

**THE SCIENCE OF ORIENTAL MEDICINE, IT
PRINCIPLES AND METHODS, TREATISE NO. 6.
COMPRISING BIOGRAPHICAL SKETCHES OF ITS
LEADING PRACTITIONERS, ITS TREATMENT OF
VARIOUS PREVALENT
DISIASES, USEFUL INFORMATION ON
MATTERS OF DIET, EXERSISE AND HUGIENE**

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The Science of Oriental Medicine, It Principles and Methods, Treatise No. 6. Comprising Biographical Sketches of Its Leading Practitioners, Its Treatment of Various Prevalent Disiases, Useful Information on Matters of Diet, Exersise and Hugiene by Foo & Wing Herb Company

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The above cut represents a pulse diagnosis. The figure at the right is T. Foo Yuen, President of the FOO & WING HERB COMPANY, that in the center is his son, Tom How Wing, the figure at the left is W. A. Hallowell, Jr., one of the friends of this corporation.

TREATISE NO. SIX

INVALUABLE TO INVALIDS



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A GUIDE TO HEALTH

[Los Angeles]

COMPILED BY THE FOO & WING HERB COMPANY

INCORPORATED

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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 which are valuable as the productions of an educated Chinaman, and contain 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 regrettable, 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 thoroughly 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