtless anxiety to be cured at once. They forget that a demoralized body, which has been gradually deteriorating for months or years, cannot be restored to its normal condition in a few days, or, in some instances, even in a few weeks. They fail to comprehend that the system must frequently be cleansed of a load of impurities and debris, the result of impaired nutrition, poisonous and mineral medication, imperfect circulation and other derangements of the bodily powers, before a cure can be commenced. They want to discover a substantial improvement at once. We do not promise such improvement. We cannot accomplish what nature never undertakes to do. A tree which has been nearly killed by drought may sometimes be restored to health by care, irrigation and cultivation; but it does not bear fruit the second week after it is watered. It first puts out its new buds upon the lower branches and afterwards upon those more distant from the roots, showing a gradual reëstablishment of a circulation of the tree's life juices. In due time the leaves follow, then the flowers and finally the fruit. The restoration of a crippled and degenerate body, whose functions are abnormal, is a somewhat similar process, and depends upon laws which are as invariable as the laws of growth in the vegetable kingdom. Do not expect impossibilities and you will not be disappointed. Any physician who guarantees cures of chronic ailments in a brief period of time simply plays upon the credulity of his patients and soothes their aches and pains by powerful narcotics into a deceptive condition of apparent but unreal improvement. Diet, regimen and careful and continued medication are essential factors in any genuine and lasting benefit.

Bear in mind that what appears to be self-denial in obeying rules is really an earnest effort on the part of the patient to help himself. It is a part of the treatment—coöperation—which is solely for the patient's benefit and depends entirely upon his powers of will. Excessive sexual or other indulgence is always to be avoided. No medicines in the world will build up an impoverished body if its already exhausted vitality is still constantly drawn upon. Common sense and a little reflection on the part of the patient will show him at once the reasonableness of these facts. Three, six, or even nine months is a very short period in the life of a man, and if self-denial and strict regard for a hygienic regimen during that time will restore a sick man to the priceless boon of health, which the united wealth of the world alone could not buy, the self-sacrifice involved is certainly abundantly rewarded.

Caution to Patients.

The Chinese system of medicine avoids the use of both tonics and purgatives. The remedies employed are not designed to give a fictitious and temporary renewal of strength to a worn-out frame. Nor are they used to work sudden and violent effects such as follow the use of calomel and similar purgatives. Purging, when it follows the employment of these remedies, is simply the elimination of impurities preceding a gradual restoration of normal conditions. The value of diet is recognized emphatically and patients are usually placed upon a plain and simple bill of fare, which, while sufficient for the maintenance of strength, is yet such as to reduce inflammation and to assist the remedies in their beneficial effects upon the stomach and other organs. These remedies are in themselves special foods and the patient requires less of his ordinary meat and drink while taking them. Lack of care in this respect results in overloading the stomach and defeating the proper action of the remedies. Great care must also be used to avoid exposure to cold while using them.

These restrictions, together with certain phenomena which frequently attend the use of these remedies, are so different from the "painless dentistry" methods of some physicians that patients often become dicouraged. They are sometimes troubled with slight nausea, with dizziness, with ill-defined feelings of uneasiness or with actual pains in different parts of the body. These manifestations are simply indications that the remedies are performing their customary and proper work. But it is frequently difficult for the patient to believe this fact, which is at variance with his prejudices and preconceived notions of the objects of medical treatment. He sometimes becomes discouraged after a few weeks and discontinues the treatment just when he should cling most closely to it. As a rule, the alarming indications pass away in a few days. In many cases they do not occur at all. Yet some of our best friends today are persons who became discouraged and withdrew from treatment after following it for a short time. Fortunately, sufficient had been accomplished to have a decidedly beneficial effect after the system had had time to resume what may be called a condition of equilibrium. With an im-

provement in health many of these persons have seen their mistake and resumed treatment, but with loss of time and of the cumulative force of the remedies, and consequently with an increased ultimate expense.

We prefer to be perfectly frank with our patients and we desire that these facts should be fully understood. We recognize that persons in ill-health are entitled to a little consideration such as we would not expect to accord to people in good health. And we find that men, as a rule, are more capricious than women, and less capable of enduring aches, pains and restrictions necessary to recovery. Of all classes active business men are the most difficult to convince of the necessity of care and rest when sensations of illness are commencing to grow upon them. They think they cannot afford the time necessary for a cure and they are so irregular in respect to their meals and in taking of the remedies that cures are very greatly hindered, if not rendered impossible. For these reasons we are thus particular in making these explanations. We recognize the limitations of all medical systems and know that medicines will not work miracles. We desire to warn our patients against probable discouragements and prefer to state the facts ourselves rather than to have them stated, with exaggerations, by some person who feels himself aggrieved because we have not performed more than was promised. We will give you an honest opinion as to the length of time necessary for a cure and it is not to our interest to commence a cure which will be uncompleted as a result of caprice on the part of the patient.

CHAPTER XX.

OUR BILLS OF FARE.

Some Rules in Reference to Diet, Exercise and Hygiene--The Cause and Cure of Obesity--Wonderful Cure of the Winter Melon.

As already stated we are very particular about the diet of our patients. The general rule in this regard is to avoid all foods which are too strong and tend to produce inflammation, and all foods which contain little or no nutriment and therefore impose a useless burden upon the digestive powers; also all foods which are made up principally of sweets or acids, because these are likely to ferment in the stomach and are of no value as nourishment. It should be remembered in this connection that persons taking these medicines require much less food than others.

For purposes of convenience in reference we divide our list of foods into two bills of fare. No. 1 is for weak people or those in a somewhat advanced stage of disease, or those who are taking strong medicines. It is very important that these persons should not overload the stomach.

Bill of Fare No. 1

Includes steamed or boiled rice; steamed or boiled potatoes, either sweet or Irish. Mushes made from rolled oats, wheat or wheatena, corn meal, germea, graham, farinose and farina. Gems made from gluten, or whole-wheat flour, corn bread, shredded-wheat biscuit. Also Meek's aërated bread, either white, graham or whole-wheat. The whole wheat is the best, as it contains all the nitrates, and muscle-making properties, and will not distress the stomach. See the process by which it is made on last page of book. Boiled green peas, young mustard, lettuce or spinach greens. Boiled water, boiled milk, weak black tea, vegetable soups, rice gruel, beets, macaroni and vermicelli may be used in the soups, or may be served as vegetables.

Beef stew, lean pork, young duck or rabbit, young beef or veal. If there is any fever the meat should be taken with caution; if there is no fever it may be used more freely. If there is no cough or raising of phlegm, boiled milk may be used, but if the patient is troubled with either, it should be used sparingly. The whites of two eggs prepared as directed under the heading "To cook eggs." Cooked pears, apples, figs and blackberries. Cooked fruits

are always better than raw. Raisins or sugar may be taken after the herb teas.

Bill of Fare No. 2.

When patients are stronger and their digestion is better, and there is little or no fever, the following foods may be added to those mentioned above: Young chicken, pullets are preferable, as the meat is less strong and less likely to cause inflammation; turkey, squirrel, venison and a small amount of ham. Soups made from turtles are allowed to all patients, except those who are troubled with a cough. Lamb is good for strengthening the system, but if there is poison or eczema in the system lamb will tend to retain it. This meat is too strong for an impure system. Plain pudding may be allowed, and chocloate or cocoa. Coffee is forbidden. Birds are too strong for invalids. Fish may be used after recovery, except oysters and shell fish. Goose is not good at any time.

Meats in bill of fare No. 1 can be used every day, but in No. 2 the meats are too strong for every day, and should be used only two or three times a week. The following vegetables are recommended: Sweet and Irish potatoes or yams, turnips, spinach, onions (except when there is a fever,) parsley, sugar-cane, young cabbage, beans, either black, white, lima or string, watercresses, green corn, asparagus, celery and olives.

The first-class vegetables are green peas, lettuce, mustard greens, sweet and Irish potatoes and yams. Do not eat fried or roast meats, nor raw fruits. Do not drink cold water.

All fruits should be cooked. Then the acid digests easily. But in cases when there is diarrhoea or indigestion or a raising of mucus or phlegm the use even of cooked fruits should be less. In some of these cases a very little fruit may be used, but great caution must be observed. Sometimes dried fruits, such as dried pears, raisins, and figs are better than any other fruits, because they contain less acid, and they are therefore better in the above kinds of sickness. But all fruits allowed, whether dried or fresh, should be cooked. The patient and his friends must use judgment in all of these matters.

The followings vegetables and fruits are not good and are to be avoided at all times: Tomatoes, squash, pumpkin, peaches, apricots, all kinds of plums, pine apples and muskmelons. Apricots and peaches are especially injurious in skin diseases and after attacks of measles.

Avoid Stimulants.

It is customary with white people when treating patients who are afflicted with fevers to prescribe liquor of some kind, and also chicken broth. This is not in accordance with the Chinese theory, or with nature's laws, for the reason that when these remedies are given they cause all of the natural heat

of the body to expand, intensify the inflammation, and burn up the natural juices of the system, and reduce the strength of the patient. The use of these so-called prescriptions also causes mild cases to become serious, and often hastens death. Dr. Li Po Tai witnessed many such cases during his practice in San Francisco. The use of liquors and chicken broth to allay fevers is like pouring oil on a burning building, or "adding fuel to flame," which makes the fire stronger instead of stopping it, and the building is consumed more quickly than it would otherwise have been.

Bread and Drinks.

Gems should be made with buttermilk, or sour milk and soda, or cream of tartar and soda. Salt rising bread can be used, if made or graham, gluten or whole-wheat flour. Aërated bread is good for all.

All foods and liquids should be taken while steaming hot.

If a patient takes cold while on these bills of fare he must stop taking meats until the fever is all gone. Our reason for making these differences in the bills of fare is that when the person is sick and weak it is better to make more juices in the system, which is the object of the foods included in Bill of Fare No. 1. It is not necessary at this time to help the natural heat of the body, which is the object of stronger foods. But as he begins to improve we desire to make him strong by giving him stronger foods and strengthening the natural heat in the body. As the man improves the vital organs themselves produce the juices of the body. But while he is sick it is not so necessary to help the natural heat as it is to help the organs produce the juices through which the system is nourished.

An excellent drink, to be used in spring, summer and fall, or whenever the ingredients can be procured, is made by boiling mustard greens in water for twenty minutes or longer, according to stage of growth; then strain and use the water when thirsty and use the greens for food. Mustard greens, or greens of some description, or vegetables of a young and succulent growth are very essential to good health and should be used at all seasons of the year. Mustard greens can be grown in three or four weeks after sowing. They can be dried in the fall and preserved for winter use, and are the best substitute for the fresh article, but should not be used after the seed is formed.

Rice Gruel.

Take a quarter of a cup of rice and wash it until the water is clear. Boil it in six cupfuls of water for about one hour. A smaller quantity will cook in less time. Salt slightly. It is always to be taken warm. A cupful may be taken before each meal. It is excellent in case of colds and fever.

This preparation is very healthful and useful, especially for invalids and weakly persons. It is a splendid warm weather tonic, and cleanses and rinses out the stomach and removes the phlegm and residue, increases the juices and prepares the stomach for the meal.

This gruel quenches thirst when taken as herein directed; is also very

soothing to all inflamed conditions of the internal organs, especially the stomach and bowels; also relieves indigestion and summer complaint. It is equally good for infants and invalids, and can be used to advantage by robust people. It should be used without dressing of any kind with infants who are in ill health, until a healthy condition of the system is reinstated. In hot weather the gruel should be made rather thin, but in cool weather it should be made as thick as much. With people who are very feeble, a cupful of the gruel may be used two or three times daily in very warm weather, only a small quantity at a time.

There is no form of food that compares with this gruel as a tonic at all seasons of the year, for all people and in all conditions of ill health.

Directions for Cooking Rice.

Wash one cup of rice till the water runs clear; then add two cups of cold water and boil in a stewpan till the rice appears to be boiled about dry—till the rice shows holes in the top or settles in places—which will appear in about fifteen minutes after the boiling commences. Then the stewpan should be placed on the stove where the heat is low, and allowed to steam about twenty minutes, or until the rice is thoroughly cooked and very soft, so that the kernels will mash easily. A cloth should be placed over the stewpan and the cover over that when the stewpan is placed to steam, for the purpose of retaining the steam in the stewpan. Do not stir the rice but once, and then within a few minutes after it commences to boil. When well cooked the rice should be very light and lay up loose, and each kernel appear to be ready to roll away from the others. It should be eaten in the state that it comes from the stewpan.

Rice cooked in the above manner should constitute one-half of the meals regularly, at least twice each day. By using the rice as a base food one is not at all likely to over eat, or eat more than the powers of digestion can work up perfectly.

We never have known of an instance where a person who persisted in the use of rice cooked in the way prescribed above, did not become attached to the article and feel that they could not make a meal without it, and really prefer it to bread or potatoes.

A heavy iron porcelain-lined stewpan is best, and agate ware is second best to cook rice in.

To Cook Rice Quickly.

Rice may be cooked very thoroughly and well in half an hour if attention is pail to the details of the process, so as to secure all the benefit of the steam that is generated while the rice is cooking. Take one cup of rice and two cups of water. The cups may be larger or smaller as desired. First wash the rice very thoroughly, in four changes of water. Pour the two cups of water over it, in an agate stewpan or pail, covered tightly. Put it over a fire, either a stove or an alcohol or gasoline fire. In ten minutes it will commence to

boil. Let it boil hard for about ten minutes without stirring or opening the dish. At first when there is a greater amount of steam it will spurt out of the edges of the cover. As the steam grows less it will come slower and will rise nearly straight into the air. This is an indication that the rice has boiled long enough, but, in any event, from eight to twelve minutes is the proper time.

Now take the dish from the fire and let it stand a few minutes, say about five, where it will partially cool. The steam in the top of the pail and the moisture will condense and settle to the bottom. Do not remove the lid. After a few minutes place the rice carefully over the fire, turning the dish so that the fire will not be long in one place, and let this condensed moisture be boiled away. Only two or three minutes will be required for this. Then remove from the fire, still with the cover on, and let the dish stand five or ten minutes longer, so that the steam and hot air still in the dish above the rice will cook it on top. Then remove the cover and you will find the rice thoroughly cooked, dry and the kernels unbroken. Sprinkle with salt and eat plain, or with a little butter.

Cook the herbs in either porcelain, agate or granite ware. Do not cook with gasoline or coal-oil stoves or use them to warm your rooms, thereby contaminating the air. Patients who wish to regain their health as early as possible should use every means possible to assist nature. Breathing pure, unadulterated ais is very essential to good health. Impure air causes a large proportion of the sickness and deaths in the world.

Use hot water for a gargle and to rinse the mouth. Try in every way to avoid drinking between meal hours.

Instructions on Cooking, Etc.

The best way to prepare cream or milk is to steam it in the following manner: Place the milk or cream in a dish, setting that dish in another dish containing boiling water, allowing the water to boil in and around the dish containing the liquid; the cover on the inside dish should be perforated.

Mushes, meats and vegetables may be cooked in the same manner, but the inside dish should have a tight cover, and should be steamed, as such foods are subjected to a low temperature of heat; but the flavor and nutriments are almost wholly preserved in this process of cooking.

Meats and vegetables cooked in this manner should be steamed in a small amount of water, sufficient to make a medium thick gravy.

To Cook Eggs.

Take the whites of two eggs, well beaten, and two tablespoonfuls of cold boiled water, and salt to suit taste; place the bowl in a stewpan of boiling water, then cover the stewpan in a manner to confine the steam. Cook about twenty minutes, or until thoroughly done.

For the first few days, use every other day, then once daily. All may be eaten at one time, using other foods to complete the meal.

By using cold boiled water it will dissolve the eggs and there will be no lumps. If you should prefer them thinner, add more water.

AVOID.

Avoid all extremes and sudden or radical changes, such as eating ice cream or taking cold drinks in warm weather, or while the body is in a warm condition.

All meats should be boiled or steamed and are best steamed. Never eat them fried, broiled or roasted.

To boil meats—Cut up in small pieces and use sufficient water to boil three-fourths to one hour, boiling down to heavy broth, which may be eaten with the meat. Remove the scum that rises on the top just after it begins to boid. (To steam see instructions preceding.)

Do not eat the liver of animals. The kidneys of young and thrifty animals may be eaten if prepared in the following manner: Cut up in pieces and soak in a large quantity of water for one hour, or in a small quantity of water for half an hour, then change the water and soak for another half hour.

Weakly people, suffering from fever, can do much to assist in allaying the inflammation by eating their food quite dry, and by using no liquids or as little as possible. Liquids are much harder to digest than solids and furnish no nutrients, but on the contrary, dilute the blood and increase the percentage of water in the blood, creating a damp air—or one form of malaria— and also cause more or less distress to the patient in the way of headache or pains in the bowels or stomach, and really increases the thirst instead of quenching it permanently, which can only be accomplished by allaying the inflammation of the internal organs. Over-eating counteracts the effects of the medicine more or less, and is productive of suffering for the patient. The medicines are very searching in their course in the human system, and should not be interrupted by the introduction of anything into the stomach in the way of foods or liquids that will interfere with them.

Self-preservation is the highest philosophy of this life. That which is for our best good should be adopted cheerfully and lived up to persistently, and the thought self-denial never entertained for a moment.

Avoid taking any kind of drinks between meals, except in case of extreme thirst. This precaution is very essential, in order to get the best results from the medicines.

In poor health a very small quantity of liquids should be used, as in a subject whose circulation is weak, very little fluids can be used; and all in excess of the quantity that the system can digest is a burden, and demands of the vital organs very valuable power; and in many cases that cannot be afforded to cast off the surplus fluids, also the damp and heavy air that is the result of using too great a quantity of fluids or certain kinds of vegetables and fruits.

Avoid excitements of every character; cast aside all anxiety and make earnest and persistent efforts to assist nature to restore the deranged condition of the system by preserving the vital forces in every manner possible.

Do not chew gum or toothpicks, or anything that will cause saliva to flow, between meal hours. Such practices are very weakening to the system, causing thirst and a weak, scant supply of juices in the stomach and bowels.

Avoid large gathering in crowded halls or apartments. The inhaling of the foul air at such places, together with the exposure at a late hour at night, is a practice that is very injurious to the health of even robust people.

Hold in check all desires that if indulged in will tend to weaken the system. A candle will last only half as long a time if allowed to burn at both ends as it will if there is a fire at only one end. The same reason applies to human life.

The greatest benefit will be derived from the medicine by taking undisturbed rest. One who works off the medicine as a laborer would a boiled dinner of ham and eggs, must not expect to receive as much benefit as one who keeps quiet and allows the medicine full sway in the circulation.

Do not eat more than three-fourths of the quantity that you feel like eating at one time. One in your condition of health cannot digest hearty meals. Never eat any kind of food that is fried or broiled; steamed is best, and boiled second best.

Do not eat canned goods of any kind. Eat no salt meats, or salt fish. Use only the best table salt for seasoning.

Do not use any of the following spices, etc., without special directions from the doctors, viz: Pepper, mustard, ginger, allspice, cinnamon, nutmeg, cloves nor flavoring extracts of any kind.

Use of Liquids.

The herb tea should be taken fully one hour before meal time, or at least three and one-half hours after a meal. Four hours after is better; must be two hours at least.

Undigested food ferments, generating a gas, which increases the poisonous gases already in the system, adding fuel to flame, poisons the system and counteracts the effects of the medicine.

Weak people cannot digest a meal as quickly as healthy persons, therefore great care should be exercised to avoid taking anything into the stomach before the previous meal has been completely digested. When foods and liquids are taken into the stomach before the previous meal has been completely digested, the process of digestion will be interrupted; then the food will sour and ferment and generate a gas that will enter the circulation, poisoning the blood, causing more or less distress to weakly people.

Drink only hot boiled water, milk or black tea, one-half cupful with each meal should be the limit. Get along without drinking if possible. In a few days' time one can become accustomed to get along without any liquids, except the herb tea taken as a medicine, excepting in very hot weather.

The belief that what are called strengthening foods, such are rare beef and mutton, eggs, oysters, chicken, beef, mutton and chicken broths, the hot blood of animals, and those fruits which contain much acid, will sustain and build up an enfeebled system, is a great mistake. Such foods are really injurious, for they aggravate and feed the disease.

The so-called "strengthening" foods are especially adapted to the requirements of the most robust of men, while performing the hardest of manual

labor—chopping wood, ranching, mining, etc. Strange it would be indeed, if the same kinds of food would be suited to the frail child, or the broken down man or woman, whose digestive organs were all but totally destroyed. Untold numbers have reached their graves through such advice years earlier than they otherwise would.

Without proper nutrition there could be but little or no benefit derived by taking medicine.

Retire regularly at an early hour. One hour's sleep before midnight is worth more to a young growing, laboring or sick person than two hours after.

Do not occupy a bed with another. You need all of the pure air you can get, and should live as quiet a life as possible. Take as much sleep as you feel like. If strong you need not follow this rule closely.

Boiled Milk and Boiled Water.

Drs. Foo and Wing desire all the milk and water used by their patients to be boiled. Some patients do not like boiled milk and ask why this is necessary. Upon Mr. Hazard's asking Dr. Li Wing in reference to this, the doctor replied: "In 1891 a Chinaman by the name of Lee Sam, called Charlie by his employer, was working for a family by the name of Jones, in San Francisco. He worked for this family for two years. He used to boil the milk that was used for supper. Mrs. Jones happened to be taking the herbal remedies from Dr. T. Foo Yuen and was following his bill of fare and the instructions handed down from Dr. Li Po Tai. So she had the milk cooked. The Chinese boy liked boiled milk and took it in that way, but put cold milk on the table for Mr. Jones.

About an hour and a half after supper, one day, Mr. Jones felt a pain in his stomach and had a headache. In fact, he felt bad all over. Then he began to think that the milk was bad. A friend happening to come in, Mr. Jones induced him to try a cup and in an hour and a half he was also sick. Next day Mrs. Jones learned that the milk was bad and the cow was sick. Those who ate the milk boiled were not sick. The next day Mrs. Jones asked Dr. Li Po Tai about the case and he explained the matter to her. He said that boiling milk kills, by the heat and vapor, whatever poisonous substance there may be in the milk. Most of the water that people use in California comes from the mountains. It gets poison from decaying vegetation and sometimes from animal matter of one kind and another. To remove such impurities the milk must be boiled, to kill the microbes that it often contains. In the above case Mrs. Jones and the cook took boiled milk, in which the poison had been killed, but many people get sick from unboiled milk and water.

Coffee and Tobacco.

Tobacco burns out the juices of the system and injures the saliva upon which digestion largely depends. It is best for our patients to stop the use of tobacco entirely, if possible. If it is easy for you to drop off your cigars

entirely you had better do so, but if this seems too hard, in the case of confirmed smokers, then you should smoke less, say one cigar in the morning and one in the evening, after dinner or supper. This measure of indulgence will not be enough to produce any great injury to the system. Our bill of fare is intended primarily for weak and sick people. After a cure is made it is, in many cases, better to follow the bill of fare, but this is not imperative. If you do not follow it for a time and see no bad effects from returning to your customary diet, then you can continue in that way and there will be no harm done. Every one must decide this matter for himself, because what hurts one does not necessarily hurt another.

The same reasoning applies to coffee. After you are cured you can drink a little coffee; you can also use roast and fried meats in moderation, which may help the natural heat of the body. But yo umust be careful to avoid excess in all of these matters. You should also use boiled and steamed meats, which assist the gastric juices more and are easier to digest than fried and roast meats, but the latter help the natural heat, and for that purpose are good. A little might not hurt the gastric juices, but excess will give rise to inflammation. If, after a cure, you stop following the bill of fare and find afterwards that you do not feel well or that there is some difficulty of digestion or other trouble, then you should take it up again and follow the bill of fare all the time. This shows that you cannot eat whatever you like, and that you must live plainly; that there is too much fire in your system; if the natural juices are helped you will feel good; if the natural heat is helped you will feel bad. But not many people have this temperament, although it applies to some, who should be put on their guard in this particular.

Pure Foods For Sale.

This company has several varieties of pure food for sale which are of especial value to invalids and can be bought from us of better quality than they can be obtained elsewhere. They have been selected solely with reference to the wants of those who need food of the best quality, which is not in any way injurious. Among these foods are two sorts of canned vegetables from China, the best in the world for invalids, also the finest quality of Chinese rice and the best tea for our patients, a brand which help the appetite instead of injuring it, as is the case with most teas in common use. We also have snow sugar, the best in the world. In regard to teas, people pay too much attention to the taste. There may be new teas from other countries than China, which taste and smell good, but are hurtful to the system. These should not be used. This company will furnish a kind of tea that could even be eaten without injury to the system. It is equally good for the sick or the well. You can easily make a trial of this, as it is not expensive, and if you do not like it or its effects you need not use much of it. The price is about the same as that of other teas. Try it for a time and see what benefit you derive from it.

These things are not offered for sale for the purpose of making money from them, but this company desires to find articles of food that will benefit its patients instead of injuring them, and will prevent sickness by keeping

people well. They are equally good for well people. There are two kinds of canned vegetables offered which grow only in certain districts of China, and are considered so valuable that the Emperor of China requires annual reports of the amount of production from these districts. One sort comes from the vicinity of Canton and the other from Tienchien. They do not flourish in other localities. Everybody knows that certain vegetable products grow in limited areas. Thus the ginger grown in America is tasteless and of no volue, while that grown in Canton is very strong. But the apples grown in California are very good and the Chinese import apples and oranges from this country to China. They take them home and try to raise them there, but without success. In the same way these vegetables flourish only in certain sections of China and cannot be grown in other parts. They are very useful for allaying inflammation in any part of the body, and they are also pleasant to the taste. At present this company offers these four things, the canned vegetables, the best Chinese rice, snow sugar and a fine quality of tea, and other articles may be added to the list from time to time.

Approves of the Bill of Fare.

The following brief letter expresses the sentiment of many patrons of the Foo and Wing Herb Company in reference to the bills of fare:

LOS ANGELES, Cal., Oct. 4, 1897.

Dr. T. Foo Yuen—Dear Sir: I wish to express to you my deepest gratitude for the wonderful cure you effected in the case of my wife, when the best of Los Angeles physicians gave her but little hope. I also wish to express my gratitude for the benefit I have received from following your advice in regard to diet. I had been a sufferer from severe headaches since earliest childhood, but by following the bill of fare given in your little booklet, I have entirely recovered and am absolutely free from any pain or inconvenience. I also find my wife is much better when she follows your bill of fare strictly. We, like most Americans, were prejudiced against a Chinese doctor, but that has entirely disappeared, for we are satisfied that you have done for my wife what no American physician could have done, and we shall never hesitate to recommend you to the suffering. With deepest regards, I am yours most truly,

J. H. BRITTON,

With the Mosler Safe Company, 338 N. Main street.

The Cause and Cure of Obesity.

Obesity comes from a physical tendency and eating too much food that contains sweets and starch. It is an unnatural condition of the body often amounting to a disease. The tissues of the body are over-burdened and become weak and degenerate through the excess of fatty particles. The blood of people who are too fat usually contains many impurities and their circu-

lation is impaired. They are subject to attacks of languor and weakness and usually lack ambition and energy. Frequently rheumatism and fat go together and persons of unnatural size and weight are very frequently victims of apoplexy.

The cure should be two-fold. In the first place, a course of herbal medicines should be taken to cleanse the system of its impurities, make new and rich blood and restore the vital organs to their normal condition of activity. These remedies will always reduce the flesh of the patient and will make him stronger and better in every way. They cannot possibly do him any injury.

After the course of medicine, and indeed, during it, special attention should be paid to both diet and exercise. Neither diet nor exercise alone will cure obesity, but the two together, after the system has been put in a normal condition, will establish the cure and will prevent a return of the difficulty.

As to the diet: The main thing is to avoid, as far as possible, all sweet and starchy foods and drinks. Patients of this sort should get a good book on diet, explaining the nature of the different foods, and should follow its instructions closely. While we cannot give a full list of foods in this place, yet we can mention a few that may be taken without injury and some that should be carefully avoided. The beneficial foods are:

Lean of beef, rare, or lean of mutton, once a day; fowls at intervals; gluten mush or bread, without milk (gluten is made by a process by which the starch is removed from the wheat;) such vegetables as are lacking in starch and sugar, as spinach, radishes, cabbages and celery; ripe fruits, eaten without sugar, except bananas, which are indigestible and therefore not good food for invalids; all salads, but without oil; weak black tea, without milk or sugar, hot water at all meals, cool, boiled water with lemon or lime juice, if desired; milk and sugar are absolutely forbidden. First-class rice may be taken, although it contains starch. It is good for everyone.

Other things to avoid are: Wheat, corn or graham bread, muffins, cake, breakfast cereals of all kinds, pork, veal, salmon, fish of all kinds in oil or salt; vegetables containing starch or sugar, such as turnips (may be used in moderation,) peas, beans, corn, beets, carrots, potatoes (may be used in moderation,) egg plant, oyster plant, all foods made from flour, all preserves, pastries, puddings, custards, all fruits in sugar, sweets of every kind, milk, coffee or tea with milk, cream or sugar, except a little weak, black tea, without milk or sugar; liquors, beer and sweet drinks, such as soda water.

Almost any kind of exercise is good, especially if taken in the open air. Walking, horseback riding, bicycle riding, if you ride upright, ball or other sports that require physical force, exercises with dumb bells or Indian clubs may be mentioned. Out-door exercise furnishes oxygen to the blood, which burns up the fats. Both eating and exercise and sleeping and all other habits should be as regular as possible. They should be commenced gradually and increased as the strength of the patient permits. Overheating and overdoing should be avoided and care should be taken not too cool off too quickly after exercise. Exercise may be followed by a warm both, if you have some one to rub you thoroughly with harsh towels or to give a massage treatment. If you feel tired lie down and rest but not more than six and a half or seven hours of sleep in the twenty-four should be taken. Sleep should be regular.

Many think that obesity is incurable. This is a mistake. All cases may be cured or greatly improved by the above-mentioned treatment. It is largely a matter of will power. Some people think that this condition is natural and that it would be wrong to defy nature. This is also a mistake. Obesity is a disease and should be treated and cured like any other disease. A cure will add to the health, enjoyment and length of life of the person concerned, in every case.

If you are where you can consult us we should we glad to have you do so. If not, our remedies can be sent by express to any part of the country. All you have to do is to write us a statement of your case on one of our sheets prepared for treating persons at a distance by correspondence and to make occasional reports of your condition in the same way. We have successfully treated a great many cases in this way. Our remedies cannot possibly hurt you and, in ninety-nine cases out of a hundred, will do a great deal of good, and accomplish a radical cure.

We should be glad to hear from you in any event upon this matter and to know your experience and the results of your following these directions, whether you take our remedies or not. We may be able to offer some additional suggestions of especial value to your particular case.

The main thing is to be thorough, consistent and persevering. If you lack the will power to continue in a regimen that will benefit you then do not commence. But if you are determined to succeed you can improve your health to a very great extent and will thereafter enjoy life more in every way. Your body will be stronger, your brain clearer and your capacity for work and pleasure greatly increased.

We shall soon publish a complete work on diet and hygiene, giving an analysis of all things that are eatable and telling which are good and which are hurtful, with reasons for both. This will be a very complete and valuable book.

Another Word on Malaria.

In a recent conversation, Mr. James Campbell, one of our patients and friends residing at Redlands, gave some facts in his experience, which illustrate and enforce Dr. Li Wing's position in reference to malaria and its treatment, given in a previous chapter. Twenty years ago, while living at San Bernardino, Mr. Campbell had a very bad attack of chills and ague. Since that time he has never been as well as before. Seven years and a half ago he removed to the dryer climate and the higher altitude of Redlands, and noticed an immediate improvement in health. But four years ago he was very sick and then commenced to take our remedies, which removed the poison from his system and performed a cure. This poison had doubtless lain partly dormant in his system since his illness twenty years ago. Mr. Campbell is now a firm advocate of the herbal system of medicine and also of our bills of fare and rules for living, which he follows constantly, with the result that his health is better than it had been for a long time past.

Hints on Clothing.

In the winter season you should wear wristlets; or pulse warmers, as they are sometimes called. They would be equal to a coat in giving comfort to the patient.

Invalids should wear flannel all the year round, and during the winter season the heaviest and warmest that can be procured.

With people who are in poor health, bodily heat should be husbanded in every possible way. The degree of warmth and comfort that a weakly person enjoys depends greatly upon the quality of the material of which the clothing is made.

Be very particular to avoid exposure to draughts of air just after taking the herb teas, or after taking a meal. If at such times you perspire or feel at all uncomfortably warm, you should wipe the perspiration off as much of the body as you can conveniently, and then bring the clothing about the body so as to protect it from the cool air, for a short time at least. Many weakly people recklessly expose themselves by throwing open their dwellings as soon as they feel a little uncomfortably warm.

In warm weather, when you perspire freely, you should change underwear often, to prevent the perspiration from returning to the skin, which is very injurious to the health. It is equal to taking so much poison.

In very warm weather the skin should be rubbed two or three times daily with a warm, wet towel, to remove the perspiration.

Bathing and Rubbing.

You should take a warm sponge bath as follows: Bathe the lower half of the body one day, and the upper portion three or four days later. The bath always to be warm and of short duration, so as not to take cold; use one-half cup of alcohol in hot water. In the season of the year when you perspire more or less, a sponge bath may be indulged in every other day. Invalids in all stages of diseases, and also well persons, should brush or rub (with a flesh brush or warm towel) the body moderately. This practice is very essential and beneficial to health, and should be practiced daily, but not to the extent that will cause fatigue.

Avoid excesses and extremes. Be temperate in all things and at all times. Because Mr. So and So indulges in certain things with impunity is no reason you should or could do likewise.

What may be moderation with some may be over indulgence with others.

When the body is exposed to the cold air with which it comes in contact when the clothing is removed to take a bath or to retire or for any other purpose it allows the bodily heat to escape, which is a loss of power and lowers the temperature of the skin, taxing the powers of the system to warm up the new air to protect the body. The air surrounding the body is the armor of the body. If the air is strong in the body (and a strong

person possesses strong air) the person will not be injured by bathing; but a weakly person will, soon after taking a bath, have a weak and heavy feeling, which is evidence that the skin has taken on damp air and has lost control of the natural air. The air in a weak person is like a small capital that is depended upon to accomplish a given purpose—it must be handled with care and to the very best advantage, or else the capital and object will both be lost, and perhaps a good cause forever buried.

Hand rubbing, if performed properly, would be very beneficial to nearly every weakly person. The full size of the shoulders and chest should be (each side) rubbed toward and down the arms to the ends of the fingers; from the shoulders and the chest rub downwards and to the ends of the toes. The rubbing should be proceeded with slowly, extending over only a small surface at first, then extending over additional surface, commencing at the starting point with each pressure of the hands on the patient. Commence with one rubbing a day, not less than two hours after a meal, to be completed in twenty minutes; two or three rubbings may be practiced a day, as the strength improves. If you feel like it, take undisturbed rest or sleep after the rubbing, but be particular to guard against taking cold. No matter how comfortably warm you feel, fully as much or more covering to the body is necessary after the rubbing as before, especially if the patient lie down.

Breathing Exercise.

Renovate the system in the morning after the sun is up in the following manner: If you are unable to ride on horseback or to walk fast enough to cause rapid breathing, the foul air may be expelled from the system while standing in the sunlight and breathing deep and fast enough to work the abdomen vigorously taking from three to five breaths in rapid succession; then resting a few minutes until the dizziness which usually follows with weakly persons passes away, then repeat several times, always breathing through the nostrils.

Spend as much time as possible in the open air and sunshine; and while walking about, make a practice of taking long, deep breaths.

These exercises are very beneficial to the lungs and stimulating to the whole system. Air is an indispensable element, and artfully used is a wonderful agent in purifying the human system; the long, deep breaths taken in slowly and held while taking five to ten steps, allowing the weight of the body to rest on the heel of one foot rather heavily, sufficient to jar the body to some extent, which will tend to force the stale and impure air or gases out of the system. These gases are always present in systems that are weakly, the practice must be indulged in with great care and moderation, or else much harm will result; therefore increase the frequency of deep inhalations slowly as time goes on, until the number of forty or fifty a day is reached. You should be out in the open air on bright, warm, sunny days, but avoid taking these exercises and being out of doors in damp or cold weather, at such times take the exercise in the house.

General Instructions.

Do not become discouraged or alarmed if you do not improve, or think you are improving, immediately after beginning the treatment, or because some other patient is apparently improving faster than you. Occasionally a patient will improve right from the start, but generally speaking they will feel worse, or in some cases have peculiar feelings, for a time, and in some instances, improve nicely for a week or two, and then feel even worse than when they began taking the herb teas. Such conditions are frequent and not to be considered alarming, but are in most cases inevitable, and a good indication that the medicine is going to the seat of the disease, and causing the poisonous gases to move about in the system, perhaps to rush to the head, causing some pain, or it may rush to the bowels and cause a free movement, or several of them, or it may settle in the region of the kidneys or bladder, and perhaps cause frequent urinating or some distress for a time.

Such disturbances should not excite the fears of the patient in the least, but on the contrary, should be taken as good evidence that the medicine is producing the desired effect, i. e., combating the enemy of good health. If there were not any changes in the system and feelings, it would be useless to take the medicine.

The "herb teas" are wonderfully thorough in their searching through the human system, and necessarily make a patient feel more of less out of sorts or dull, or like a useless sort of a being, and often the patient will find that the weight has decreased, which is evidence that just so many pounds of impurities have been removed from the system, and that there is room made for new and pure blood and flesh, to be put back in the place of the old, that was the cause of the ill health and weakness.

By the first examination we are able to locate the seat of the disease to a certainty. By each succeeding examination we shall learn more of the condition of the system, the extent that the disease has injured the vital organ or organs, the degree of the constitutional power of the patient. The climatic conditions vary from day to day; as also do the food, habits and practices of mankind. All of these have a marked influence on the human system, and every day there are changes going on in the human system that we need to become acquainted with, especially in cases of long standing.

Usually an examination once a day for about ten or fifteen days is sufficient to become thoroughly acquainted with the natural and unnatural conditions of the patient and be able to decide to a certainty whether or not the case is curable.

The foods that you are instructed to avoid, if used while taking medicines would either counteract the effects of the medicines, or cause distress that in some instances would become a very serious matter with the patient; hence it is of the utmost importance that you learn these rules thoroughly and live up to them to the letter at all times. This command is for your own best good; there could be no other object.

It is an impossibility to effect a cure in a serious case of sickness and allow the patient while taking treatment to attend parties, lecture, weddings,

excursions, late suppers, evening rides or any public gatherings or entertainments, or to attend to public affairs that are liable to worry or over tax the mind, as such things cannot be indulged in without counteracting the effects of the medicine, and it would be useless for you to take treatment if you did not deny yourself such indulgences and luxuries, at least until health has improved sufficiently for you to do so without bad effects. Your ill health is as great a burden as your powers are able to bear; to indulge in any excesses or overtax the powers in any of the very many ways that are open (and forbidden) might result to you like the last straw that was placed upon the camel's back. To ever be able to enjoy the good things of this life (moderately) you must surely abstain from the indulgence of any and all that is not really beneficial to your health.

To do things by halves is not the best way to restore injured health; be thorough in everything; assert your will power and with the determination of a hero or a heroine, progress step by step in the way prescribed to rescue lost health and strength.

Patients suffering from long standing diseases must not forget that it takes quite a time to rid the system of the numerous mineral poisons of which they have been partaking during all these years, as directed by their physicians; as it is a common, every-day practice with the average modern-school doctors to prescribe these poisons indiscriminately to those who may be so unfortunate as to be treated by them. These mineral poisons are also contained in many of the leading "patent medicines" that are rampant throughout our land, appearing under glowing pictures and seductive advertisements, thereby deceiving and misleading the unfortunate invalids, who are often induced to try many of the "cure-alls" with the hope of relief, but always with the same results—that instead of being benefited their health has been injured and their disease aggravated.

Sitting or lying in draughts or currents of air is something that is very necessary for invalids to guard against, as such exposure will in a short time cause you to take cold. You would be less exposed and better off out of doors in the open air, on bright, sunny days, than sitting in a draught, as stated.

While you were in perfect health, your circulation good, such exposure would have no bad effect upon you; but you must not forget that you are an invalid now, that the "door is open" as it were, and you are more susceptible to colds. Of all the accidents that our patients are liable to encounter colds are by far the worst, and are really to be dreaded; very often a simple cold causes the worst form of sickness, and also death.

Some patients feel quite lanquid or weak after taking the medicines awhile, for a short time, which is the result of the medicines searching the system and also allaying the inflammation which is present in nearly all cases of ill-health. Inflammation is strength for a time, or as long as the powers will endure that condition. Some people exercise so much strength while in a fever that the combined strength of two or three men is required to keep the patient on the bed and to prevent them from doing themselves harm; but when the inflammation subsides a very weak condition follows. We do not produce a sudden change in such conditions—we reduce the inflammation

slowly; it is the only way to effect a cure in cases of long standing—sudden changes often produce disastrous results.

When you feel drowsy, or as if you didn't care to move about or eat or talk (such feelings will appear frequently as long as the impurities remain in your system,) make it a practice to keep quiet for a day or two, till the condition changes, and allow the medicine to carry out its work; you will sooner arrive at a condition of better feelings than you would if you allowed yourself to worry and get excited because you were feeling worse than when you commenced the treatment. Your feelings are not a correct index to the condition of your system, neither can you predict the condition that you will be in on the morrow. The doctor is the reader of your system, and will not force you with medicines that you cannot stand, though sometimes the medicine may stir you up quite a little, and perhaps to some people seem to be more than they like to bear; but after a few days they find that they are not injured or that they can endure a rushing treatment all right. The medicines are all vegetable—herbs, roots, barks, berries and flowers; no minerals or poisons are used at all.

We treat the root of disease only. We remove the root of the disease, then the symptoms will disappear. We will not attempt to patch up a patient; the patients must allow us to assume the complete control over them and to act our choice as to the methods of treatment, otherwise we will not continue to treat a case, especially after the patient has violated the rules more than twice.

Some Handy Remedies.

The following simple prescriptions are given herewith for the benefit of all and to meet the emergencies which are likely to arise any day and in any household. They do not cost much, yet may be of great value.

No. 1—For Skin Diseases and Rheumatic Pains in The Limbs or Foot.

Take orange leaves, one-fourth pound,
Honeysuckle leaves or flowers (the latter are best) two ounces,
Black tea, one ounce.

The orange and honeysuckle leaves must be washed until clean. Put all into seven cupfuls of water and boil for half an hour. Use as a wash upon the parts affected. If a larger quantity is desired two or three cups of boiling water may be added, or if it is desired to be kept hot a long time, the same amount of boiling water may be added for this purpose. It is always to be applied hot, as the heat gives more benefit from the wash.

No. 2—To Quench Thirst.

Take four dried figs and three cupfuls of water and boil down to two cups. The liquid resulting makes a pleasant and healthful drink. Some people like it for food also. If a larger quantity is desired, double the number of figs and the amount of water.

No. 3—Remedy for Constipation.

Into two cupfuls of water put four tablespoonfuls of strained honey. Stir the mixture and use as an injection. The water must be warm. This injection, from the soothing qualities of the honey, will remove inflammation from the bowels and does not hurt the natural juices upon which the healthy action of the bowels depend. If the bowel does not move, repeat the injection the next day in the following manner: Take two ounces of Madeira vine and clean thoroughly. Add three cups of water and boil down to two. Add honey the same as before and again use as an injection. The addition of the Madeira vine makes the prescription stronger than before.

Whenever cups are mentioned in these prescriptions, large coffee cups are intended.

No 4—A Cure for Stomach Ache.

Take half a cup of salt and heat it by stirring it in a hot pan. Put the hot salt in a handkerchief or similar cloth and wrap it up. Then gently pat and rub the skin over the spot where the ache is. This will relieve the pain by quickening the circulation and by warming the stomach and the blood. This method will also relieve pains in the bones in any part of the body. It will be found useful for pains in the back.

No. 5—Treatment of Burns or Scaldings.

For a burn or scalding on the hands or fingers do not put the injured part in the water—a process which is the natural proceeding with many people. If the part is put into cold water the fire poison will go deeper and will return inside. Sometimes it will go very deep and cause a great deal of pain and trouble. Instead of water dip the finger or hand into kerosene oil and the fire poison will return to the skin. Keep the injured part out of water for two or three days. If there is a very great injury, consult Drs. Foo and Wing as soon as possible, but the oil will relieve for a time.

No. 6—A Wash for the Eye.

Chrysanthemum flowers steeped in water make a good wash for the eye. The white variety of the flowers is the best. This will afford temporary relief for sore eyes until my remedies may be used to remove the cause of the difficulty from the inside of the body. Steaming the eyes is also good, but if this is done care must be taken to steam both eyes, even though it is supposed that only one is affected, because when the eyes are steamed the poisonous matter, which results from inflammation, will go from one to the other. This method will relieve the symptoms, but it is better to take the herb medicines and so remove the cause of the difficulty from the vital organs.

Easy But Useful Exercises.

No. 1—To Exercise the Nerves and Pulse of the Body.

Stand erect, clench the fists, and draw them up to the sides of the upper chest, with the elbows drawn well back; then raise the arms straight up from the shoulders, three times and back; putting vitality in them, as if you were raising a weight, with the eyes looking straight down the nose.

No 2.

Take the same position as before, then raise one arm at a time alternately, three times each; going through the same movement as in No. 1.

No. 3—To Exercise the Chest and Back-bone.

Stand erect, extend the arms in the same direction, first to the right and then to the left; repeat from five to six times.

No. 4—To Exercise the Heart.

Stand erect and perfectly still, turn the head to the right as far as possible, holding it about five seconds, then turn it back straight and belch—or attempt to—repeat this six or seven times; after which turn the head to the left, going through the same movement. This exercise causes the heart to expand, and moves the foul air, making the circulation strong.

No. 5—To Exercise the Eyes.

Close the fists and raise them to the temples, near the eyes, and extend them at full length, in front of the body and back, at the same time keeping the eyes on an object directly in front of you.

No. 6—To Exercise the Stomach and Assist Digestion.

Close the fists and draw them up near the shoulders, take a few steps to the right, then to the left, then stop and stand with the feet about three feet apart, stooping over slightly (as if riding horseback) and remain in that position as long as you can, or until you feel exhausted.

No. 7—To Exercise the Lower Extremities and the Stomach.

Clasp the hands behind you, and walk for a few minutes, at a brisk pace, bringing the feet down hard upon the ground.

No. 8—To Exercise the Nerves.

Extend the arms in front of you, lower them and touch (or attempt to touch) the toes, without bending the knees. Repeat this three or four times.

No. 9—Exercise for the Lungs.

Stand erect, in the open air or in a well-ventilated room, inhale and exhale full short breaths for one or two minutes, working the chest vigorously; after which take a full breath through the mouth and hold it a little while, walking twenty or thirty steps, and striking the feet hard upon the ground or floor.

No. 10—To Exercise the Liver and Make the Blood Circulate Freely.

Close the eyes and roll them side wise, right and left, for one or two minutes. This exercise is also beneficial to the eyes, making the vision clearer; as the eyes are connected with the liver by hollow nerves, which the air circulates between.

No. 11—Exercise for the Brain.

Place the palms of the hands over the ears, closing the drums completely, and drum on the head with the fingers for one or two minutes, this tends to remove the foul air from the head and quiets the mind. Laboring men and those engaged in business should practice this morning and evening, and people of leisure three times a day.

No. 12—Exercise for the Stomach.

Soon after eating a meal take the following exercise: While walking slowly, place the palm of the hand upon the abdomen and rub, medium hard, over the spleen and around the stomach for a few minutes. This will assist the spleen and digestive organs to perform their functions.

No 13—Exercise for the Back.

Stand erect, and cross the arms in front, placing the hands upon the shoulders; then turn the upper portion of the body from side to side, as far as possible without moving the lower portion of the body. Repeat several times.

WONDERFUL CASE OF THE WINTER MELON

A New Cure for an Old Disease.

How an Intelligent Physician Invented a Remedy for a Peculiar Condition.

Dr. Tom Foo Yuen Saves the Life of Ho Cheong—A True Story From the Life of a Busy Physician—He Bases His Prescription on a Forecast of the Future.

BY GEO. W. HAZARD.

In 1893 I was taking treatment of Dr. T. Foo Yuen at Redlands. One very warm day I went for a long walk, and on my return to the doctor's office I was very thirsty. I also had a touch of heart burn, one of the ailments to which I was subject at that time. I asked Dr. Foo to give me something to quench my excessive thirst. He prepared some kind of a vegetable drink for me, and very soon the thirst was gone, and my throat and mouth felt natural again. After a little the heart burn ceased also. My curiosity was aroused to know what I had taken, and I asked Dr. Foo. He replied that the drink was made from the winter melon, or Chinese citron, and I told him that it was certainly a wonderfully fine thing to cure thirst, better than all the soda water and other fancy drinks I had ever taken.

Another time, when I drank more of the same preparation, Dr. Foo gave me the particulars of a wonderful cure which he had once made with the help of this vegetable, which is in very common use among the Chinese, both as a medicine, as a vegetable, and as a pleasant drink. I think that this cure is well worth repeating, and, as Dr. Foo told it to me, it ran about like this:

Ho Cheong, a farmer, lived in the city of Pa Nu, State of Canton. As a farmer he made money and then went into trade, keeping a grocery store in company with another man. But in the business he was not successful. He lost everything he had, went back home and tried to be a farmer again. But as he had no capital, he found it very hard to get along. Finally he sold his house, for which he received a few hundred dollars, which he kept in the little place where he went to live. But burglars broke into this and stole his money. After this last misfortune, Ho Cheong became insane. He was not quarrelsome and did not try to hurt anybody, but his mind was gone.

Ho Cheong's wife was a very good woman. She did everything that she

could do and spent all her money in trying to cure her husband, but he received no benefit from the treatment. At last Ho Cheong's wife came to Dr. Foo, who gave her husband an examination and said that some sickness had injured the brain, and that he could not be cured by medicines.

Then Mrs. Ho Cheong said: "What you say is true. Since my husband lost his money he has lost his mind. But you understand the case so well that you surely can help him. I want you to give him some medicine and see what effect it has upon him."

So Dr. Foo gave Ho Cheong some medicine which he took for over a month. His appetite improved and his general health was better, and Mrs. Ho Cheong thought so much benefit had been done that Dr. Foo could surely cure him, but Dr. Foo replied: "I am not certain yet." Then the woman said, "If you are so skillful and still cannot cure him, he will surely die pretty soon, and if my husband dies I do not care to live." Then she cried very hard. Dr. Foo was sorry for her and said, "Go home now and do not worry. I will try a very good way which will perhaps help him." But he did not really know at that time of anything that would cure poor Ho Cheong.

It happened, next morning, that Dr. Foo felt thirsty when he got up. The Chinese take soups and broths with their breakfast, the materials usually being selected because they are known to assist digestion, and to prepare the stomach for other food. (By the way this fashion is now being followed in England.) So Dr. Foo asked his wife what kind of soup had been prepared for breakfast, and she answered, "Just the same kind that you cured the case of sunstroke with." Then all at once Dr. Foo had an idea come into his head how to cure the insane man, and he told his wife so. She asked him: "Will the winter melon cure insanity?" He replied: "It is not used for that purpose, but next year the fire element will control the atmosphere and sunstrokes will certainly be very frequent. Now when the winter melon is cooked, and the liquid in which it is boiled is strained and kept for use in cooking the medicines which we use, it is very good indeed for sunstroke. Mrs. Ho Cheong is a farmer and she probaby has a stock of winter melons on hand. I will tell her to keep what she has and to buy more and keep all for next summer. She will certainly get a big price for them. Ho Cheong lost all his money, and therefore became insane. Now if he makes a good deal of money his mind will return and he will be well again. It will cure him, surely. That will be a big medicine for him. It is the only treatment in his case that is worth anything, because it appeals to his mind and not to his body."

The winter melon is usually eaten in the winter, when there are not many vegetables, and very few people would think of keeping them over till the next summer. But, for medicinal purposes, the fresh vegetable is of no use, because the medicinal power is in the skin when it is dried. So if the season should be very hot and there should be a great deal of sickness from sunstroke, there would be a great demand for the winter melon and those who might be fortunate enough to have a supply on hand would get good prices. Dr. Foo's wife said, however, that he had only used the winter melon in a few cases, and it would not be generally known that this vegetable was good for sunstroke. But Dr. Foo said he would manage that. A few years before

everybody had known that he was very skillful in curing sunstroke sickness, but had not known that he cured these cases with winter melons. Now he would write a statement of these cures and publish it, so that all the doctors could read it. Then they would all want to use the winter melon in their practice.

So when Mrs. Ho Cheong came again Dr. Foo asked her how much money she had left and how many winter melons she had on hand. She replied that she had a little over thirty dollars in money and two or three hundred melons. So Dr. Foo explained his plan to her for curing her husband, and told her to go and buy all the winter melons that she could and keep them in her house the next summer season.

Ho Cheong's wife was much pleased with this plan, and was glad to follow Dr. Foo's advice. Everything happened just as the doctor had said it would. The next summer there was a great deal of sickness, and there were many cases of sunstroke. Ho Cheong's wife sold her melons at first from forty cents to half a dollar, and then from a dollar to a dollar and a half, and even two dollars. Dr. Foo advertised his former cures far and wide and caused a great demand for the winter melons. Mrs. Ho Cheong made more money than her husband had lost, and his mind returned to him the same as before, and he became a strong, well man. This was the wonderful cure by the winter melon.

Dr. Foo's telling me this interesting story showed me several things about the Chinese way of living. The people of this nation eat to live, being different from the Americans, who live to eat. They try in every way to select those foods which are healthful and likely to assist digestion, rather than those which are most agreeable to the palate. This winter melon, or Chinese citron, is grown in every garden, and is used, as has been seen, in cases of prostration by the heat and as a beverage which takes away thirst by causing a natural action of the salivary glands. So thirst is removed in the natural way, and not, as is the case with us, by using ice-cold drinks, sweetened and flavored with various substances which are not very healthful. This vegetable ought to be grown in every American garden. Americans are very fond of roast and fried meats and other articles of diet which tend to produce inflammation in the stomach and bowels. This inflammation injures the gastric juices and prevents the proper digestion of food, thus bringing on a great many forms of ill-health. If this vegetable were grown and used in this country as it is in China, it would be a valuable addition to our food resources and would prevent a great deal of sickness.

The story that Dr. Foo told me also illustrates the value of having a good physician with ideas of his own, one who is not too closely tied up to the teachings of schools and does not depend upon medicines alone to accomplish results. When Dr. Foo found that his medicines would not cure the insane man he cast about for a better way, and hit a plan which was certainly original, and proved to be successful. It showed both his skill and kindness of heart, which are qualities of equal value in a physician. All those who have known Dr. Foo in America have been surprised at his intelligence, his originality of thought, his command of the English language, his sympathy with American institutions and his constant desire to assist the poor and un-

fortunate. He takes an intense personal interest in every case that comes under his treatment, and nothing gives him so much pleasure as to make a cure, especially in cases of chronic diseases, where recovery means a new lease of life to the patient.

I have thought it worth while to repeat this story because it illustrates some points in the Chinese character not generally understood, and shows that there are good and intelligent men among the many millions of the great and far-away nation, about which we imagine so much and know so little.

Diet in Pneumonia.

The following letter from one of our patrons illustrates the great importance of following closely our system of diet in acute diseases following colds, such as la grippe and pneumonia, and also the value of the herbal remedies, as compared with the drugs commonly employed in these diseases. The letter explains itself, and is as follows:

COLTON, Cal., October 5, 1897.

Drs. Foo and Wing, Los Angeles.

Gentlemen: I am perfectly willing to give some statement of the success of your remedies in acute diseases, as I am certain that they saved my wife's life in a severe attack of pneumonia last spring. I had known considerable of the Chinese system of medicine, and was favorably inclined towards it, but did not at first employ it in this instance because the attack was so violent that I thought there was no time to communicate with you. I therefore employed an American physician, and commenced the usual treatment given by them—quinine, phenacetine and stimulants, especially whisky. Under this treatment the case kept growing worse. The intention was to keep up the patient's strength, as the physican seemed to be afraid that when the fever, which was very high, left her, there would be a reaction from which she would not recover. He also recommended the most nourishing food, such as meat broths, soft-boiled eggs, chicken broth, etc.

The result was that the fever went very high, remaining at 103 to 105 degrees for three days At the end of this time Dr. Foo came to San Bernardino, and I called on him there and told him about the case. He gave me some packages of herbs and told me to leave off the whisky and strong soups, and to give rice gruel and a little hot milk instead. The prescriptions worked like a charm. My wife at once commenced to recover, although the first two or three doses did not have as much effect as those that were given later, because they had to contend not only with the disease but with the stimulants and drugs that had already been given. In about three days longer the fever went down, and the temperature and pulse became normal. There was no reaction or sinking whatever, showing that the herb teas not only reduced the fever, but also kept up the patient's strength and prevented anything like a collapse. This was something that the other drugs had utterly failed to do.

The lungs were a long time in getting back to their natural condition, and

Dr. Foo said that this was on account of the soups which had been given early in the case, that the grease in these had helped clog the lungs and had made the cough dry instead of free, and had caused more trouble than there should have been in getting rid of the phlegm. We followed Drs. Foo and Wing's bills of fare closely and continued the use of the herb teas for a few months, when the lungs were entirely well again, and there was no injurious after-effect from the attack. My wife is now as strong and well as ever in her life.

I believe that many mild cases of such diseases are made serious, and that many people are prevented from recovering by the use of stimulants and of strong foods in such attacks. I consider such treatment to be all wrong, and can see how a mistake in these matters is very likely to end in a fatal result. The proper remedy, to my mind, is for every family to keep on hand a few packages of the herb teas, to be used in case of a cold, which will prevent such cases from taking so serious a form.

Very truly yours, A. E. ARCHER.

Aerated Bread.

We have found by experience that our patrons thrive on the Meeks' aërated bread, either the white, graham or whole wheat, but preferably the last named. This bread contains no yeast or fermentation, and is therefore readily digested by many stomachs which cannot digest the ordinary fermented breads. It is made after a process invented by one Dr. Dauglish, in 1859, and has been employed extensively in different parts of the world ever since that time, although not so commonly as it should have been, because its manufacture requires an elaborate and expensive plant, which is only justified by a large demand. A taste for this bread usually has to be acquired, as for so many other articles of food, but those who once learn to like it are enthusiastic over it ever afterwards.

In this bread, carbonic acid gas, the same gas used in soda water, takes the place of the yeast, in the process of manufacture. The plant comprises a system of reservoirs and cylinders in which the dough is mixed and the water employed for this purpose is charged with the gas under a high pressure. The dough is discharged from one of the receivers in quantities just large enough for a single loaf, and, as it comes from this, the gas expands and makes it light. It then goes to the oven, where, in the baking process, the gas is expelled, so that there is no injurious effect from this.

The advantages claimed for this kind of bread, and shown by experience, are the following:

"(1.) It avoids the loss consequent upon the decomposition of the portion of starch or glucose consumed in the process of fermentation, estimated at from 3 to 6 per cent.

"(2.) It does away entirely with fermentation and with all those chemical changes in the constituents of the flour which are consequent upon it.

"(3.) It reduces the time requisite to prepare a batch of dough for the

oven from a period of from eight to twelve hours to less than thirty minutes.

"(4.) Its results are absolutely certain and uniform.

"(5.) It does away with the necessity for the use of alum with poor flour, and the temptation which bakers are under to use it with all.

"(6.) It has the recommendation of absolute and entire cleanliness, the human hand not touching the dough or the bread from the beginning to the end.

"(7.) The journeymen are relieved of a circumstance most destructive to their health—that of inhaling the flour dust in the process of kneading.

"(8.) It will produce a healthier condition of the baking trade, and thereby diminish to a great extent the inducements which lead to the expensive system of fraud now practiced upon the public by the production of adulterated and inferior bread.

"(9.) It will effect an immense saving in the material from another source, namely, by preventing the sacrifice of at least 10 per cent. in the nutritive portion of the grain, hitherto lost as human food by the method of grinding and dressing necessary in the preparation of flour for making white bread by fermentation."

This bread is made in this city by the Meeks Baking Company, whose factory is at Sixth and San Pedro streets, and whose retail stores are in different parts of the city. From our experience with this article of diet we are convinced that it is the most wholesome form of bread made, and we unhesitatingly recommend it to all of our patrons. Many of these are now using it with satisfactory results.

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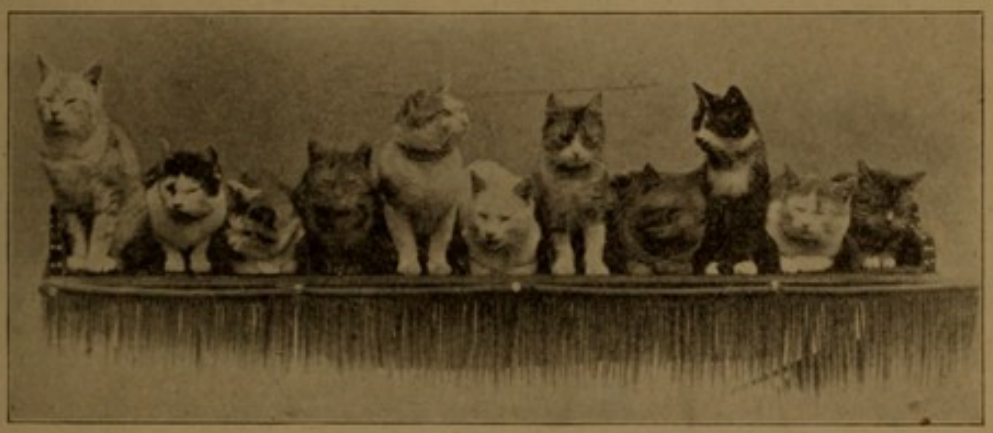

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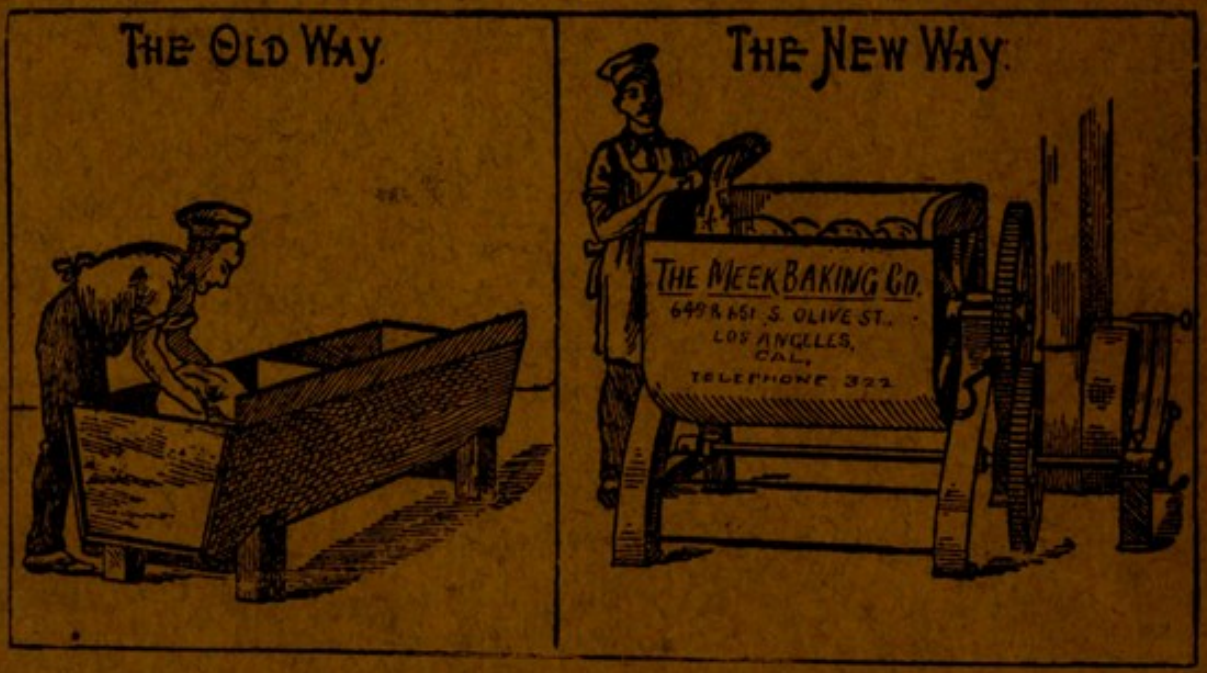
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