

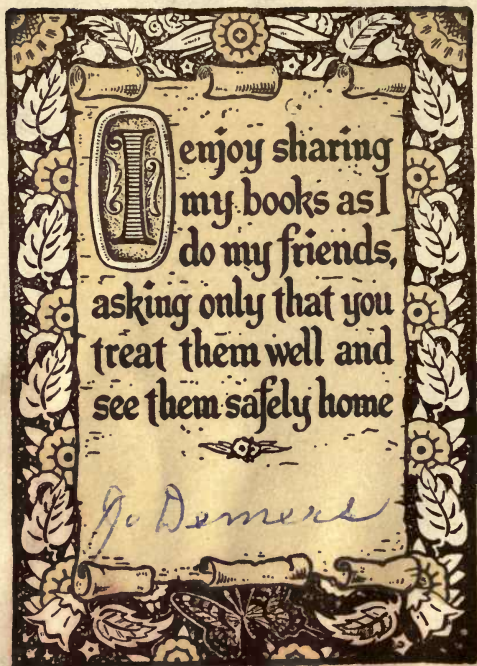
# HERB LORE



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**I** enjoy sharing  
my books as I  
do my friends,  
asking only that you  
treat them well and  
see them safely home

*Jo Demere*

1936

# HERB LORE



## FONG WAN

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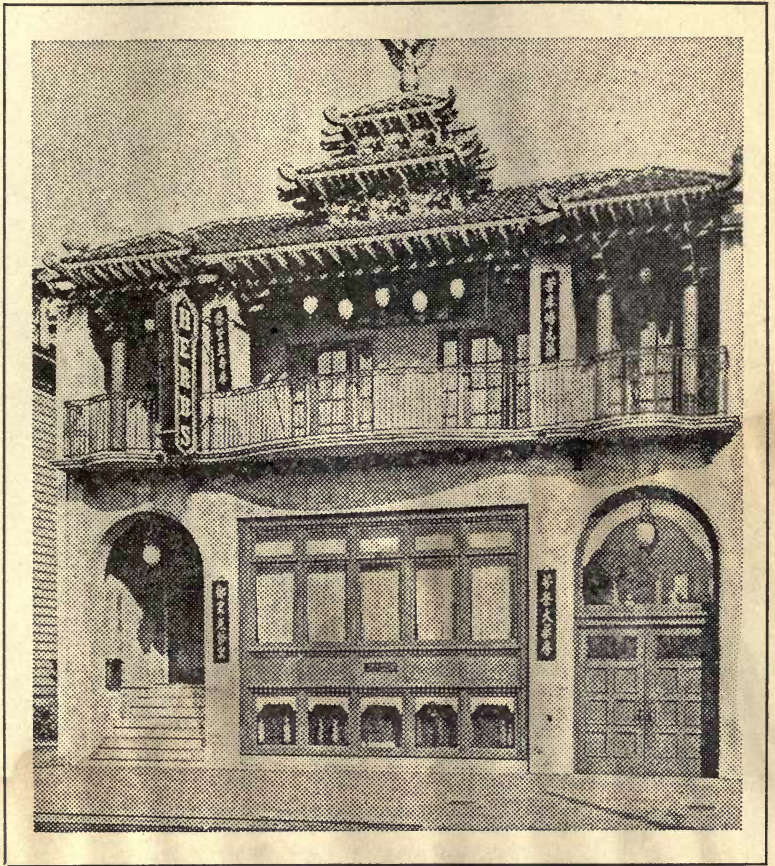
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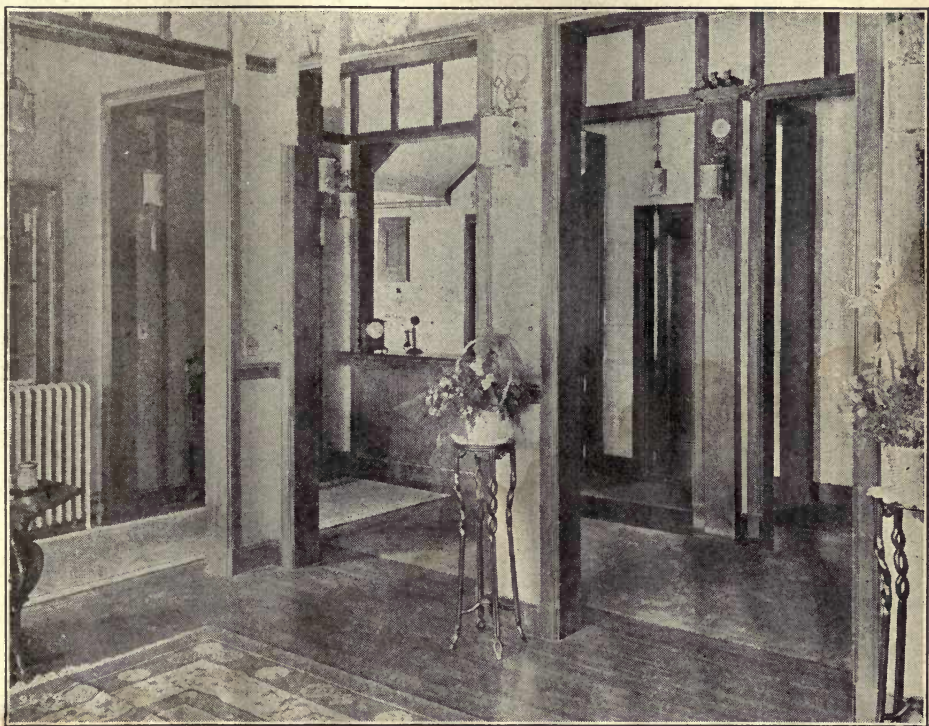
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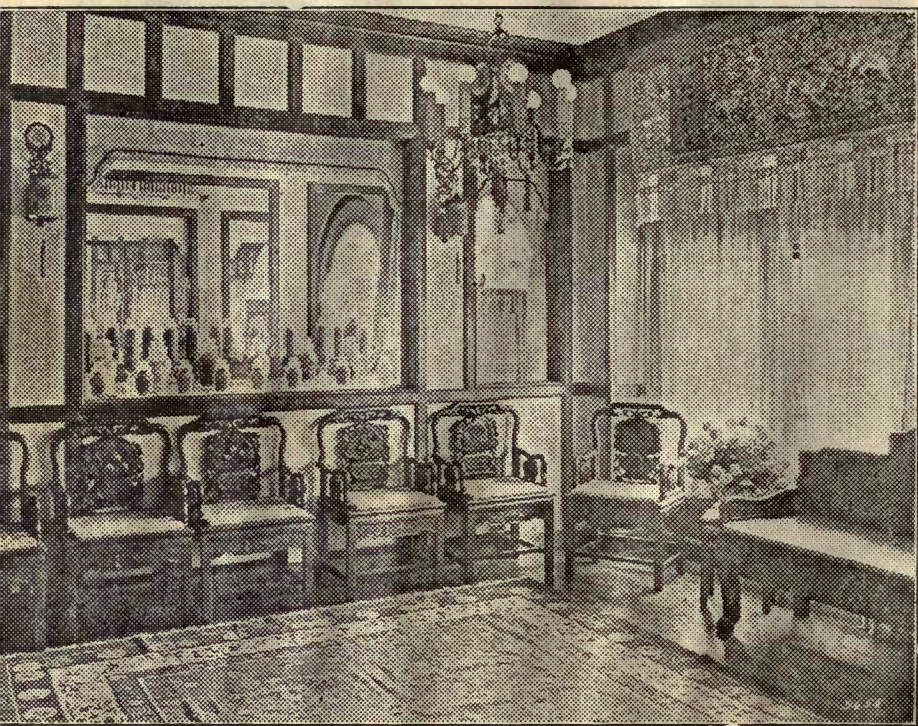


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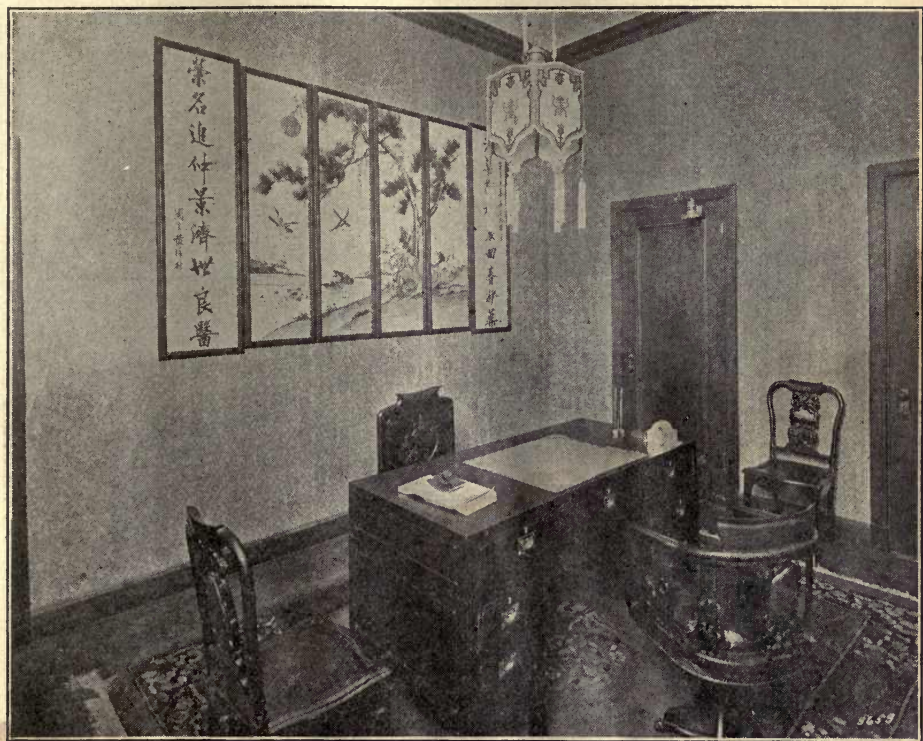


ENTRY LEADING TOWARD CONSULTATION ROOM OF FONG WAN



RECEPTION AND DISPLAY ROOM SHOWING SAMPLES OF VARIOUS  
KINDS OF HERBS





CONSULTATION ROOM WITH IMPORTED TEAKWOOD FURNITURE  
AND ORIENTAL EMBROIDERIES



THE HERB ROOM STOCKED WITH THE GREATEST VARIETY OF CHINESE  
HERBS IN AMERICA

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## FOREWORD

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The demand of Americans for Chinese Herbs has for several years been steadily on the increase. Consequently, whereas some forty years ago the sale of Chinese Herbs in the United States was confined almost wholly to the Chinese population, at the time of this writing, the American patrons far outnumber the Chinese.

Our company has been doing business in Oakland, California, for the past twenty years. During this period, we have afforded genuine, and, in most cases, permanent relief to numerous persons, variously afflicted. Our harmless, life-giving herbs have so built up their bodies, purified their blood, and renewed their strength that they have again felt like their former selves and have joyfully taken up the burdens of life anew. We are here presenting the testimonials of a number of enthusiastic patrons, some of whom testified in the Federal Court in San Francisco, California, March 1st to 8th, 1932, as to the authenticity of their printed statements; the more recent addresses of whom may be obtained at our office.

The office hours of our herbalist are from 10:00 A. M. to 6:00 P. M. daily, Sundays 9:00 A. M. to 12 Noon. Herbs are cooked and the tea served at the office daily to those patrons who either prefer to drink the tea at the office or who have no facilities for cooking the herbs at home. Although there is no charge for cooking the herbs, 90 per cent of our patrons prefer to boil them at home, several packages being put up at a time.

Herbs are compounded to meet the needs of the individual. In all cases, the price is the same, being ten dollars per week in advance for seven packages, one to be cooked each day either in accordance with directions given, or cooked in four cups of cold water and boiled down to one cup in about 30 minutes, the tea to be strained and drunk while warm.

Believing that the American public would be interested to know something of the Chinese theories regarding the functioning of the various organs of the body, and of the Chinese methods of healing that have come down to us through the ages, we are also printing several articles from the pen of our renowned herbalist.

FONG WAN.

Oakland, California,  
May, 1936.

# CHAPTER I

## THE HERBS — THEIR USES AND PREPARATION

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### THE SCIENCE OF CHINESE HERBAL REMEDIES

The Chinese Science of Therapeutics is as old as Chinese civilization itself. In the primitive period of the nation's history, there reigned an emperor known as Shin Nong, which means "Divine Farmer." Because of his wonderful knowledge of Botany, he was regarded as a god. While searching for cereals and other plants that might serve as food for his people, he learned of the curative properties of certain plants, and set himself the task of naming and describing them.

He believed that all things on earth were included in five natural elements: water, fire, vegetation, mineral and earth. The color predominating in the vegetation element is green. Because the liquid contained in the gall bladder and the juices secreted by the liver are greenish, he concluded that the gall bladder and liver belonged to the vegetation element. The natural color of the fire element is red. As the heart controls the circulation of the blood of the body, and as the blood is red, he said that the heart belonged to the fire element. The natural taste of the water element is salty. As the urine, which passes through the kidneys into the bladder is salty, these two organs were classified under the water element. The natural color of the earth element is yellow. As Shin Nong believed that the stomach gets its power from the spleen, and as the gastric juice of the stomach is yellow, he classified the spleen and the stomach as belonging to the earth element. As the color of the natural element in mineral is white, and as the lungs are white, he concluded that they belonged to the mineral element.

Shin Nong next classified the medicinal plants according to their relations to the five natural elements. Those that were black and had a salty taste were classified under the water element. He believed they had an influence upon the kidneys and bladder. The color in the vegetation element being green and the taste sour, herbs of greenish color and sour taste were believed to be allied to the vegetation element, to have



power to contract the air in the blood, and to assist the liver and gall bladder in their functions.

The color of things belonging to the fire element is red, the taste is bitter, and the power from these things rushes through the system. Therefore, medicinal plants of a red color and bitter taste are classified under the fire element, and influence the heart and small intestines, which belong to the fire element.

The color of the earth element is yellow, its taste is sweet, and the power from it is very slow. Herbs of yellow color and sweet taste belong to the earth element. These slow down the circulation and thus cause the effects of curative remedies to remain in the vital organs. Their effects are especially marked upon the spleen and stomach because these organs belong to the earth element.

In the mineral element, the color is white, the taste is hot, and the power expands. Herbs of white color and pungent taste belong to the mineral element. These cause the natural heat of the body to reach the extremities and the skin. They influence the action of the lungs and of the large intestines, as these organs belong to the mineral element.

With the exception of some abstruse variations, this ancient classification is followed in a general way by the herbalist of today. However, each kind of herb has its peculiar properties and powers, and differs from the others of its class just as every individual differs from all other persons. A Chinese herbalist must not only understand the philosophy of relationship, but he must be familiar with each individual herb, be informed as to its effect upon the human system, and know how to unite the different herbs into the various combinations, known in English as "Herbal Remedies."

More than a thousand different species of herbs are in use. These comprise barks, roots, flowers, leaves and berries. From eight to twenty kinds are called for by each formula, the proportion varying in accordance with the needs of the individual case. The power of some herbs penetrates the upper part of the body; of others the lower. The power of some goes to the right side; of others, to the left; while of others, it goes to the skin. Therefore, there are special remedies for each vital organ that is not functioning properly. When more than one organ is deranged, there is need of more than one remedy.

For more than four thousand years, the Chinese race has been cared for by this system of medicine, and its benefits have been found of great value. Though some improvements have been made since the time of Shin Nong, yet the principles laid down by him remain unchanged.

## CAUSES OF VARIOUS AILMENTS

Shin Nong, an ancient Chinese Emperor Herbalist, likened the human system unto the universe. As all life is dependent on Nature for sustenance, he concluded that in the body of each person were to be found the five principal formative elements of Nature, viz: minerals, vegetation, water, fire and earth. In other words, he held that each human being resembled Nature in miniature.

When Nature's five elements are working with equilibrium of power and balance, there are no thunderstorms, volcanic eruptions, earthquakes, upheavals or sinking of the earth, typhoons, etc. Likewise, when in our human systems equilibrium is maintained among the five elements, we are strong and well; free from complaints of all kinds.

The most active element in both Nature and the human body is fire. Whenever the water element (blood) is over-heated or there is too much fire, we have the condition known as "Inflammation of the System." It resembles a heat wave on the earth which produces wind, otherwise known as gas or air circulation. The human system contains two circulations: the breath and the blood. The Chinese writers say that the blood is man's glory and the breath his protection. If their circulation is impeded, the viscera are inactive. When the internal organs cease to function properly the entire system becomes poisoned. For example, the lungs of Influenza victims were congested and clogged with black blood. The blood sometimes poured from their mouths and noses even after death. Likewise, in bad cases of cancer of the breast there is a purplish black color and the edges are upturned. Ninety per cent of such cancers are incurable, the poison being so deep-rooted that nothing is able to drive it out. Even operations do little or no good, as the cancer either appears again or the sufferer dies before long. Whether a cancer can be dealt with successfully or not depends upon its condition.

The devastations of the fire element, or inflammation, cause the most suffering. Inflammation of the heart causes valve enlargement, palpitation, hardening of the arteries and high blood pressure. Inflammation of the kidneys causes Bright's disease; of the pancreas, diabetes. Inflammation of the bladder causes discharges; of the nerves, neuritis or inflammatory rheumatism. Inflammation of the bowels or rectum causes piles or bleeding bowels. Inflammation of the uterus causes tumors and hemorrhage; of the eyes, blindness; of the throat, soreness, tonsillitis and swellings. Inflammation and cold in the head causes headaches and catarrh. It thickens and condenses the moisture, chang-

ing it into mucus or phlegm. Inflammation of the liver or the gall causes gall stones or enlargement of the liver. When inflammation affects one or more of the internal organs, trouble develops in the extremities of the body, through the media of blood circulation and nerves. Therefore, in order to afford permanent relief the Herbalist must be conversant with the connection between the internal organs and the part of the body affected.

Inflammation of the human system comes either from what we eat or drink or as a foreign invasion, such as attacks consequent upon changes in temperature (cold or fever) or upon contagion or other infection.

Inflammation in any part of the system impedes its proper functioning. Merely taking a physic and moving the bowels every day does not necessarily imply that the blood and organs are thereby cleansed and rid of poisonous inflammation. Some persons try to drink a gallon or more of water each day in order to flush the kidneys and bladder. The result of such measures is frequently the bringing on of indigestion and the weakening of the bladder and kidneys for life. Other people eat quantities of fruit in order to keep their systems from becoming inflamed. However, one who takes into his system too much fruit and water will thereby destroy the fire elements therein, and his food will lie there undigested. He will soon lose his vitality and become liable to tumors, discharges, pallor of complexion, sensations of cold and weakness, sour stomach, vomiting and sometimes even dropsy.

In addition to tracing various ailments to foregoing elements, Chinese Herbalists also attribute pathological conditions to other causes, e. g.:

1. Overexcitement or great joy affects the heart.
2. Intense anger affects the liver.
3. Deep thinking (mental strain) and sadness affect the spleen.
4. Great fear affects the kidneys.
5. Sudden fright affects the heart.

Any specific ailment may be due to the inflammation or derangement of one or all of these organs.

## HOW CHINESE HERBS ARE PREPARED

There are more than a thousand varieties of Chinese Medicinal Herbs, most of which are gathered by specially trained persons in the great province of Sze Chuan, in Western China. These herbs consist of leaves, bark, berries, and roots, all of which must be cleaned and steamed in order to sterilize them. The roots, moreover, are given a special scrub and then steamed for twenty-four hours. After having been steamed, the herbs are either put into the sun to dry; or in case the weather is rainy, are dried under shelter in specially constructed ovens.

As a rule, however, the herbs are not put through these processes in the province in which they are gathered, but are shipped immediately to Hong Kong to exporting firms having special facilities for cleaning, cutting, steaming and drying herbs on a large scale, as well as for sanitary packing and for shipping. While the processes to which the herbs are subjected in preparing them for market serve both to remove all foreign matter and to thoroughly sterilize them, they do not, however, rob them of their healing properties or of their delicate fragrance. When a well-sealed box of these carefully prepared herbs is received in the United States and opened, the room is filled with an aroma comparable only to that of the forests in May.

There is one conspicuous difference between Chinese and Occidental herbs. The latter are generally sold in small packages and are ground almost to a powder, while the Chinese herbs from which one cup of tea is made are in large pieces, each leaf, berry, or piece of bark or root being distinct from the others. In fact, a package of Chinese herbs, instead of containing two or three teaspoonfuls of powdered herbs, contains about three cupfuls of herbs of approximately twenty varieties, each in its natural color and form. Again, most Occidental herbs are merely steeped before drinking, but in order to make a cup of tea from a package of Chinese herbs, one must add four cups of water and boil them for half an hour, after which they are strained before drinking.

---

## HERBS PART OF NATURE'S VEGETATION ELEMENT

If we cut, grind or boil it, any herb carried by the Fong Wan Co. can be eaten without the slightest harm to the human system. When these herbs are compounded by our Specialist who has an extensive

knowledge of their properties, they work wonders in the regeneration of the body.

No creature can live without vegetation. Because of lack of vegetation on the great deserts, there is no animal life. Vegetation that is mild in taste is used for man's daily food. Some vegetation of sour or bitter taste possesses curative power and is valuable as a corrective.

Hundreds of varieties of herbs are used as foods. Anyone who doubts this statement can make the test by ordering Chinese dishes in accordance with the advice of the Fong Wan Specialist. The wholesome and delicious Chinese Herb dishes are unequalled in body-building value by any other foods. A table for 8 persons costs about \$30.

We have heard many persons say: "I have no confidence in herbs." These people do not stop to think that 99 per cent of their daily food is of vegetable origin, and that even fish, meat, milk, butter, and sugar come under this head. If there were no vegetation, neither cattle nor fish could subsist. It would seem as if those people who do not believe in herbs do not believe in the wisdom of God, who gives us vegetation so freely. Furthermore, how can they believe that their strength and vitality can be maintained by eating three meals a day?

Besides our common food and the remedial herbs, the building material and furniture of our homes and the beautiful flowers in our gardens all belong to the vegetation element. Without vegetation, there would be no fuel; neither could minerals be welded into instruments.

The colors of flowers attract the human sense of sight. They correspond to the colors of the human organs. Green, besides being the most prevalent and most restful color, has the greatest attraction for the human eye. Green is the vegetation color. The liver belongs to the vegetation of the body. Therefore, the liver is also attracted by the color green. The Chinese believe that the colors in the eyes represent the colors of the internal organs. For instance, the color of the iris represents the color of the liver; the white of the eye represents the light color of the lungs; and the dark pupil represents the color and strength of the kidneys. Therefore, various colors attract not only the human eye, but also the senses of the internal organs.

Why do children like sweets? Because the stomach and the spleen are yellow, thus resembling the color of the earth element. The taste of the earth is sweet; therefore, the stomach and the spleen naturally develop earlier and with greater rapidity than any of the other organs. Children like sweet things almost immediately after birth. The liver belongs to the vegetation element. The taste of vegetation is sour.

When a person craves sour food, his liver has need of them. The kidneys and the bladder belong to the water element. The taste of urine and of water is salty. When a person craves salt, the kidneys and the bladder are in need of it.

Just as the organs crave various food elements, even so are they attracted by the different colors. If any organ in the human body fails to function properly, Nature's herbal remedies are required to revitalize it.

---

### **THE DIFFERENCE BETWEEN A DRUG AND A HERB**

Naturally, when we look at the words "drug" and "herb," we think of them as being related. Each consists of four letters. There, however, the resemblance ends. A herb is an organic substance of vegetable origin. It has life and it supplies nourishment for the building up and strengthening of the body. It also eliminates poisons from the human system. A herb is a food, which, if eaten correctly, eradicates and prevents many ailments. A herb belongs to the vegetation element and can be grown in many different localities. It has no habit-forming or other bad effects.

A drug is usually of mineral origin and is an inorganic substance. Sometimes, however, a drug is derived from vegetables or herbs, but only through a chemical process. It has no life and has a deadening or killing effect. A drug is frequently a poison which at times is used to destroy other poisons. Therefore, the after effects are often harmful.

---

### **THEY SEE NO SMOKE; THEY SAY THERE'S NO FIRE**

Extracts of various Chinese herbal remedies have been subjected to chemical processes in order to precipitate their elements. However, many kinds of herbs and roots show nothing in the test tube; consequently, the chemists cannot determine their uses. For example a chemist is never able to discover the elements in the Ginseng Root which is a wonderful remedy in building up the air circulation in the body. For the past fifty centuries, the Chinese have used Ginseng Root to strengthen the air circulation and have combined it with other herbal remedies to improve the blood circulation.

Articles written by chemists or pharmacists frequently appear in the newspapers ridiculing the Chinese as being superstitious in believing that Ginseng has great medicinal value. Because these writers cannot see the curling of the smoke, they say there is no fire.

## **THE BLIND LEAD THE BLIND NEITHER POSSESSING FUNDAMENTAL KNOWLEDGE**

In this twentieth century, human suffering may be classified under three groups, viz.:

(1) Neuritis, headaches, nerve pains in the back of the neck or in the head, or pain in the shoulder blades. These pains are generally due to either inflammation of the blood stream or to the improper functioning of the kidneys and the bladder. Generally, these conditions are not manifest in either blood tests or urine tests. In consequence, patients are told that their kidneys and bladders are in good condition.

(2) The blood around the valves of the heart becomes poisoned, heated by the fire element, and congested. Pains run through the chest, the nerves, the arms and the shoulder blades.

(3) The improper functioning of the liver or of the gall bladder. The pain runs along the right side through the back and more or less through the stomach. Persons suffering from the aforesaid ailments, having failed to secure relief, are generally advised to have even their good teeth extracted, their tonsils removed (even though they may be small in size), the gall bladder drained, the appendix removed, and one kidney taken out. Yet, after all this, they still suffer. The basic causes are to be found in the blood stream. Why should people suffer thus? The result of having teeth extracted is faulty mastication, faulty digestion and broken health. How many persons are free from suffering after the gall bladder has either been drained or taken out? How many young people who have their appendices removed become subject to either nervous attacks or to epileptic fits? How many little folks who have had their tonsils removed have either died or had their eyes sunken in? Lacking a fundamental knowledge of their ailments, sufferers are led by so-called medical advisers just as the blind lead the blind. Is this to be regarded as advance in twentieth century science?

---

## **GINSENG IS EXTENSIVELY USED TO INCREASE THE CIRCULATION OF THE BLOOD AND THE BREATH**

As far back as the beginning of Chinese civilization, the people of China had learned through their herbalists that in the bodies of all living creatures there are two circulations; viz., the circulation of the blood and that of the breath. In the ancient literature on herbs we find the statement, "Man's blood is his glory; his breath is his protection.

If the circulation of either of these is impeded, the five viscera do not function normally and the system becomes poisoned."

In the Chinese methods of treatment, the circulation of the breath is deemed of more importance than that of the blood, because if the breath circulation is impeded, the blood cannot follow, just as in a water pipe, unless the air goes through first the water cannot make its way.

In Occidental schools of medicine, the scientists frequently say that such and such a person is anemic or lacks blood. Moreover, we often hear people say, "I am short-winded and cannot get my breath." However, the medical men never claim that the short-winded person lacks breath or air. On the other hand, when a person is anemic, blood-transfusion is commonly resorted to; while sometimes iron is injected to build up the blood or electricity is applied to the body to accelerate the circulation of the blood. Again, the sufferer may be advised to drink alcoholic liquors, or even the fresh, warm blood of a calf, from a slaughter house.

On the other hand, we never hear of people who are short of breath being taken to a service station to have air pumped into their bodies. In fact, nothing is done to increase the air supply in the system. If the Chinese theories are correct, Occidental Medical Science, which omits the study of the breath or air circulation, is only 50 per cent efficient, even granting that its methods of building up the blood are successful. While expensive deerhorn is used as a blood restorer in China, herbs compounded for this purpose have proven more successful and are commonly used.

---

## **GINSENG AS AN AIR OR BREATH RESTORING TONIC**

In the Chinese herb treatment various kinds of ginseng roots are used to strengthen the air circulation and restore the power to the breath. In order that the blood may not become inflamed, ginseng of the more common varieties is generally compounded with different kinds of herbs to produce blood and air in people who are run-down and weak. In the Occident, people who are weak and sick are often given iron tonics or injections of iron, which cause headache and pain in the nerves of the neck and temples, together with afternoon fever, red lips, and hot cheeks.

The Chinese know positively that ginseng is a Tonic and Restorative. The highest-priced North China Ginseng costs \$100 per ounce. This makes but one cup of Ginseng Tonic. Millions of dollars worth of



the cheap American Ginseng, valued at \$10 a pound, is sold in China annually. It is used to clear the lungs of fever and to cool the acid fever of the blood in the stomach. It is also known to be one of the best remedies for a child with the measles who has fever.

---

### **RIDICULE**

There is an old superstition that Ginseng (Root) with a ball top and a root resembling the arms and legs of the human body is the more valuable. However, the shape has nothing to do with the quality.

Fong Wan imports approximately 1,000 pounds of Ginseng annually. He has it scraped, cleaned, steamed, and chopped into lengths, in order that it may be easily boiled daily together with other herbs, for people with weak lungs, weak stomachs, or weak spleens. It would not be possible for Fong Wan to spend time in selecting roots of certain shapes, each of which weighed less than half an ounce. As numerous pieces of Ginseng of different shapes are used daily, he would have time for nothing else should he scrutinize each root to determine its shape.

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### **THE WORLD IS AWAKENING TO THE VALUE OF CHINESE HERBAL REMEDIES**

Prior to the year 2000 B. C. the Chinese were well-versed in the properties and remedial values of numerous herbs growing in China. Billions of Chinese had been benefited by the use of these herbs before the people of other nations took cognizance of their value. It is but a few centuries since the Japanese began to study the works of the ancient Chinese Herbalists and to discover for themselves the wonderful results to be obtained from herbs properly prepared and administered.

Japan, however, was far in advance of Western nations, for it was but a few years ago that the Government of France began to recognize the marvelous medicinal value of herbs and to take steps toward securing their benefit for the French people.

In the United States of America due mainly to the persistency of the Chinese herbalists themselves and their willingness to endure persecution for the sake of their profession, the use of Chinese Herbal Remedies has been gradually introduced. At the present time, scientists are keenly interested in Chinese Herbs. The chemists of the University of California and of other universities in the United States are making

intensive studies and carrying on numerous experiments in order to determine scientifically the exact effects of certain Chinese Herbs upon the human system.

On March 19, 1928, some of the officials of the University of California ordered through the Fong Wan Company, ten pounds of Ma Huang to be sent to Washington, D. C., so that the curative powers of this plant might be investigated there. The manner in which Ma Huang is used by the Chinese in Herbal Compounds is quite different from the ways that the Americans use it in combination with other things. The Chinese method is not harmful. The authorities of the University of California have also bought, mainly from the Fong Wan Company, more than three hundred specimens of other herbs for use in their laboratory research.

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### CHAULMOOGRA OIL, DIGITALIS, EPHEDRIN, MERCURY, SALVARSAN AND NUMEROUS OTHER DRUGS

大風子



A branch from the Chaulmoogra tree,  
showing seeds from which oil  
is extracted.

. . . have been used in China for thousands of years. However, during the past few centuries, the use of Mercury and Salvarsan has been gradually abandoned, as the Chinese have discovered that these drugs contain too much poison for the human system to cope with. The Chinese have therefore resorted more and more to herbs, which, while having great healing power, leave none of the bad after effects common to drugs. Digitalis, an extract of Foxglove Root, is beneficial to the heart. Ephedrin is an extract from the Chinese herb "Ma Huang."

Chaulmoogra Oil for leprosy, so recently acclaimed by the Western World, was known to the Chinese long before any foreigner ever visited China. The Chinese Encyclopedia of Herbal Science, which was published by the Chinese Govern-

ment about 300 years ago, contains formulas setting forth the uses of Chaulmoogra Oil. This is but one illustration of the fact the Chinese possessed knowledge of medicinal remedies far in advance of westerners and that many of the so-called "new discoveries" in Western Medical Science have their origin in Chinese knowledge and usages.

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## THE COMPASS AND CHINESE HERBAL REMEDIES

The compass was invented by the Chinese many thousands of years ago; yet today, according to the statement of Lieutenants L. J. Maitland and A. J. Hegenberger, published July 12, 1927, in the San Francisco Chronicle, the compass "beats all new instruments."

Not only do the world's aviators use this Chinese invention to guide them, but it is also used by steamships, warships, engineering works, and even in getting direction for long range guns. All nations, great and small, use this invention to help them find their way in the world.

Now that the world is gradually awakening to the value of Chinese Herbs, the young Chinese students in the Medical Colleges are frequently asked by the doctors under whom they study what one or another kind of herb is used for. While these medical men are deeply interested in the scraps of information thus gleaned, they do not realize that these Chinese students are not herbalists and that they know only a little of but a very few kinds of the herbs that are used by the Chinese to relieve human suffering.

Moreover, these few kinds of herbs in the hands of Occidental doctors are comparable to what a few selections from English Literature would be to a Chinese who had just learned his A B C's. Even though these medical men might learn the uses of hundreds of kinds of Chinese Herbs, yet, because of their lack of fundamental and experimental knowledge of herb treatment, they would soon forget what they had learned, and the five thousand formulas that have been worked out by ancient Chinese Herbalists would be valueless to them.

While the use of the Chinese invention, the compass, has never been attacked and prohibited because of jealousy, the practice of Chinese Herbs is continually under fire, for the reason that practitioners in other schools of healing realize that the marvelous success of the herb treatments has shorn them of much of their business. The Fong Wan Herbalist, however, has been able to afford relief to so many people whose cases had been pronounced hopeless, that he has not only withstood

these attacks, but has gained the applause, gratitude and friendship of thousands of Americans.

Just as the compass is so efficient that it cannot be either improved upon or replaced by something modern, neither can a substitute be found for the ancient Chinese Herbal Remedies nor their formulas changed and improved. May it not be in the not far distant future that the medical men of the world will discover that Chinese Herbs and Ancient Chinese Methods of Healing surpass the newer medical discoveries just as the ordinary compass "beats all new instruments" as a guide to direction?

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### THE HUMAN VOICE AND CHINESE MUSICAL TONES

It is a matter of common information that the ancient Chinese based their knowledge of herbal remedies upon the relationship between the five principal internal organs of the human body and the five natural elements; viz., the Mineral, Vegetation, Water, Fire and Earth elements. However, very few people know that the ancient Chinese went so far as to base the five principal musical tones (1, Kok; 2, Ching; 3, Kong; 4, Sheng; 5, Yii) upon the five principal elements in connection with the internal organs of the human system.

The first one, Kok, is identified with the vegetation element and is related to the liver;

The second, Ching, with the fire element (the heart);

The third, Kong, with the earth element (the stomach and the spleen);

The fourth, Sheng, with the mineral element (the lungs); and

The fifth, Yii, with the water element (the kidneys).

If a Chinese musician plays without knowing how the five principal musical tones were derived, he lacks ability to appeal to the five principal organs of the human system. Likewise, the Chinese Herbalist who lacks a fundamental knowledge of the five principal elements and their relation to the five principal human organs is incapable of detecting the ailments of those sufferers who are in such pain that they cannot talk coherently but only groan and murmur.

To cite a local case by way of illustration: In the year 1918, the

son of a former pastor of the Chinese Presbyterian Church became desperately ill. The poor boy was in such pain that he could not tell his father where his pain was but could only howl and groan with pain day and night. The father, an experienced herbalist with a fine stock of herbs at hand, did the very best he could for his son, all to no avail. Finally, in despair, he called up Fong Wan and begged him to come at once to see his son. Immediately upon stepping inside the house and before he had reached the room where the boy lay in agony, Fong Wan knew exactly what was the matter upon hearing the voice of the boy in the loud cry of pain.

He told the father that his son's liver had become overheated by the fire element and that his trouble was inflammation of the liver and intestines. He then directed the father to compound immediately certain varieties of herbs to allay the inflammation. The father, having everything at hand, proceeded at once to prepare the herbs, and after the boy had drunk a cup of the tea, he fell into a restful sleep. The father continued the treatment, and within a few days the boy was not only out of danger but had practically recovered. Although prior to that time the boy had suffered from the same ailments off and on for over ten years, there has been no return of the malady since.

A similar case was that of Mr. Ben Norwick, who suffered terribly from the Flu, and who, after the physicians had given up all hope of his recovery, was taken back to his home from the temporary hospital at the Municipal Auditorium in Oakland. He also groaned with pain day and night. Upon hearing his voice, Fong Wan recognized the first tone, the Kok, which is associated with the vegetation element and the liver. After the first cup of tea, Mr. Ben Norwick slept nearly all night, and his recovery was rapid.

Many sufferers make a low moaning sound. This is the tone of the Yii, and signifies kidney trouble. A loud, cranky, quick-tempered voice indicates an ailment of the heart. A crying, choking voice signifies trouble in the lungs, while a sighing sound directs one to the spleen, intestines, etc.

The detection of ailments in this way by listening to the voices is frequently far more accurate and successful than are many of the exhaustive examinations made by medical men. Any reader of this article, by carefully following suggestions, will be able to discover for himself the ailment of a person who is suffering severely.

## FIVE COLORS REPRESENT THE FIVE ELEMENTS IN NATURE

1. RED represents the FIRE ELEMENT.
2. YELLOW represents the EARTH ELEMENT.
3. BLACK (dark) represents the WATER ELEMENT.
4. WHITE represents the MINERAL ELEMENT.
5. GREENISH BROWN represents the VEGETATION ELEMENT.

Not only does each of these colors represent an element in Nature but it also represents one of the five divisions of the human race. Therefore, in each human face, one or more of these five colors is present. For example: Some individuals of the White Race are very white; others are a darkish brown (liver color), while others are a greenish white, a yellowish white, or a reddish white. In each person, there is a combination of one dominant color with others of these five colors.

A red, inflamed face signifies that the blood is overheated, there being too much of the fire element. This condition causes nervousness, high blood pressure, headache, dizziness and heart trouble. Persons with a liver-colored or with a yellowish-green complexion are victims of ailments of the gall bladder and spleen.

In addition to the fact that the majority of internal disorders are made manifest by the color of the skin, it is also true that the color of the human tongue reveals the condition of the internal organs. For thousands of years, Chinese Herbalists have studied the colors of the tongue, because it is possible in many cases to discover with certainty the diseased conditions of the internal organs by simply looking at the tongue.

The key to the method of "tongue-reading" is as follows: The color of the tip of the tongue represents the heart; of the center, the stomach and spleen; of the edges, the liver and gall; and of the under-side of the tongue, the kidneys. A brownish color signifies an over-heated system. Not infrequently do tongues turn so deep a brown that they change to a coal-black. The color under the tongue becomes a blackish purple, because the fire element burns so fiercely in the stomach that the inflammation extends even to the kidneys. Many people are skeptical regarding the significance of a coated tongue. However, great suffering can be prevented if people will but watch their tongues

closely and take treatment at the very beginning.

The different colors also influence the desires and preferences of the different races. For instance, the colored people like red; the Chinese like yellow and light red; the white people like white. Likewise, in the human system, because the spleen and the stomach belong to the Earth Element, they naturally crave sweets and things of yellow coloring. Consequently, if a person whose spleen is affected is sad and down-hearted, a bouquet of yellow flowers would be a good gift for him. In case a person has heart trouble or his mind is affected, dark blue or dark green would be the most suitable colors for his environment, in order to overcome the fire element.

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### THE FIVE TASTES REPRESENT THE FIVE PRINCIPAL ELEMENTS IN NATURE

1. A pungent taste influences the action of the lungs, which belong to the mineral element.
2. A sour taste has power to contract the air in the blood and to assist in the functioning of the gall bladder and liver, which belong to the vegetation element.
3. A bitter taste rushes through the system and works especially upon the heart, which belongs to the fire element.
4. A sweet taste belongs to the earth element; anything sweet has a special effect upon the stomach and spleen.
5. A salty taste belongs to the water element. In nature, the water of the ocean is salty. In the human body, the kidneys and their sub-organ, the bladder, belong to the water element. Anything that is salty affects these organs.

In the early dawn of Chinese civilization, the Chinese classified all things in nature under the five principal elements. The five tastes are just as important as the five colors or the five musical tones. If a person understands these five tastes, he can tell approximately how any given food will affect his system. If any food has a deleterious effect upon any part of his system, he can easily abstain from that sort of food.

Of the five tastes, the most destructive to the human system is the bitter (or hot), because it influences the blood passing through the heart. X

## AN ELEMENT OF NATURE IS HUMANITY'S GREATEST HEALER

Year after year, since the establishment of the Fong Wan herb business in Oakland, the public has been repeatedly informed that the complaints of the human system and the ailments of any part of the body can be corrected and overcome by bringing the five principal internal organs, viz.: the lungs, liver, kidneys, heart, and stomach, into harmonious functioning. A person is then free from all ailments, just the same as when the five principal elements of Nature (the mineral, vegetation, water, fire, and earth elements) work in unison, there is no extremely hot or cold weather; neither are there earthquakes, volcanoes, thunderstorms, epidemics nor pestilences.

China is a nation of 450,000,000 people. She has experienced pestilences and epidemics of various kinds. So far, however, during the last 5000 years of her history, not one of those epidemics had ever lasted long and never has one of them ever done China any real harm. However, foreign physicians have practiced in China for approximately only thirty years. Even at the present time most of them are stationed at treaty ports or in the foreign settlements. The Chinese rely upon the Element furnished by God to keep down their epidemics and pestilences.

In coping with individual ailments, the Chinese base their entire system of healing upon the five principal elements. The herbs belong to the vegetation element. When cooked with the water element they eradicate disease. This method of healing has been handed through the ages. For over 5000 years, the great men of China as well as the common people have used the herbs. Chinese students have been sent abroad to study the healing methods, the so-called new inventions and discoveries of all the principal nations in the world, but so far they have not discovered any especially successful methods excepting that of surgery. Even in surgical practice, moreover, a great many mistakes are made. Many unnecessary operations are performed and many premature deaths caused in cases that might have been easily and quickly relieved by merely drinking a few cups of herb tea instead of submitting to dangerous operations.

The herbs constitute a portion of the vegetation element. The five principal elements were created by God. Therefore, the herbs are provided by God. Through his extensive and intensive knowledge of herbs, the FONG WAN HERBALIST has relieved over 30,000 sufferers. Thou-



sands of people are being saved by the FONG WAN HERBS from unnecessary operations.

One of the elements of Nature is the greatest healer the world has ever known. This is shown in the four following illustrations:

### **Illustration No. 1**

About half a century ago, a long dry spell in and about Peking (Peiping), then the capital of China, caused the atmosphere to become exceedingly dry and impure, and greatly overheated by the fire element. As a result, an epidemic broke out and hundreds of people died daily. While the Chinese herbalists succeeded in saving some of the people, they were, however, unable to prevent the disease from spreading. Again and again did the kind-hearted Emperor call the elders and other wise Chinese into conference to formulate plans to stamp out the disease, but their efforts were unavailing until a great fall of rain came and washed all the impurities out of the air. Then the epidemic ceased to spread, and finally disappeared.

### **Illustration No. 2**

During the epidemic of the Spanish Influenza right here in the Bay region, the authorities labored day after day and tried every known method to prevent the spread of this dread disease. Although every person was obliged to wear a mask over his nose and mouth, and although the streets were washed with water every night, the spreading of the disease was not checked until God sent a heavy rain. The washing of the streets with water, when compared with the rainfall, accomplished but a thousandth part as much. To overcome so infectious a disease required the power of the water element of Nature to thoroughly wash both the air and the soil.

### **Illustration No. 3**

The Hoof and Mouth disease among cattle, which appeared in the United States in 1922, was caused by the long duration of drought. Not only was the blood of the cattle overheated because of the lack of moisture, but the soil where they stood and pastured became so filled with impurities and so overheated that germs developed in it that attacked the hoofs and mouths of the cattle, because these parts were in close contact with it. The germs found favorable lodging place in the overheated blood of the cattle, and the Hoof and Mouth disease spread

nearly all over the United States. Millions of dollars worth of cattle either died of the disease or were killed when found to be infected. Every method of prevention that the human brain could devise was employed to prevent the spread of this disease with but little or no result until when, after repeated rainfalls, the disease gradually disappeared.

#### Illustration No. 4

About June, 1926, cablegrams received from Shanghai repeatedly reported that due to the long period of drought, in the districts around Shanghai which are thickly populated, Cholera had broken out among the Chinese, just as bad as the Influenza broke out here in the United States a few years ago. It was later reported that American physicians helped the Chinese to check the Cholera. It was also reported that the disease originated in the water from a main from the river. Then a cablegram received at San Francisco under the date of August 17, 1926, ascribed the outbreak of the Cholera to the long duration of drought, and said that since the downpour of heavy rains, the disease had been almost stamped out. This proves that Cholera is checked by the Water Element of Nature.

For more than 5000 years the Chinese have, through the wisdom granted them by God, combined with their study of the five principal elements of Nature, based their methods of healing the ailments of the human body upon the connection between the five principal internal organs with the five principal elements of Nature.

Just as a heavy fall of rain washes away diseases that affect the community collectively, so do the herbs which the herbalist combines and cooks with water wash away the diseases from the body of the individual. The power of the water element sent by God is great and far-reaching. The power of the herbalist extends only to the ailment of the individual, relieving but one person at a time.

The Fong Wan Herb business has now been established in Oakland for more than twenty years, during which period its herbs have washed away the ailments of no less than 30,000 individuals. As the water element of Nature cannot wash away disease which is too far advanced, just so the treatments of the herbalists cannot wash away the ailments of individuals in advanced stages. It therefore follows that those afflicted with disease should early give the Fong Wan Herbs an opportunity to wash them away.

## PEOPLE OF A YOUNG NATION SHOULD BE HEALTHY

The population of the United States of America is practically composed of foreigners; that is, most Americans are of the first, second or third generation. When either they or their forbears left their native lands they were, as a rule, a healthy class of people, bent upon improving their financial situation in this new, uncrowded land of opportunity and promise. Many of the people in the old nations are "leftovers" who by reason of poverty, illness, or of home ties, were unable to pack up and come.

China, which is one of the oldest of the civilized nations, has a teeming population. Even as early as the time of the first emperor, Shin Nong, who ruled China approximately 5000 years ago, the Chinese prepared herbs to combat disease. By reason of their long experience they are but rarely surprised by any of the so-called new sicknesses, most of which have been known to them for ages. Here in America scientists, medicos and healers of various sorts, either for the sake of publicity or due to the fact that they lack adequate knowledge of the diseases and their treatment, have recently broadcasted to the public what they consider to be new discoveries for curing cancer, etc., as well as new diseases such as Parrot Fever, Sleeping Sickness, Infantile Paralysis, etc. Even when people are not ill, the fear thus instilled into them sometimes causes them to worry until they become sick.

Had the Chinese discovered so many new diseases every few months during the past 5000 years as are continually cropping up here in America, in so old a nation with its teeming population, there would be so much name's sake sickness that a large building would be required to house even the names of all these diseases. America is a young nation, her people having settled on this clean, virgin soil but a few centuries ago. When they do not feel well, 99 times out of 100, it is because, due to something they have either done or eaten, their blood is out of order. These simple ailments can be quickly overcome by the Fong Wan Herbs, which cleanse the impurities from the blood.

## CHAPTER II

# UNPARALLELED SUCCESS OF FONG WAN HERBALIST

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For 20 years Fong Wan has conducted a 100 per cent honest herb business in Oakland.

He is not only able to detect the numerous causes of various ailments of the human system, but he has also been able to discover and to bring to naught the machinations of various jealous enemies, as is evidenced by the following:

1. **POLICE COURT:** Since the establishment of his Herb Business in Oakland in 1915, he has won more than 20 Medical Cases in the Police Court.

2. **SUPERIOR COURT:** In 1924-1925, some lawyers and Chinese women combined to sue him for \$25,000 in a trumped-up slander suit (that had been predicted in his horoscope at the time of his birth). He won this case in both the Appellate and the State Supreme courts. This suit cost the plaintiffs at least \$3000.

3. **STATE ASSEMBLY:** In 1925, the Anti-Herb Bill was introduced. An investigation by the State Assembly at Sacramento was started. It cost the State of California no less than \$6000 and showed many indications that it was a bill of graft.

4. **FEDERAL COURT:** For more than 20 years, Fong Wan has realized that the medicos, after having failed in their attempts to put the chiropractors and healers of other schools out of business, would center their attention on the Chinese herbalists. Being the most renowned herbalist in America, Fong Wan also suspected that he would be the target. He also foresaw that the agent of the medicos would use the postal authorities as their instruments in persecuting the Chinese herbalists.

Having been careful in all his correspondence with regard to the statements and promises made, Fong Wan cannot be legally convicted. The decoy letters written by the postal inspector, together with the re-

plies to the same are on file at the office of the Fong Wan Company. They may be read by any person who so desires.

A great campaign was conducted against the Chinese herbalists from 1929 to 1932. The postal inspector sent out letters to entrap them, and on the assumption that the herbs possessed no curative qualities, the postal authorities issued fraud orders, stopping the mail of several Chinese herbalists. A chemist from the east testified that he had subjected the herbs to chemical tests and analyses, but had found in them no remedial value. In July, 1931, the prosecution used this testimony together with evidence rushed from Washington, D. C., to San Francisco, in the indictment of a San Francisco herbalist on eight counts.

This case was tried on July 24, 1931, in the Federal Court. When the defendant was faced by a number of postmasters and chemists from eastern states, he became frightened and pleaded guilty. He was put on probation for 5 years and thought himself lucky. While this case was being tried in the Federal Court, Fong Wan sent three gentlemen and one lady of high repute to court to get a line on the case and learn what the special agent of the medicos and the postal inspector were contriving. The special agent of the medicos confided to the lady that he had the strongest evidence against Fong Wan.

Five days later, on July 29, 1931, Fong Wan was indicted on 16 counts. The medical men exhibited their ignorance with regard to strabismus (cross eyes) which, according to Chinese theories, is generally due to a blood infection that causes the nerves of the eyes to be drawn to one side. The prosecution had 3 counts against Fong Wan regarding this particular form of eye trouble alone. Fong Wan has witnesses with regard to three cases of strabismus in each of which he was successful. Fong Wan was confident that he was able to refute all charges.

Besides the postal inspector from Washington, D. C., a chemist and a number of postmasters were brought to San Francisco from various states. When they assembled in court, Fong Wan mistook them for another panel of jurors. Pharmacologists, professors from two universities, physicians from Oakland, an interne, and a diagnostician all testified against Fong Wan.

In conducting this trial of Fong Wan, the prosecution spent a huge slice of the taxpayers' money. The federal jury not only returned a verdict of "NOT GUILTY," but, through the testimony of the prosecution's witnesses, the trial proved to the authorities that the Fong Wan herbs had marvelous curative qualities.

Prior to the trial, Fong Wan had appealed to 60 of his former patrons to testify for him in court. Every one of these cheerfully responded and expressed a willingness to do so. However, but few were accorded the opportunity. The postal inspectors were so badly beaten in Fong Wan's case that no other Chinese herbalist has since been indicted.

The defense tested the knowledge of the chemist of the prosecution with regard to herbs by asking him how many kinds of herbs a certain package contained; whether certain individual herbs tasted sweet or sour; whether he had spent any time in the University of California Library looking up the uses of Chinese herbs, and whether he had consulted Dr. Stuart's translation of an authoritative work on herbs. He had done none of these things. This sort of questioning revealed that neither the chemist nor any of the other prosecution witnesses understood anything about Chinese herbal remedies.

The postal inspector called on about 20 of Fong Wan's former patrons and found that they were strong for him. These patrons told Fong Wan all about the inspector's visits. However, none of them were called by the prosecution, while on the other hand, Fong Wan had some of these same patrons testify in his behalf.

In the Fong Wan office there are five books of transcript of the court proceedings. Any person wishing to learn how wonderfully the Fong Wan herbs have helped sick people is welcome to read these books during the office hours.

The following people suffering from Arthritis, Tuberculosis, Stomach Ulcers, Diabetes, Heart Trouble, Malignant Growths, Prostate Gland, Paralysis, Kidney Trouble, and Obesity have been benefited by taking the Fong Wan Herbs. Some of them have testified to the postal inspector from Washington, D. C., and others have cheerfully testified before the Federal Jury as to their gratitude in obtaining relief from their ailments by the use of the Fong Wan Herbs.

#### Residing in Oakland and Vicinity

Mrs. C. E. Grapentin, Mrs. J. Mead, Mr. O. E. Foster, Mr. William DeMooy, Mrs. C. A. Brown, Mr. Chas. Cushman, Mrs. F. McKeever, Mr. John O'Brien, Mrs. L. Paxton, Mrs. N. Long, Mr. R. Lemieux, Mr. W. Lentz, and Mr. R. Mitchell.

Mr. John Hocker and Mr. M. F. Cain of Hayward; Mr. J. Wortman and Mrs. E. Kennedy of Vallejo, and Mr. Harold Hodge of Berkeley.

## OAKLAND PHYSICIANS HELPED FONG WAN THE MOST

After having been treated for a Swollen Gland (or tumor) by an Oakland physician without being helped, Mr. Lentz took the Fong Wan Herbs in 1927. The tumor burst open and healed. Despite the fact that he was then over 70 years of age, his relief was good for four years until he suffered from a large stone. Prior to the trial, the Postal Inspectors had called on Mrs. Lentz at her home and had learned that Mr. Lentz had thus been relieved of his swollen gland. Mrs. Lentz phoned Fong Wan about the inspectors' call. Next day an Oakland physician made a statement regarding Mr. Lentz's case in court. Fong Wan raised his hand and called the attention of the court and of his attorney to the real facts. Under the cross examination the physician admitted that the Fong Wan Herbs had relieved Mr. William Lentz of Swollen Gland.

Mrs. Morehouse, who for two years had been unable to raise either of her arms because of neuritis, was relieved by the Fong Wan herbs in two weeks. Four years later, she died of heart trouble. Fong Wan was not consulted with regard to the heart ailment. The prosecution tried to make the jury believe that the Fong Wan herbs had killed Mrs. Morehouse. An Oakland physician was forced to admit that the Fong Wan herbs had cured Mrs. Morehouse of neuritis.

The following excerpts are from the testimony of the physician who testified in the Federal Court in San Francisco, March 3, 1932—from transcript Vol. 2, pages 170-172.

Prosecuting Attorney: "Before I ask this witness any questions I would like to be permitted to read another testimonial having to do with this particular case. I am reading from page 111 of this book of Herb Lore (1929 edition), published by the Fong Wan Herb Company, which is in evidence. Reading from page 111, the heading is

### TWO YEARS OF NEURITIS

Oakland, Calif.

I suffered with Neuritis in both my shoulders and my arms for two years. Failing to get relief elsewhere, I went to the Fong Wan Herb Co. After I had taken their herbs for two weeks my pain was entirely gone; so I discontinued. This was a year and a half ago, but I have not been troubled with Neuritis since.

MRS. J. E. MOREHOUSE.

That is dated 1926.

Q. Doctor, you are a practicing physician? A. I am.

Q. Admitted to practice in the State of California? A. I am.

Q. Practicing in Oakland, are you? A. Yes.

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Q. I have a death certificate here showing that that particular person died on or about January 4, 1929. Is that right? A. Yes.

Q. This death certificate gives the cause of death as myocarditis. A. Yes.

Q. What is myocarditis? A. It is an inflammation of the heart muscles.

Q. Anything to do with neuritis? A. They are very often associated in the same patient.

Q. They are very often associated together; is that it? A. Yes.

Prosecuting Attorney: That is all. I offer in evidence this death certificate, issued by the State of California, Department of Public Health, Vital Statistics, properly authenticated, purporting to show the —showing the death of V - - - E - - - Morehouse, on January 4, 1929, the cause of death given being myocarditis.

Defense Attorney: I object to it as absolutely immaterial. It is not remotely connected with this case. The certificate which has been read is by the woman who says she suffered for a long time with neuritis and had been cured and no longer suffered. At a later date she died of acute dilation of the heart; in other words, heart disease.

Prosecuting Attorney: Does it say anything on that death certificate about heart disease, Mr. - - - - ?

Defense Attorney: Yes, it does.

Prosecuting Attorney: You may take the witness.

#### CROSS EXAMINATION

Defense Attorney: Q. Doctor, does it say anything on that certificate about heart disease? A. Yes, myocarditis.

Q. Doctor, didn't you say that sometimes neuritis and myocarditis might exist in the same patient? A. I said they very often exist together.

Q. Yes, one might have two diseases at the same time? A. Yes.

- - - - -

Q. Do you know if Mrs. Morehouse at any time ever had neuritis? A. Yes.

Q. She did? A. Yes. Defense Attorney: That is all.

Prosecuting Attorney: No further questions. Is that all, Mr. - - - - ?

Defense Attorney: Yes, except that we cured her.

Prosecuting Attorney: I object to counsel testifying, your Honor."



## CHAPTER III

### THE STOMACH AND SPLEEN

#### CHINESE THEORIES REGARDING THE STOMACH AND SPLEEN



The sketch reproduced here is one of many similar sketches that appeared about three centuries ago in a revised edition of the Encyclopedia of Herbal Science, published by the Chinese Imperial College in Peking, China. It shows how the various nerves in different parts of the body are affected by the spleen, the sub-organ of the stomach.

Although thousands of years have elapsed since the original of the accompanying sketch was made by eminent herbalists in China, yet great numbers of sufferers from stomach and spleen trouble in the U. S. as well as in the Orient are daily obtaining great benefit from this ancient Chinese knowledge by using the Chinese herbal remedies.

According to Shin Nong's (an ancient Chinese Emperor Herbalist) classification, the stomach is yellow, like the earth. As the stomach is the principal organ of digestion, every part of the body is dependent upon it for nourishment. When the five principal elements are working with equal balance and power, the stomach and spleen are working in unison and are free from complaints. The stomach and spleen depend upon the fire element (heat) of the blood for digestive power, just as the cooking of food in a pot depends upon the fire and water. (Note: The words, "fire, inflammation, acid, heat or fever," when used with regard to the human system, all indicate the fire element.)

The acid or fire element in the blood of the stomach may cause ulcers, just as the acid or fire element in the blood causes pimples to appear on the face. Many physicians mislead their patients to believe that the acidity is in the contents of the stomach. Therefore they advise the patients to have the stomach's contents pumped out. Sometimes they find in the contents too much acid or lack of acid. They do not tell the patients how the fire element works in the blood of the stomach and its adjacent organs. Sometimes they find a lack of acid, then they advise the taking of acid or acid forming foods into the stomach. Following the advice of these physicians usually is the cause of canker sores in the mouth and pimples on the face.

If either the stomach or the spleen is inflamed or weak, gas, pain, vomiting, indigestion, biliousness, a grating sensation, an empty, annoying feeling, after each meal, cancers or ulcers may result. When the stomach is merely weak, or is lacking in the fire element, the food may lie there undigested and cause continuous pain until it is vomited. This condition causes many people to fear that they have cancers or ulcers. Frequently surgeons operate upon the stomachs of people thus afflicted, but upon finding neither cancers nor ulcers, sew them up again without discovering the cause of the pain.

Weakness of the spleen of long standing causes protruding rectum and bleeding after bowel movements, diarrhoea, dysentery, rupture, discharge of mucus from the intestines, loss of appetite, displacement of the



The Stomach

stomach, a tired feeling and weakness of the limbs. Physic tends to weaken the spleen and causes constipation. If the bowels fail to move, do not be in haste to take physic unless there is a high fever, for it is likely that they will move naturally the next day. The Chinese people, with the exception of a few opium smokers, are seldom troubled with constipation.

Acute inflammation in the stomach and spleen are the causes of hemorrhages, pim-

ples around the mouth, canker sores, pain in the rectum, pain and soreness in the fingers and toes, inflammation of the eyes and even blindness.

The stomach and the spleen are liable to be affected by acid in the blood in conjunction with fever in the liver and kidneys. In such cases the sufferer experiences gas pressure, a grating sensation, an empty feeling and an annoying pain for about an hour after each meal. If he eats fruit or sour food his condition is aggravated. When he takes something hot, either liquid or solid, he feels better for a little while because the acid burns the food. However, as soon as the food is digested, the acid begins to burn the walls of the stomach and the pain returns.

When a sufferer from stomach trouble goes to a physician, the latter generally X-rays the stomach to see if there is a growth of any kind. Discovering none, he then watches the digestion with an X-ray. The only things the physician finds is that the food is digested rapidly, but he does not know that this is because of the fire element burning up the food too fast. While quite common among Americans, this sort of stomach trouble is rarely found among the Chinese because the Chinese food is better suited to their human system than are the highly refined foods eaten by Americans. It therefore follows that Chinese Herbalists, whose patrons are mainly Chinese, know nothing of this condition, and are therefore helpless in the face of such suffering. Beginning in the year 1916, the Fong Wan Herbalist has made a careful study of these complaints from which Americans suffer so intensely. His formula contains herbs for kidneys and liver, herbs for freeing the stomach and spleen of acid, herbs to eliminate gas and herbs to improve the digestion. When the blood in the stomach is in good condition, the ulcers heal. The Fong Wan Herb Compound for the stomach and spleen has benefited thousands of people.

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**TESTIMONY GIVEN BY MR. W. A. DeMOOY in the Southern Division of the UNITED STATES DISTRICT COURT for the Northern District of California.**

The following excerpts are from the transcript, Vol. 4, March 8, 1932, pgs. 382-386.

Questions by Attorney for defense:

- - - - -

"Q. What is the condition of your health? A. It is good now.

Q. Was it always good? A. Not when I had stomach trouble it was not.

Q. When did you commence to have stomach trouble? A. Back in 1916.

Q. Were you under the care of physicians? A. I had a terrible stomach. I was working for the railroad at that time. They ordered me to go to the railroad hospital.

Q. Describe the symptoms that were afflicting you. A. I had awful pains in my stomach. When I went to the hospital they suggested I take a trial breakfast, which consisted of toast and tea. I took the toast. They could not pump it out of my stomach. They suggested I have X-rays made. They made several X-rays which didn't show anything. I was there for about two weeks when they decided I had bad tonsils and I had better have my tonsils taken out. So they took out my tonsils.

Q. Did that help your stomach? A. No. They then thought that was not the cause. They decided I should have my stomach washed. - -

Q. Did you remain in the hospital long after that? A. I was there six weeks all told.

- - - - -

Q. After you left the hospital did you commence to take Chinese herbs? A. No, I went back to work.

Q. Then what happened? A. Then the trouble started again, the pains started in my stomach.

Q. Were they severe? A. They were. I had to keep eating all the time in order to keep the pains down. It seemed that the more I ate the less trouble I had. - - -

The Court: Q. Subsequently you took the herbs, did you? A. They were recommended to me and I went to see Fong Wan.

Q. For how long did you take them? A. For six weeks.

Q. With what results? A. I never had a bit of stomach trouble since.

Q. After that were you afflicted with any other trouble? A. I had a case of pleurisy.

Q. How serious was your condition with respect to that last trouble? A. There was some water in my hip that they could not get out, and they were going to tap me.

- - - - -

Q. Did the doctors declare it necessary to tap you? A. They did, the last time.

Q. Did they tap you? A. No, they did not.

Q. What did you do? A. I went back to the Fong Wan Herb people.

Q. How long did you take their treatment? A. Two weeks.

Q. What was the result? A. They took the water out and I never had any more trouble.

Q. Are you a healthy man today? A. Yes.

Q. Have you taken any other treatment for these two troubles except the herbs? A. No.

Q. The post office inspectors recently have called upon you, have they not, to see whether or not some statements you made were correct, and you told them they were? A. Two of them called, yes.

Q. And you are here without subpoena to testify for the defendant? A. Yes.

#### CROSS EXAMINATION

Prosecuting Attorney: Q. Did you give the Fong Wan Company a testimonial? A. I did.

Q. Yes, I see it is on pages 24 and 25 of the book "Herb Lore", (1929 edition). When did you have this trouble? A. Back in 1916.

Q. When did you give this testimonial to the Fong Wan Company? A. In the year 1916. I am not positive of any dates.

Q. At their office? A. At their office, yes.

- - - - -

Q. Did you write it just as it is here? A. Yes.

Q. Have you seen this before? A. Yes, I have. I back-checked against it.

Q. When did you check it? A. When the postal authorities came to see me."

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#### DRUGGIST RECOMMENDS FONG WAN HERBS

Mr. P. Chiocca was in a most critical condition when he met a druggist in Albany, California, who had been relieved of terrible suffering in his stomach by the Fong Wan Herbs. The druggist urged Mr. Chiocca not to be discouraged, but to try the Chinese Herbs. He said that Fong Wan was a wonderful man and a renowned Herbalist. He suggested that Mr. Chiocca give the Fong Wan Herbs a ten-day trial and said that he felt certain the results would be good. Mr. Chiocca acted upon the druggist's advice. His testimonial follows:

Albany, Calif., Jan. 12, 1927.

I suffered from stomach trouble on and off for years. In the early part of last year I became considerably worse, and for four months it was difficult for me to retain food or even water. At times the pain was so severe that I had to walk the floor day and night. I was in so weakened a condition that I felt sure death was near.

Failing to get relief from medicine or from healers of other schools, I took the Fong Wan Herbs. Although I drank the herbs for only three weeks my trouble was completely overcome. I am now feeling fine and am able to do my work. I am thankful for what the Fong Wan Herbs did for me.

PIETRO CHIOCCA (Contractor).

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### EX-POSTMAN PRAISES FONG WAN HERBS

Oakland, Calif., June 7, 1927.

For several years I was troubled with swollen legs and catarrh of the stomach. I was in a rundown condition and I tried everything that I knew of. I got no relief, however, until I began to take the Fong Wan Herbs. In just about a month I felt splendid. It is now more than a month since I discontinued drinking the Herb Tea and I still feel fine. Nothing can compare with this wonderful Herb Treatment and what it has done for me.

CHAS. H. CUSHMAN.

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### HIS STOMACH HIS MASTER

Oakland, Calif.

My stomach was my master for many years. After every meal I had an annoying, grating sensation, together with an empty feeling in my stomach. Through lack of nourishment, my health was broken, and I was in the hospital for several weeks. The doctors first cleaned me out with a stomach pump. Then they treated me for ulcers, and, finally, as I did not improve they observed my digestion with an X-ray. Concluding that they could do nothing for me, they sent me home, suggesting that I undergo an operation.

Then a fellow-employee in the S. P. Co., who had been greatly benefited by the Fong Wan Chinese Herbs, suggested that I try them. The first cup of tea gave me genuine relief, and after a few weeks I was entirely well. I am back at the office and shall be glad to give my personal testimony to any desiring it.

WILLIAM A. DE MOOY.

## **SUFFERED UNBEARABLE PAIN**

Oakland, Calif., Jan. 6, 1931.

I had pain in my stomach that was well nigh unbearable. I was in such agony at times that I walked the floor at night. I gained no relief elsewhere, but when I took the Fong Wan Herbs I became a well man. The herbs also helped my kidneys.

B. L. EAKIN.

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## **CHINESE HERBS SKILLFULLY COMPOUNDED BY FONG WAN RELIEVE SUFFERERS IN EUROPE**

Mill Valley, Calif., Jan. 2, 1930.

Myself and family have taken the Fong Wan Herbs for various ailments and received great benefit. My father in Italy, who is 70 years old, suffered from Stomach Trouble. Doctors pronounced it a case of Enlarged Liver and Intestinal Obstruction. He was treated in a hospital, but experiencing no improvement, he returned home. Finally I sent him some herbs compounded by Fong Wan. Having taken the herbs for a while, he gained in strength, can eat well, and is feeling fine in every way.

I also have a sister in the Old Country who suffered pain in all parts of her body, especially in the stomach. She took the Fong Wan Herbs that I sent her and after passing a great many worms, has enjoyed splendid health ever since.

E. D. ESPOSTI.

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## **OPERATION ON STOMACH AVOIDED**

Oakland, Calif., July 17, 1929.

My stomach troubled me for years. Sometimes the pain ran around to the right side. It was decided that my appendix should be removed, but after the operation my stomach was no better. An operation for stomach ulcers was then recommended.

At this I quit and took Fong Wan Herbs. After having drunk the herbs for five weeks I was completely well and have since been able to eat almost anything. This was two years ago, but my stomach trouble has not returned.

W. MARQUARDSON.

A postal inspector called on Mr. O'Brien to find out whether the following testimonial was authentic. Mr. O'Brien said that it was.

**UNABLE TO WORK FOR YEARS  
COULD NOT STAND THE SMELL OF FOOD**

Oakland, Calif., April 11, 1927.

For more than 20 years I suffered with ulcers of the stomach. I was unable to work for years, and everything that touched my stomach caused me terrible agony. I could scarcely stand the smell of food. I was so weak and had such an empty, painful feeling that I could neither walk nor raise my voice to talk.

During the past 20 years I have been treated almost everywhere and have had no less than 30 doctors. Some of them claimed that I was too weak to stand an operation. About two years ago, prompted by curiosity, I consulted a Fortune Teller and asked if by any means my stomach could ever be cured. The Fortune Teller advised me to go to the Greatest Chinese Herbalist in Oakland. I acted upon the advice and went to the office of the Fong Wan Co., because the people of California call Fong Wan "The King of the Chinese Herbalists."

Although I took the herbs for many months I improved but very slowly, and at times I was so ill that I could not get out of bed to take the trip to the office. Many times I sent my wife to get the herbs for me. I did not get discouraged when I felt bad because I had gone through the experience of doctoring for nearly 20 years. Consequently I did not expect to get well in a short time.

I stuck to the Fong Wan Herbs and was finally rewarded with good health and recovery from my terrible malady. Now, after almost two years, I am still feeling fine.

JOHN O'BRIEN.

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**TRAVELING MAN ALSO ENDORSES THE FONG WAN  
HERBS FOR STOMACH TROUBLE**

Los Angeles, Calif., May 28, 1929.

Five years ago, while traveling as a salesman, I found I was having continuous Stomach Trouble. At the instigation of a friend, I was persuaded to try your herbs.

After taking them for a short time, I not only felt better but I have continued to improve and I have had no Stomach Trouble since. I can fully recommend your herbs for derangement of the stomach.

Very truly yours,

L. PALMAR.



## ULCERS DO NOT RETURN

Oakland, Calif., Dec. 26, 1928.

For about four years I suffered severely from Stomach Trouble, which the doctors called "Stomach Ulcers." After I had failed to respond to numerous treatments, I was operated on five times. I spent a fortune vainly seeking relief. But agony was my portion and my pain never subsided until I began to drink the Fong Wan Herbs. This was six months ago, and my stomach has been in fine condition ever since. I can now eat anything I please without ill effect.

(Signed) MRS. E. V. PAYNE.

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## 15 YEARS OF DYSENTERY AND STOMACH TROUBLE MARVELOUSLY RELIEVED BY FONG WAN

Berkeley, Calif., April 17, 1929.

For 15 years, I suffered from Dysentery and Stomach Trouble, contracted in the Philippine Islands during the Spanish War. During all those years, our government physicians tried their very best to do something for me, but none of their prescriptions had any effect and nothing afforded me any genuine relief.

About 12 years ago I went to Fong Wan, when he was located at Eighth and Clay streets. The relief I obtained by taking his herbs was permanent. I have been well ever since. Several of my friends, who, upon my recommendation have tried Fong Wan, have without exception obtained the desired results.

I have been a humane officer in the Police Department of Berkeley for the past 24 years. I am happy to say that I have never been sick a day since I took the Fong Wan Herbs. I am giving this letter in gratitude and I shall be glad to testify at any time to the authenticity of its contents.

P. J. ROGERS.

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**TESTIMONY GIVEN BY MR. J. S. WORTMAN in the Southern Division of the UNITED STATES DISTRICT COURT for the Northern District of California.**

The following excerpts are from Vol. 4, transcript, March 8, 1932, Pages 283-291.

- - - - -  
"Q. Were you some years ago afflicted with various troubles? A. Ulcerated stomach. - - -

Q. Were you under care of physicians for this particular trouble? A. I was.

Q. In what various cities? A. Philadelphia, New York, Boston, Chicago, St. Louis, San Francisco, Oakland.

Q. In all of those cities you were treated by physicians for this particular trouble with which you were suffering? A. I was.

- - - - -  
Q. Will you just describe what was exhibited to you on the X-rays? A. When they held the plate before me and used the rubber gloves in back to see themselves as they manipulated my intestines, I could see little spots, some as big, perhaps, as the old-fashioned silver five-cent piece. They were on the tube from the big intestine down to the lower part, and there were small specks on the lower intestine where the bismuth had gone in.

- - - - -  
Q. Prior to taking the X-rays, do you know what was administered to you in the way of internal medicine? You said bismuth, didn't you? A. I did, yes.

Q. Was that before the X-rays were finally taken? A. Yes.

Q. How numerous, that is, how many in number were those spots that were pointed out to you by the surgeons? A. I don't know the count, but there were quite a few. There were four or five on the big tube, and then there were little specks on the upper part of my lower intestine that I could see, but I did not count them or try to.

Q. Without stating what it was, did the surgeons diagnose your trouble and tell you what it was? A. Yes.

- - - - -  
Q. How long were you under the care of physicians for this distress? A. Off and on for about seven and a half years.

Q. At the time you are speaking of, when you had your last conference with the surgeons, what was your condition, just describe it?

Prosecuting Attorney: What time and place?

Defense Attorney: In San Francisco, at the A - - - Colleges.

A. I could not rest, I could not get any sleep at night, I was in more or less agony all the time. Everything I ate distressed me. They told me if I had any affairs to attend to—

Q. For how long a period had you been in that condition? A. Not in that actual condition, but up to that time I had been suffering more or less right along for the seven and a half years, and it kept getting worse.

Q. And in that period of time how many physicians and surgeons had attended you? You don't need to give their names. A. There were twelve or more.

Q. As a result of their treatment, did you receive any cure?

A. No, sir.

- - - - -

Q. Did you get any relief? A. At times for a little while, yes.

Q. Then it would recur. All right. After leaving the A - - - Colleges did you have an operation? A. No. They told me I had gone too far to have an operation.

Q. After you left the A - - - Colleges where did you go for treatment? A. Nowhere right away, Mr. - - -. I had considerable money, and I thought I would rather blow it in than leave it to someone, so I started East to dissipate this money and have a good time, as the boys say.

- - - - -

Q. Well, you finally went to the Fong Wan Company, did you? A. Yes, I came back to the Coast and then I went there.

Q. Did you commence to take Fong Wan's herbs as compounded by him? A. I did.

Q. Just tell the jury the story of what happened. A. Well, I didn't have much faith in the Chinaman's herbs after having the doctors throughout the country tell me they could not do much for me other than give me a diet to relieve my distress.

- - - - -

Q. Well, Mr. Wortman, go right ahead from that point. A. I went to Fong Wan and I was rather skeptical about the man.

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Q. Tell us what he began to do? A. I went over there and he told me—

- - - - -

A. I went over there and took some herbs, rather under protest. The result was that after four or four and a half months I could eat anything. Since then I have not been distressed or troubled with my stomach.

Q. Since the time that you completed the course of taking these herbs, have you had any further trouble or distress? A. Not with my stomach, no, sir.

Q. Have the troubles which distressed you for the seven and a half years ever returned to you? A. No, sir.

Q. In no respect, whatever? A. None, whatever.

Q. Did you take any other treatment than the herbs that were compounded for you by Mr. Fong Wan? A. Since then I have never taken any other treatment.

Q. There is in this book entitled "Herb Lore," (1929 edition) at page 35, a testimonial letter. Did you give him that letter? A. I did.

Defense Attorney: May I read this letter at this point, your Honor? It is already in evidence.

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Defense Attorney: It reads as follows:

"After having suffered from Stomach Trouble for eight years, my pain become well-nigh unbearable. Although I was treated by many physicians, I grew gradually worse. I could scarcely eat or drink without pain. I had several X-rays taken by physicians at the college, all of whom agreed that I had Ulcers of the Stomach. My condition was so critical that they advised me to have my personal affairs adjusted before long, as they believed I had but six or eight months to live.

Fortunately, a friend of mine urged me to try the Fong Wan Herbs. After having taken the herbs for about three months, I was able to eat almost anything without the slightest distress. I am a salesman for the Fry Visible Pump Co., and am on the road most of the time, frequently eating each meal in a different town. Nevertheless, I have not yet experienced any symptoms of my former complaint.

J. S. WORTMAN."

Q. Is that true? A. Yes, sir.

Q. And in this you state that the physicians advised you to have your personal affairs adjusted, as they believed you had only six or eight months to live. Is that correct? A. Yes.

Q. Where were the physicians located that told you that? You don't need to give their names. A. At the A - - - Colleges.

- - - - -

#### CROSS EXAMINATION

- - - - -

Prosecuting Attorney: Q. Do you remember when you gave Fong

Wan that testimonial? A. No. It was quite a while ago, I could not exactly say.

Q. About how many years ago? A. That I could not say. It was over three years ago.

Q. More than three years ago? A. Yes.

Q. Where were you living then, do you remember? A. I was living in Oakland. - - -

Q. Did you write it out for him, or did he write it out for you? A. I wrote it out.

Q. At his request? A. I didn't write it, my wife wrote it out at my instigation."

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# CHAPTER IV THE HEART

## CHINESE THEORIES REGARDING THE HEART

The sketch reproduced here is one of many similar sketches that appeared about three centuries ago in a revised edition of The Encyclopedia of Herbal Science published by the Chinese Imperial College in



Peking, China. It shows how the various parts of the body are affected by the different organs and it also shows the connection of the blood vessels with the heart.

Although thousands of years have elapsed since the original of the Chinese sketch was made by eminent herbalists in China, yet great numbers of sufferers from heart trouble in the United States as well as in the Orient are daily obtaining great benefit from this ancient Chinese knowledge by using the Chinese herbal remedies.

The heart, which is red like the sun, is classified under the fire element. When the five principal elements are working with equal balance and power the heart is free from disease. The two main causes of disease of the heart are inflammation and weakness of the heart.

If the blood of the heart is inflamed, it causes high blood pressure and enlargement of the heart, in which latter case the heart swells, cracks and leaks. Inflammation produces pain, gas, palpitation, sore chest, shortness of breath, hardening of the arteries, angina pectoris, swollen legs, dropsy, fits, nervousness, headache, fatigue after slight exertion, a pounding noise in the heart, insanity and heart failure.

According to the Chinese theories, insanity and fits belong to the same class of ailments, the only difference being that one is more violent than the other. Inflammation of the heart and nerves which run from it to the brain is the cause in both cases. The inflammation condenses the moisture, which is the reason why most of the people who have it foam at the mouth. Inflammation of the heart sometimes extends to the small intestines and causes them to bleed. This is the blood that appears in the urine.

Weakness and inflammation combined cause blood clots in the eyes. Such cases frequently baffle the eye specialists. Weakness of the heart sometimes causes one to be afraid of the dark or to fear that someone is plotting to kill him. Such sufferers cry out, lament or have disturbing dreams.

When the heart is weak it causes low blood pressure, paleness, swollen legs, dropsy, etc. A case of sudden fright affects the heart and requires immediate attention. Slight indigestion will cause gas and palpitation of the heart temporarily, but is insufficient cause for alarm.

Each herbalist has his own methods of compounding herbs. The herbs prepared for heart trouble by the Fong Wan specialist cannot be obtained elsewhere. While the herbs in these compounds are mild and harmless, yet they are effective.

The Fong Wan herbs take away the inflammation from the heart, after which the gas and pain disappear. Some varieties of herbs are

put in to enrich the blood and eliminate gas. When the inflammation is gone the heart returns to its normal size and leakage is stopped.

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### HOW TO CARE FOR THE HEART IN NATURE'S WAY

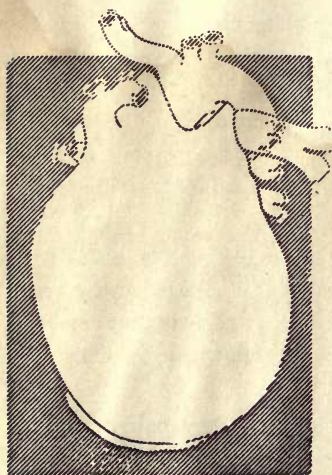
Just as the sun is the fire element of nature, so is the heart the fire element of the human body. Of all the elements, the fire element is the most active. A sudden shock has a more noticeable effect upon the heart than upon any of the other organs. When the blood, the muscle of the valve of the heart, or the heart itself is inflamed or is overtaxed because of exertion or sudden fright the heart beats fast. Pain, leakage or rush of blood to the head may ensue. Physicians have termed the latter "high blood pressure." It is variously accompanied by gas, dizziness, sleeplessness, difficult breathing, paralytic stroke, etc.

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### STARTLING STATISTICS

A cablegram to the press received from Shanghai in May, 1926, stated that the discrepancy between the percentage of insane in China and in the United States was indeed great. Although the population of China approximates 450,000,000, the United States has 20 insane persons to every one in China.

A telegram to the press from Washington, D. C., dated Dec. 27, 1925, stated that the investigations of the Department of Commerce had revealed that in 1924 twice as many persons in the United States had died from ailments of the heart as from all other diseases combined.



The Heart

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### A COMMON SOURCE

The foregoing are statements of genuine facts. The explanation may be found in the fact that thousands of years ago the Chinese arrived at the conclusion that insanity is caused by inflammation of the heart, which condition affects the nerves leading to the brain; and that there-



fore insanity and heart trouble both come from the same source. Even though these Chinese theories of disease are more than 5000 years old, yet when one compares the relatively few cases of insanity and heart trouble in China with the astoundingly large number in the United States, who can prove that these old theories are not correct?

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### **REST DOES NOT CURE**

People suffering from heart trouble should be as quiet as possible and should avoid over-exertion, excitement and anger. They should not partake of highly-seasoned or fried food or of food difficult to digest. Foods that are baked, boiled or steamed are more suitable. Physicians frequently advise that the sufferer stay in bed. This is good advice for a time, but it will bring no permanent relief.

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### **HERBS VERSUS ELECTRICITY**

As physicians advise, the heart should be kept as quiet as possible. The action of electricity upon the heart is in exact opposition to this advice of medical men.

The Fong Wan herbs for heart trouble have afforded most wonderful results, without regard to the age of the sufferers. The herbs compounded are mild. They simply rid the blood of inflammation and cause the blood to circulate evenly, thus freeing the system of gas and clearing it of congestion. In place of disturbing and accelerating the heart, they pacify the blood and bring the heart back to normal functioning. In consequence, leakages are frequently healed.

Diseases of the heart are very dangerous, often causing sudden death. Immediate attention is therefore imperative.

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### **DIGITALIS FOR THE HEART — AN ANCIENT CHINESE DISCOVERY**

The heart is the center of the fire element in the body. When either the heart itself or the blood around it is inflamed, the heart may crack, there may be a leakage of the heart, swollen glands (goiter), enlargement of the heart, pains or noisy poundings of the heart, hardening of the arteries, rushing of the blood to the head (called high blood pressure), dizziness, headache, gas formation, nervousness, nervous attacks,

paralytic strokes, angina pectoris, apoplexy, dropsy, sleeplessness, insanity, fits, neuritis, rheumatism of the heart, hemorrhage, nosebleed, etc. Some persons are born "hot-blooded," while in others, inflammation of the heart is caused by alcoholic drinks, over use of spices, fried food, hard work, worry, or anger.

On an average, more persons in America suffer from heart diseases than do the people of any other nation. The people here strive for riches and have more law suits than do other peoples. Fong Wan wrote and published articles with regard to heart ailments 17 years ago, which was before any other herbalist or even the medical men of the United States Government had noticed that so great a number of persons were dying of diseases of the heart.

Over 3000 years ago, the ancient Chinese herbalists discovered that Foxglove Roots were good for the heart. These roots are very bitter. They are used to clear away the poisonous inflammation in the blood around the heart. When these roots are used according to Chinese methods, they are always compounded with many other kinds of herbs to suit individual requirements. Digitalis and Digitalin are now used extensively in the Occident.

Both Digitalis and Digitalin are from Foxglove Roots. They are so powerful that only licensed physicians are permitted by law to prescribe them. Now, all over the world, physicians are using these drugs for heart ailments.

Numerous people suffering from various sorts of heart trouble have been permanently relieved by Fong Wan's harmless herbs. Some have taken but a few packages and have stayed well for a long, long time, while in chronic and complicated cases it has been necessary to take the herbs for many weeks in order to obtain full benefit. The Fong Wan Herb Compound is different from all others. It is both mild and safe and is far better than drugs at any time.

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## **GETS RID OF MANY AILMENTS AT THE SAME TIME BY USING FONG WAN HERBS**

Oakland, July 17, 1929.

To Whom It May Concern:

For years I suffered from high blood pressure, palpitation of the heart, dizziness and hot flashes. Although I had tried many, many

things in a fruitless quest for relief, I decided to give the Fong Wan herbs a trial as a last resort.

I now feel as well as though I had never been ill. It is a pleasure for me to give this testimonial. MRS. E. CANTET.

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### **NURSE REJOICES IN EFFICACY OF THE FONG WAN HERBS FOR HEART TROUBLES**

Oakland, Calif., April 27, 1927.

To the Fong Wan Co.

You saved my mother from the most dangerous of heart ailments, after our physician had given her up. Our family rejoices over her recovery, and we shall always trust Fong Wan as our healer, no matter what complaint or ailments we may have.

Although I have been a hospital nurse for the past fourteen years, I have never seen anything to compare with the miraculous relief afforded my mother by the Fong Wan Herbs for heart trouble and high blood pressure.

After her terrible suffering had been overcome, I took the Fong Wan Herbs myself for piles (inflammation of the bowels), headache, and pain in my neck. After the first three days I already felt better, and now at the end of five weeks I feel like a new woman.

MAMIE L. DAVIS.

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### **BABY SAVED FROM HEART TROUBLE**

Martinez, Calif., Nov. 4, 1925.

This is to certify that our baby, Myrtle, had been ailing for about two years, during which time we had taken her to many physicians, none of whom knew what was the matter with her.

Myrtle steadily grew worse. Her heart beat rapidly and noisily, she had but little blood, and the pallor of her face was like the whiteness of a sheet of paper. She finally grew so weak that she could neither walk nor eat.

It seemed as though there was no hope of saving her. Some doctors said that it might be her teeth that caused the trouble. However, her teeth had all come through, but she was getting worse every day.

A friend recommended us to see Fong Wan. It was found that our

baby was really suffering from Heart Trouble. She has now taken the FONG WAN HERBS for 3 months and is in fine health.

ARTHUR DUVALL,  
MRS. ARTHUR DUVALL.

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**MRS. J. E. DUVALL TESTIFIES HOW HER GRANDDAUGHTER  
WAS RELIEVED OF HEART TROUBLE AND HERSELF  
OF DIABETES AND OTHER AILMENTS BY  
THE FONG WAN HERBS**

Benicia, Calif., March 5, 1928.

After my baby granddaughter had been given up by our doctors, who, not having been able to determine the actual cause of her complaints, had pronounced her condition hopeless, she was taken to Fong Wan, who gave her herbs for Heart Trouble. She was completely relieved and is now a healthy child.

Personally, I have a world of confidence in Fong Wan and his Herbs. Previous to consulting him, I had been fruitlessly treated by medical doctors for Diabetes, Dizziness and General Debility over a period of years. My health, however, did not improve until I went to Fong Wan nearly a year ago. All my ailments were overcome by his mild Herbs and I am still enjoying splendid health.

(Signed) MRS. J. E. DUVALL.

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**THEORIES REGARDING GOITER HELD BY THE CHINESE, 5000  
YEARS AGO, VERSUS THE SO-CALLED DISCOVERIES  
OF TWENTIETH CENTURY SCIENTISTS**

In the early dawn of their civilization, the Chinese attributed Goiter to the following causes:

(1) To the Lungs: They believed that Goiter was due to the lungs in persons who were either stout, had low vitality, drank to excess, or were inactive. They claimed that women were especially subject to inflammation, due to the gathering of mucus, either in the throat or in the glands of the throat that had become enlarged in the form of Goiter, and that such sufferers might have a certain amount of coughing, of choking, and of difficulty in breathing.

(2) To the Liver: They believed that Goiter was due to the liver in persons who either became over-excited or who were subject to anger

and melancholy. They believed that when such persons even talked in a loud voice, the glands of their necks became swollen, and that if the swelling continued, a form of Goiter resulted.

(3) To the Stomach: They believed that Goiter was due to the stomach through indigestion which caused a sort of muscular lump either inside or outside the throat, the latter being visible. There is also a form of Goiter in which the lump moves up and down when the sufferer either talks or swallows.

(4) To the Heart: They believed that Goiter was due to the heart in persons in whom the fire element, either in the heart or in the valves of the heart, causes heart enlargement, accompanied by a fast, wild palpitation. In this sort of action, the heart extends and expands to the glands of the throat, the neck, and even to the inside of the ears. The repetition of this wild palpitation of the heart has a tendency to enlarge the glands of the neck into Goiter, which is accompanied by the protruding of both eyes. The Goiter serves as a sort of safety valve for this wild action of the heart. When Goiter is either operated on or cut out, through loss of this safety valve, the eyes are forced outward giving a pop-eyed appearance.

(NOTE: Herbs are compounded accordingly, to meet individual needs.)

In this twentieth century, medical scientists in all parts of the world, have both claimed and led people to believe that Goiter in any form is caused by the thyroid glands. In cases where there is insufficient thyroid secretion, the sufferers are advised to take Thyroid Tablets. While we believe that these tablets do some good in cases that come under the first classification given above, we also believe that they do great harm in all others, because the animal thyroid gives a certain amount of animal vitality to the weakened human body. We speak from experience, having seen young women who were not suffering from Goiter who were advised to take Thyroid Tablets by medical men. These patients then began to suffer from melancholia, nervousness, forgetfulness and sleeplessness. They also had crying spells, lack of mental ability, itching of the skin, irregular monthlies, and were unable to think clearly. We have also heard of numerous similar complaints.

The 20th century scientists in various parts of the world use the dumb animals in their experiments. They watch the reactions of these

poor creatures, and then jump at conclusions and pass the treatment on to human sufferers. These scientists really do not know how much the dumb animals have suffered under their so-called new discovery, "The Thyroid Treatment."

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### RECENT PRONOUNCEMENTS WITH REGARD TO GOITER

Dr. William J. Kerr of the University of California Medical School has recently made a statement to the effect that Goiter is a symptom of general body trouble rather than of the Thyroid Gland only, as is commonly supposed. Despite the fact that for many years, Medical Scientists have attributed all cases of Goiter to the swelling of the Thyroid Gland, Dr. Kerr has found that Goiter may also be due to affections of other organs of the body, including those of the Heart, the Lungs, the Liver, and the Kidneys. Although this fact has but so recently become known in America, the Chinese have had knowledge of it for thousands of years, and have treated the affected organs accordingly.

The testimony printed herewith is one with regard to a case of Goiter due to an affection of the Heart. Fong Wan has also relieved cases of Goiter caused by Stomach Trouble and by Liver Trouble.

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### TESTIMONY GIVEN BY MR. O. E. FOSTER IN the Southern Division of the UNITED STATES DISTRICT COURT for the Northern District of California.

The following excerpts are from the transcript, Vol. 2, pages 108-112, March 4, 1932:

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"Q. Mr. Foster, what is the condition of your health? A. Well, I don't know that there is anything wrong with me.

Q. Were you under the care of physicians at one time for certain troubles? A. Yes, just for a short time.

Q. Physicians in Alameda County? A. Yes, in Alameda County.

Q. Did they diagnose your trouble and inform you of the troubles with which you were afflicted? A. Yes.

Q. Were there any physical evidences on the exterior of your body that you could observe? A. Yes.

Q. Just describe to the jury what that was. A. It was a goiter on

the right side of my neck.

- - - - -  
Q. Do you know a goiter when you see it? A. Yes, I do.

- - - - -  
Q. Just proceed, Mr. Foster. A. It started from my heart, something that caused pressure against my heart caused the goiter.

Q. You have spoken of your heart. What were the symptoms that came from your heart? A. When it first started my heart was in pretty bad shape. It would just beat a little bit and then sort of wait, and then beat again. We called the doctor, and the doctor said - - -

- - - - -  
A. My heart then started beating awful fast and just pounded like a triphammer. You could feel it anywhere and know that my heart was beating very fast. I could not sleep or lie on my side because my heart was beating so hard. It kept up that way for quite a long time. Finally, I got a little better and was able to get around, and I thought I would see what I could do, and I went to a doctor who looked me over. He was a heart and lung specialist.

Q. Did the heart and lung specialist apply certain tests to your heart? A. Yes. Q. The Court will probably not allow you to say what he said to you, but did he make a diagnosis of your trouble with your heart? A. Yes, he did.

Q. You may state, if you will, whether or not there were indications that you, yourself, could observe as to the conditions of your heart, as to whether or not it was enlarged?

- - - - -  
Q. In any event, did the doctor make a diagnosis with respect to your heart condition? A. Yes.

Q. What did he recommend you to do? A. He recommended I come back and have something done to my goiter.

Q. At that time how large was the goiter? A. I could not say. I could feel it sort of pressing up like.

Q. Was it visible on the outside? A. Yes, it was on this side.

Q. Was it getting larger as time went on? A. Oh, yes, it was getting larger.

Q. What did he recommend you to do with respect to the goiter? A. He asked me to come back and see him and have some injection. I don't know what it was, because I didn't go back.

Q. Did you go to any other doctor after that before you went to

Fong Wan's place? A. No, I did not.

Q. What was your condition at the time you went to the Fong Wan Herb Company? A. I was in pretty bad shape; in fact, I felt that there was not much chance.

- - - - -  
Q. You may go on, Mr. Foster. A. So I thought I would go down and see Fong Wan and see what he could do for me.

Q. Had you heard of him before? A. Yes.

Q. For how long a time? A. About six months. Different people told me about him.

Q. People that had treated with him? A. Yes, people that had treated with him.

Q. And you went to him? A. Yes.

Q. Did he make up certain herbs for you? A. Yes, he did.

Q. How long did you take them? A. I took them about three months.

Q. After you commenced taking them did you notice any improvement? A. I did not the first week. After that I began to feel better. My heart was beating more even. Gradually my condition all changed. When my heart got better my goiter disappeared.

Q. And you say you continued the treatment three months? A. Three months.

Q. At the end of the three months what was your condition? A. Well, most people that knew me before didn't know me.

Q. Have you ever had any recurrence of the trouble since? A. No.

Q. How long ago was that, Mr. Foster? A. That was in 1928. I cannot remember the exact date.

Q. You are a perfectly well man today, so far as you know? A. Yes.

Q. No recurrence whatever of the disturbance in your heart? A. No.

Q. The goiter has entirely disappeared? A. Yes.

Q. Did you take any treatment whatever, other than the Fong Wan herbs? A. No.

Defense Attorney: Take the witness.

Prosecuting Attorney: No cross-examination."



## HEART TROUBLE OVERCOME — 38 POUNDS GAINED

For a long time I had suffered with an enlargement of the heart. The gland of my neck became so swollen that goiter developed. I lost more than 35 pounds in weight. I went to a heart and lung specialist who told me that there was not much that could be done for me in my condition, so I decided I must try some other method.

One of our friends who had been relieved from an ailment by taking the herbs sold by Fong Wan advised me to see him. This I did, and after a few minutes interview with Fong Wan I decided to try the herbs. Took the herbs about 3 months, was relieved of my heart ailment, the goiter disappeared, and have been in wonderful health since. This was in 1928 and no recurrence of the trouble.



O. E. Foster

Naturally, I feel indebted to Fong Wan for what he has done for me through the use of herbs and restored me to health again, and will be glad at any time to recommend him to anyone afflicted with a similar ailment.

O. E. FOSTER.

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**TESTIMONY GIVEN BY MR. J. W. HOCKER in the Southern Division of the UNITED STATES DISTRICT COURT for the Northern District of California.**

The following excerpts are from the transcript, Vol. 4, pages 293-300, March 8, 1932:

Defense Attorney: Q. "What is your business? A. I am a carpenter.

Q. I show you a letter, or what purports to be a letter, on pages 45 and 46 of this booklet called 'Herb Lore' (1929 edition). You have seen it, have you? A. Yes.

Q. Did you give that testimonial? A. Yes.

Defense Attorney: I ask leave to read it at this point, your Honor, It is entitled—

**MR. JOHN W. HOCKER, A CONTRACTOR AND BUILDER,  
ENDORSES FONG WAN HERBS**

Oakland, California.

When I first came to Fong Wan I was tired, weak and sleepless. My heart beat fast and I could scarcely breathe. I was so dizzy that I was in continual fear of falling.

Although I tried doctors who used the X-ray and who examined me on the table for hours at a time, yet none could determine the cause of my ailments. Month after month I sought relief, but not a bit of good did I get.

When I started the Fong Wan Herbs they did me more good in two days than I had gotten from doctors in a year. Although I finished taking the herbs many months ago, I am still in fine condition. This testimonial is prompted by gratitude and the happiness experienced in having obtained good results through the agency of the Fong Wan Herb Specialist.

**JOHN W. HOCKER.**

Q. When did you begin to suffer with your troubles? A. You mean how far prior to the time I went to Fong Wan?

- - - - -

Q. You can describe your conditions, then, Mr. Hocker. A. About something like nine years ago I was living up in Woodland, Yolo County. I had quite a bad side, I could not raise my arm above my head this way. It would weaken right down. My stomach would swell up some bit, I was short of breath and all that. I went to some doctors there—

The Court: Q. Did you have a cough? A. Yes.

Q. Sputum? A. I have had that a little all my life. I coughed but very little.

Q. Did you have any night sweats? A. Years ago I did, but not lately. When I was a young boy I had night sweats for a long while.

Q. Did you have your lungs X-rayed? A. Yes.

Q. At what clinic? A. I tried for insurance several times and failed, I had a hemorrhage and I spit quite a quantity of blood in my younger days.

Q. Did you have your lungs X-rayed? A. Yes.

- - - - -

Q. Did they make a report to you as to the disease with which you were suffering? A. Yes.

- - - - -

Q. Did the doctors describe to you the condition of your lungs, without saying what it was?

The Court: Just answer 'Yes' or 'No.' A. Yes.

Q. Did you continue your treatment with these doctors? A. They never gave me anything that I remember of, at all.

The Court: Q. Did you take what was called the rest cure? A. No, sir, I have never been able to.

Q. Well, finally, did you go to Fong Wan's? A. I did, yes.

Q. About how long ago? A. Close to six years ago. I think it was a little less than six years ago.

Q. Did you personally go and consult Fong Wan? A. Yes.

Q. Did he compound certain herbs for you? A. Yes.

Q. About how long did you take them? A. I took them, I think, for around five months.

Q. Will you just state to the jury in your own language what occurred as the result of your taking them? A. I began getting better right away. I never felt better in all my life. I was more competent to do work, and could do more of it with less fatigue than I ever could before in all my life, counting in my young days and all. My side got much better. In fact, it got so that I took no notice of it at all. I slept good, ate good, and I gained. I cannot say too much about them. There is nothing else I can say is better than those herbs.

Q. Has the trouble ever come back on you? A. Once in a great while I do have a little trouble with my side if I take a real bad cold. This last winter—not this winter, but last winter, about a year ago, possibly a little over, I was working up in Santa Rosa and I caught cold. I went to a doctor up there and got some medicine. He was a homeopathic doctor. It did not seem to do me any good much. I came on down here and went to another doctor here. The reason I did not go to Fong Wan's then was because I was very short of money. I got some medicine from this other doctor. I took the medicine from both of these doctors without any result, at all. I then went to Fong Wan and took a week's treatment from him and cleared my side up perfectly good, and I was as well as ever, again.

Q. You were not subpoenaed as a witness to come here, were you?  
A. No, sir.

Q. You came down on your own accord? A. Yes, I volunteered.”

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## CROSS EXAMINATION

Prosecuting Attorney: Q. "You say you came down here voluntarily? A. Yes.

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Q. Is it not a fact that the reason why you have not made application for insurance in the last couple of years is that you know you can't get an insurance policy on account of your health. Is that right? A. Absolutely it is not right. I have had agents request me to get insurance. I have just told you it would cost me entirely too much to carry insurance now. You know that.

Q. No, I don't know it. A. Certainly you know it. You know what rates are for different ages.

- - - - -

Q. You are not suffering from tuberculosis now, are you? A. Do I look like it?

Q. I want to know if you are suffering from tuberculosis now. A. Doctors since I was sixteen or eighteen years of age have pronounced me a T. B. However, with all of that I have gained in flesh, I eat good, and I weigh more, as a rule, and I rarely ever cough.

Q. Are you working now? A. Yes.

- - - - -

Q. You are taking things kind of easy now and have been for the last few years? A. I certainly would not if I had a job."

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## HEART TROUBLE MARVELOUSLY RELIEVED

San Francisco, Calif., July 5, 1928.

To Fong Wan:

Two years ago I suffered from Heart Trouble and pain all over my chest. Although I tried everything that I heard of, I secured no genuine relief until I came across the bay to you. It is a pleasure to testify that the Fong Wan Herbs banished my pain and that there has been no recurrence of my complaints during the past two years.

MRS. M. LORD.

## A LETTER FROM A FORMER PATRON

Oakland, California.

Mr. Fong Wan.

Dear Sir:

You know how I have come to you from time to time during the past few years for books to give to friends or acquaintances who wished to investigate your methods of herb treatment, after they had learned of my wonderful experience in being cured of Hardening of the Arteries four years ago by but two weeks of your treatment.

Although I have thus been instrumental in bringing a few sufferers to you to receive relief, I feel that I have not done all I might, as there are doubtless other persons who are suffering from Neuritis, Rheumatism, Thickening of the Blood, or from Hardening of the Arteries as I did.

As I have been free from that ailment ever since, I shall be glad to answer, either by letter or in person, any inquiry you may receive from individuals so afflicted.

Sincerely yours,

MRS. F. M. McKEEVER.

(Original given many years ago;  
again verified Nov. 16, 1932.)



## CHAPTER V

# THE LUNGS AND THE THROAT

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### CHINESE THEORIES REGARDING THE LUNGS



The Lungs

Shin Nong classified the lungs as belonging to the mineral element. Just as the heart controls the blood circulation, the lungs control the air circulation of the human system.

If the blood of the lungs is in good condition, and the pores of the body are kept clean, while at the same time the lungs are free from inflammation, impurities, and abnormal temperature of foreign origin, the lungs are strong and healthy.

Herbs of white color and of either pungent or insipid taste belong to the mineral element. The former cause the heat of the body to expand and to go down to the limbs and pass outward through the skin. The activity of the lungs extends also to the sub-organs and the intestines. The herbs of insipid taste free the lungs and intestines of fever.

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### COLDS AND LA GRIPPE

When one has a cold in any part or in the whole of the body, the passages of the pores are closed. As the internal heat cannot then escape, it forces its way up to the head, which begins to ache. If this heat (fever) reaches the lungs, pneumonia may result. When a cold settles in any part of the body, it stops the circulation both of the

blood and of the air in that part. Stiff neck and pain in the follow. The internal fever causes a dryness and a soreness of the throat. If the heat in the lungs interferes with the free passage of the air, there is coughing.

For these reasons, a herb compound for a cold generally contains more than a dozen different kinds of herbs, such as: Herbs to take away the fever from the lungs; herbs to open the passages of the pores, so that the lungs and pores may work again in unison; herbs to soothe the air passages of the bronchial tubes; herbs to pacify the blood of the liver; herbs to carry away the feverish congestion, so that the head will stop aching. A herb compound for a cold is therefore much more beneficial than any sort of drugs. This is the reason why Chinese herbalists have been so successful in relieving cases of La Grippe and Influenza.

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### ECZEMA CONNECTED WITH THE LUNGS

A certain class of skin disease is commonly known as Eczema. Because the pores of the skin work in unison with the lungs, germs and impurities in the skin and pores affect the blood, through the medium of the lungs, to a greater or less degree. Consequently, herbs for Eczema must be so compounded as to remove the impurities from the blood, through the action of the lungs, which will drive out the impurities through the pores. In addition to this, herb salve or herb powder is generally applied externally. Herbs are also boiled for washing the affected parts.

When disease affects either the lower or the upper limbs, herbs for cleansing the spleen must be added to the herbs in the compound for the lungs, as the spleen controls the limbs. Although Eczema and other skin diseases are disagreeable, they are not dangerous.

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### ASTHMA DUE TO THE LUNGS

When a chronic cold settles in the lungs, they become clogged with mucous congestion. This condition is known as Asthma. If the case is of long standing, the sufferer's health is gradually impaired, and it requires considerable time to restore it to normal. The FONG WAN CO. has a splendid record for the absolute and permanent relief of Asthma cases.

## WHY ELECTRO-MAGNETIC TREATMENTS DO HARM

Neither the lungs nor the constitution in general of the cough and asthma sufferer are as strong as those of persons of average health; consequently, an asthma sufferer is more liable to contract a cold. When a fresh cold sets in, there is always more or less inflammation and fever which is scarcely detectable by placing a thermometer in the mouth.

If the sufferer uses an Electro-magnetic Appliance it will drive more heat (fever) into the lungs, which, in consequence, will become more congested and clogged with mucus. The sufferer then breathes with difficulty and becomes very weak. Loss of appetite and a sallowness and paleness of the complexion which give the appearance of approaching death, follow.

A number of persons who, through the use of Electro-Magnetic Appliances, have brought themselves into the aforesaid condition have reported to the Fong Wan Co. Although their Electro-Magnetic Appliances have done them so much harm, they have succeeded in regaining their health by taking the Fong Wan Herbs.

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## CATARRH PARTLY DUE TO LUNGS

Catarrh originates in the blood. When the lungs send up fever to the head, this fever condenses the moisture, which forms big chunks in the head. These chunks of thick mucus drop into the mouth and throat. For this reason people look upon catarrh as having its seat in the head. Herbs for catarrh must be so compounded as to cleanse the blood, the lungs, and the head. Long suffering from catarrh abates one's energy, poisons the entire system, and causes ringing noises in the ears or even deafness. Many chronic sufferers from catarrh have been wonderfully relieved by the Fong Wan Herbs.

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## CHINESE THEORIES REGARDING THROAT DISEASES

When equilibrium of power and balance is maintained in the working of the five elements, the human system is free from disease. The throat is a narrow passage between the trunk of the body and the head. In it are numerous small nerves and glands which connect with the internal organs such as the lungs, kidneys, stomach, liver, and heart.



When the condition of any one of these organs is abnormal, numerous throat troubles, such as swellings, tonsilitis, and goiter, result. When there is inflammation in the blood, the heat rushes upward and passes through the throat, which is liable to become affected in consequence.

When the kidneys are in a torrid condition, a dryness which feels like a piece of cotton, is felt in the back of the throat, especially at night. Frequently, also, the sufferer brings up a little blackish lump of phlegm.

If the blood in the liver is feverish, it may cause the left side of the throat to swell, while if the blood in the lungs is feverish, the swelling is on the right side of the throat. Such swellings develop into tonsilitis.

If there is either indigestion or a torrid condition of the stomach, thirst, accumulation of phlegm and sore throat result. All the foregoing inflammatory conditions, when aggravated by a cold, cause sore throat and great suffering. The inflammation of the system takes its own course and affects the weakest parts of the body.

Although a case of sore throat is generally easily relieved, yet when the trouble has become chronic, it cannot be overcome until the blood of the entire system has been cleansed.

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## INFLUENZA DOESN'T WORRY THE CHINESE

Just as in 1918, so again in 1927, people of various nations were worrying greatly over the Influenza, but the Chinese were scarcely paying any attention to the epidemic.

Many thousands of years ago Chinese herbalists worked out a formula for the relief of colds. This same formula has accomplished wonders in influenza cases.

The herbal compound for an ordinary cold consists of three kinds of herbs to open the pores of the skin, and other kinds of herbs to rid the lungs of fever (inflammation). As the large intestines are a sub-organ of the lungs, while these herbs are acting upon the lungs, they are at the same time allaying the fever or inflammation of the large intestines. Some herbs are also put in to pacify the liver, while others are added to equalize the functioning of the stomach. If the sufferer's cold has developed into a cough, herbs are also included to soothe the bronchial tubes and the lungs.

When an individual has taken the herbs continuously for some time,

his blood is so thoroughly cleansed that there is no congestion, and his pores function freely. In consequence, he rarely catches cold.

The Chinese herbs for a cold are beneficial to the entire system, and are very different from the treatments prescribed by other schools of healing, in which alcoholic liquor is often used. The fever or inflammation in the system is thus augmented instead of being driven out.

Herbs for colds also tend to drive away Influenza germs, just as tobacco plants keep insects away from the garden, and tobacco smoke keeps away snakes.

As a result of their experience in the epidemic of 1918, many Americans now realize how speedy and lasting is the benefit to be derived from the Herbal Remedies provided by Mother Nature.

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## SINUS TROUBLE — ITS CAUSES AND SYMPTOMS

According to Chinese Theories, sinus trouble is attributable to the following causes:

1. The nose is the cavity of the lungs. If a cold is contracted, the heat (fever) centers in the head and lungs.

2. The mouth is the cavity to the stomach. If a person either eats too frequently or if he eats too much spicy, fried, greasy or rich food, there will be a certain amount of indigestion in the stomach, and the blood there will become heated. Naturally, as the blood circulates and the air passes out and upward from the lungs and the stomach, the sinus is liable to become affected.

If the sinus is painful and the mucus is thick, yellowish brown, and if dry discharges come from the nose, it indicates that one has heated blood in the lungs and perhaps more or less indigestion. It also indicates that there is too much of the fire element in the blood.

If the mucus discharged through the nose is clear, thin, and abundant, and if these discharges are sometimes accompanied by pain, a severe chronic cold has settled in the head and has concentrated in the sinus. When a person has chronic sinus trouble, his health is often impaired and there is an unpleasant odor about his nose or mouth. The entire system is sometimes poisoned, and in severe cases of sinus trouble, the nose swells painfully.

Because of the Chinese method of healing with herbs, many opera-

tions have been avoided. There are two methods of compounding herbs for sinus trouble. One is to use herbs to purify the blood of the stomach and lungs and to dispel the heat, combined with herbs to improve the digestion and to open the passages or cavities of the sinus. The other method is to use herbs to clear out the cold and to restore the blood strength, so that relief may be permanent. If a person is weak and the sinus trouble of long standing, a considerable length of time may be required.

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## AN EXTRAORDINARY CASE OF ECZEMA

Oakland, Calif., May 4, 1931.

FONG WAN:

I want you to know how grateful I am for what your Herbs did for me about four years ago when I had a very severe case of Eczema. Time has proven the eradication of the disease to be thorough for I have not been ill since.

The Eczema began on one arm and continued to spread, although I went to several doctors. They sent me to a specialist, who gave me what is known as "auto-serum" treatment. I was put on a very strict diet. After seven weeks of this regime, I was extremely weak and nervous and the skin disease had spread all over my body. My arms resembled raw beef steak, and I had lost 18 pounds. The specialist finally advised that I go away to the country; this was obviously impossible.

We had heard that your Herbs were helping others, but we feared to try them for we had also heard that the Chinese used their herbs to promote dope addiction among unsuspecting Americans. Time has proven this to be absolutely untrue.

My husband finally brought me to your office and I began taking the Fong Wan Herb Tea. Within a few weeks marked improvement was evident in every way. The skin on my body was entirely healed and after four months there was new skin on my arms. I had regained my weight and could again do all my own housework. At the same time I had gotten rid of painful Piles of long standing.

My husband used your Herbs for Kidney Trouble with good results. Incidentally, the Rheumatism with which he had been bothered

off and on was entirely overcome. He joins me in testimonial.

We have great faith in the Fong Wan Herbs and we recommend them to our friends.

Very respectfully yours,

KATE M. and J. E. CHUN.

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### **BRONCHITIS, ASTHMA, AND FEVER**

March 26th, 1930.

A year ago my daughter, Bernice, had intermittent Fever for many months. She was kept out of school and had to stay in bed. Although we had tried doctors and many remedies, Bernice obtained no relief until she took the Fong Wan Herbs. She also had Bronchitis and Asthma, from both of which the herbs relieved her in no time.

MRS. H. DIECKMAN.

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### **WEAKENED BY INFLUENZA**

Stockton, California.

About three years ago I was left very weak after having suffered from Spanish Influenza and I contracted a cough, which settled on my lungs. This cough persisted and kept gradually getting worse. I tried every remedy recommended to me, but nothing seemed to relieve me.

A year ago I had so severe an attack of coughing that I was compelled to quit work. I had just about believed a relief impossible when friends and relatives urged me to go to Fong Wan, the Herb Specialist. I went. Fong Wan diagnosed my case correctly. I noticed an improvement after the first cup of herb tea, and after three or four weeks I felt like a new person.

Today, thanks to Fong Wan and his herbs, I can boast of a good pair of lungs and a good heart.

J. J. FISKE.

(This testimonial was first given some years ago.

It was verified November 3, 1932.)

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### **SAN FRANCISCO MAN RELIEVED IN OAKLAND**

San Francisco, Calif., March 8, 1926.

My Stomach and Bronchial Tubes troubled me considerably for the past two years. When I tried to do anything I became choked up and

nervous, and for some time I had not been able to work steadily.

Although I had obtained no results from other treatments, I acted upon the recommendation that I try the Fong Wan Herbs. I have taken the Herbs for only two weeks and I already feel like a different man. In my case the Fong Wan Herbs have proven to be the best remedy.

ANDREW FOPPIANI.

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TESTIMONY GIVEN BY MRS. L. LONG in the Southern Division of the UNITED STATES DISTRICT COURT for the Northern District of California.

The following excerpts are from the transcript Vol. 5, pages 422-424, March 9, 1932.

Questions by attorney for defense. Answers by Mrs. L. Long.

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Q. "So far as you know, are you in perfect health at the present time? A. Yes.

Q. Were you always that way? A. No, sir.

Q. When did you first begin to suffer with the physical ailment that did afflict you? A. In 1928.

Q. Did you consult a regular physician? A. Yes.

Q. Without giving her name—was it a lady physician? A. Yes.

Q. And a reputable member of the profession? A. Yes.

Q. Did you continue with her for any great length of time? A. A year.

Q. At the end of that time had you been benefited? A. No, sir.

Q. What was your condition, better or worse? A. It was worse, because I was losing more weight.

Q. What were the symptoms with which you were suffering during that period of time? A. With night sweats, afternoon fever, chills, loss of weight.

Q. Did you have any cough? A. A cough.

Q. Did you go to a specialist in the medical profession after that?  
A. Yes, sir.

Q. What was his specialty? A. Tuberculosis.

Q. He was a regular specialist in that trouble, was he? A. Yes, sir.

Q. How long did you remain under his care? A. I did not go under his care, because I could not afford to take the treatment.

Q. Did he diagnose your trouble? A. He gave me an X-ray.

Q. By the way, did you submit to any other tests and reactions?  
A. Yes, when I went to the other doctor I had a tubercular test through the arm.

Q. And the result of that was that you went to a tubercular specialist? A. Yes.

Q. You say you could not afford to undertake the treatment? A. No, sir, I could not.

Q. Then to whom did you go for relief? A. - - - Fong Wan.

- - - - -

Q. Did he come to you, or did you take your case to him? A. I went to him.

Q. On the recommendation of others? A. Of my sister, who had gone to him.

Q. What was your condition at that time with regard to strength?  
A. I was in bed.

Q. How long had you been confined to bed? A. Three weeks before I went to him.

Q. Did you have fever during that time? A. Yes.

Q. Were you able to walk about? A. No, sir, not over a block.

Q. Were you weak? A. Yes.

Q. How much had you lost in weight? A. 23 pounds.

Q. Then did you begin to take the herbs that were compounded for you by Fong Wan? A. Yes.

Q. When did you first commence taking them? A. October 15.

Q. In what year? A. 1930.

Q. How long did you continue to take the treatment? A. Until about April 1st, 1931.

Q. That was something like six months? A. Yes.

Q. Just state to the jury what occurred after you commenced to take these treatments? A. Well, I started in and I would have to be taken down in the car, I was not able to walk only a block, I was short winded, I had the afternoon fever, I had the night sweats. So after I started taking them it was quite some time until I gained weight, but I gained strength. Then I gained eighteen pounds after going to him for six months.

Q. What has become of the symptoms that formerly afflicted you?  
A. I have no more cough, no more afternoon fevers, and I can walk, I think, as far as anybody else.

Q. You do your own work? A. I do my own work.

Q. Have you any troubles or ills at all from that trouble of which you are conscious? A. No, sir, not at all; my lungs are all right. I have no pain.

Q. And all of the troubles that formerly afflicted you in your lungs and chest, the fever and otherwise, have disappeared? A. Yes, sir.

Defense Attorney: Take the witness.

#### CROSS EXAMINATION

- - - - -  
Q. During this time that you were taking these herbs were you on a diet? A. No, sir.

Q. Were you careful about your eating? A. No, sir.

Q. Did you eat anything? A. I ate anything and everything I wanted to.

Q. You ate well? A. Yes.

Q. You ate full meals? A. Yes.

Q. Did you get lots of rest during this time? A. I took my afternoon rest. He had me take moderate exercise outdoors.

- - - - -  
Q. Did you get that afternoon rest every day? A. Sometimes.

Q. Mostly every day? A. Yes, I tried to.

Q. And you feel better now, don't you? A. I feel fine.

Q. Did the defendant, Fong Wan, ever tell you that he would cure cancer? A. I didn't have cancer and I didn't ask him.

Q. Did he ever tell you that he would cure your appendicitis? A. I didn't ask him anything about it.

Q. You never had any appendicitis? A. No.

Q. Did he ever tell you that he would cure epilepsy? A. No.

Q. You were never troubled with anything of that kind, were you?  
A. No.

Defense Attorney: I object to that as not proper cross-examination. This witness has not been afflicted with any of those things.

The Court: It is not proper cross-examination.

Prosecuting Attorney: That is all."

## MARVELOUS RELIEF FROM ECZEMA

Albany, Calif., Jan. 2, 1936.

### To Whom It May Concern:

For more than three years and a half, I suffered from Eczema on my face, hands, arms and body. I went to twenty doctors and to the clinics of two universities for treatment but gained no relief. I was told that my trouble was Dermatitis Herpetiformis. Obtaining no relief, I finally went to Fong Wan. I bought some herbs from him, cooked them at home and drank the herb tea. I soon experienced some relief. I continued to take the herbs for three months and I now feel fine. My skin is all cleared up. If I ever have any recurrence of the malady, I shall certainly take the Fong Wan Herbs again. Anyone interested in learning more with regard to my condition may call on me and I shall be glad to both verify these statements and give details.



Martin Olufsen

MARTIN OLUFSEN.

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## REGAINED HEALTH AFTER LONG SUFFERING

Oakland, California.

After having been operated on for a Tumor in my neck, I had a cough day and night. After nine months the cut made by the doctor had not healed. Each month I became weaker, my breath grew short, and I could scarcely walk. I thought that I would surely die.

My brother urged me to try the Fong wan Herbs at 576 - Tenth Street. Despairingly, I began to drink them. Now, after two months, I am entirely rid of all my former complaints and am strong and well. I thank God for this wonderful Herb Specialist, Fong Wan, who I believe has prolonged my life.

JOE PINA.

(Original date 1922.

Again verified April 21, 1936.)



## DAUGHTER FREED FROM COUGH AND ASTHMA, MRS. SWANSTROM ENDORSES FONG WAN HERBS

Oakland, Calif., Nov. 29, 1929.

My daughter, Rhea, suffered for several years from Asthma, Cough, and Night Sweats. After she had repeatedly failed to get relief from medical doctors, we acted upon the suggestion of a neighbor that we try the Fong Wan Herbs.

The herbs relieved her in almost no time. All her complaints have disappeared; she can both eat and sleep well and is feeling just fine.

We are grateful to Fong Wan, the renowned herbalist, who restored her to health, and are glad to tell of her recovery in order to point the way to others in quest of healing.

MRS. GEORGE SWANSTROM.

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## SORE THROAT AND GROWTH ON THE NAVEL

Oakland, California.

To Whom It May Concern:

I had a very Sore Throat and the doctor pronounced it a case of Diphtheria. I was unable either to eat or to even drink milk or water. My throat was swollen so badly that I could not turn my head.

As Fong Wan, the Herbalist, had rid my sister of a long standing cough which the doctors had called consumption, and as he had also restored my cousin, Gomes Souza, who suffered with dropsy, to perfect health, I decided to try him for my throat. His herbs worked marvels. Within two hours after taking it, all the pain in my throat was gone and the swelling had also subsided. That was a year ago.

Recently I suffered from Growth on the Navel and the pain became so severe that I was confined to my bed for three weeks. Again I had recourse to Fong Wan, and I am happy to say that the growth has now entirely disappeared and I am well and strong.

GREGORY G. SOUZA.

(The original was written years ago, but this was again verified in 1930).

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## FREED FROM COUGH

Oakland, California.

I had a cough for about a year. I became very weak and the doc-

tors thought I had consumption. No treatment that I took did me any good.

My folks finally urged that I try Fong Wan. After but a few weeks of his treatment I was restored to my normal health, and although this was more than a year ago, I have not had a cough since. I am strong now and have gained many pounds.

MARY SOUZA.

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### **SINUS TROUBLE, CATARRH AND SNEEZING**

Oakland, Calif., Oct. 7, 1929.

To Whom It May Concern:

For six months I suffered from Sinus Trouble, Catarrh and Spells of Violent Sneezing, which were both disconcerting and embarrassing.

Although for a time it seemed that no permanent relief was obtainable, now after having taken the Fong Wan Herbs for but a short time, my troubles have all been overcome and I feel that I have entirely recovered.

WESLEY YOUNG.



# CHAPTER VI

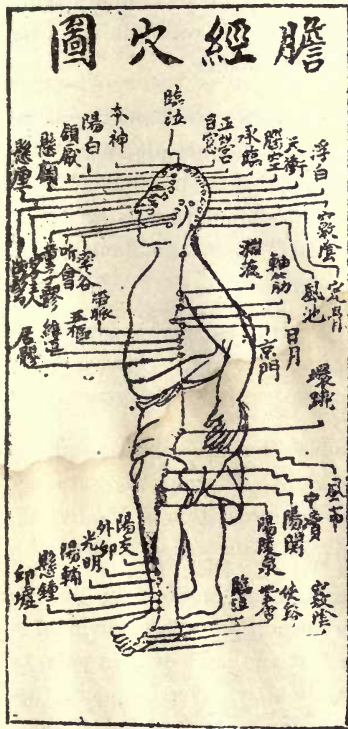
## THE LIVER AND GALL BLADDER

### CHINESE THEORIES REGARDING THE LIVER AND GALL BLADDER

The sketch reproduced here is one of many similar sketches that appeared about three centuries ago in a revised edition of the Encyclopedia of Herbal Science, published by the Chinese Imperial College in Peking, China. It shows how the various nerves in different parts of the body are affected by the gall bladder and liver.

Although thousands of years have elapsed since the original of the accompanying sketch was made by eminent herbalists in China, yet great numbers of sufferers from liver and gall bladder trouble in the U. S. as well as in the Orient are daily obtaining great benefit from this ancient Chinese knowledge by using the Chinese herbal remedies.

Because the liquid in the gall bladder and the juices secreted by the liver are greenish, thus resembling the vegetation element in color, Shin



Nong concluded that the gall bladder and liver belonged to the vegetation element and that herbs of green color and sour taste should be used as correctives for disorders of these organs. Upon experimenting, he

discovered that herbs of this sort have power to contract the air in the blood, and that their action assists the liver and gall bladder in functioning.

The liver acts as a reservoir to hold the blood until it is thrown back into circulation. The secretions of the liver and gall bladder enter the intestines and aid digestion. The gall bladder is a sub-organ to the liver.

The inflamed condition of the liver causes inflammation and congestion of the Gall Duct; and the Bile either overflows, causing Yellow Jaundice or solidifies into Gallstones. At intervals the Liver becomes greatly inflamed, causing swelling in the entire right side of the trunk, from the glands of the neck to the lower part of the abdomen. The Appendix then swells and Appendicitis sets in. When the stones are passing through, they cause such intense pain that the sufferer frequently loses consciousness. As a symptom of Gall and Liver Troubles there is generally more or less pain, starting beneath the right rib and running around the right side, up to the shoulder blades.

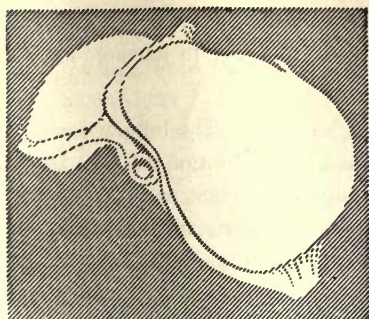
If either the liver or gall bladder is inflamed or is weak and inactive, pain, enlargement, gall stones, biliousness, sleeplessness, nervousness, discoloration of the skin and a ringing or buzzing noise in the ears may follow. Sometimes, when the inflammation is severe, it causes running sores or even ulcers in the ears, deafness, inflamed eyes, blindness, hot flashes or headaches.

Intense anger also affects the liver. Protracted sorrow causes the liver to be sluggish and the blood to become poisoned. This condition is favorable to the formation of growths, especially in the breast.

Americans often laugh at the Chinese idea that the liver is partly on the left side of the body as well as on the right. Through their studies, the Chinese have found that the pulse of the circulation of the liver is determined by feeling the pulse in the left wrist, instead of in the right.

When through fright, anger or other strong emotion, the liver is stimulated abnormally, it gets into a fiery condition. The individual is then liable to be quick-tempered, to talk fast and loud, or if in pain, to groan or cry in a loud voice. An abnormally active liver frequently deprives one of the use of his voice entirely for a short period of time. This is why certain persons often find it necessary to stop and rest for a time before going on with a speech at a public meeting, or continuing in a private discussion.

The presence of fever in the liver cannot be detected by the thermometer used by the medical profession, but must be discovered in other ways. The Chinese herbs for the liver act independently through the blood circulation. Generally, it is not necessary to physic through the bowels. Cleansing the liver by physic is an Occidental method.



**The Liver and Gall Bladder**

When an adult or child is suffering, if he groans or cries continuously, with a loud, steady voice, there is no doubt that he has inflammation of the liver and adjacent organs.

The liver is one of the five principal organs, the gall bladder being one of its sub-organs. Pain in the right side, the region of the liver, is generally caused by inflammation of that organ or by the secretions of the liver overflowing into the gall bladder, where they either become bile or solidify into stones. Physicians frequently cut out either the gall bladder or the appendix. They prefer not to cut out the main organ, the liver, because that operation would be both dangerous and difficult. Consequently, the liver is generally left untouched and many persons whose gall bladders have been removed still suffer considerable pain in the right side and lie in bed for years.

According to Chinese theories, the liver controls the nerves. When there is rheumatic nerve trouble, attention must be given to the liver, and herbs must also be added to the compound to drive out the accumulated poison.

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## HOW CHINESE HERBS ARE MARSHALED TO COMBAT DISEASE

Chinese Herbs properly compounded to combat disease may be compared to an army organized to attack an enemy. The Herbalist is the Commander; his Knowledge, Experience, Intelligence, and Astuteness are the Spies. In order to detect an ailment, the Herbalist must use his eyes in studying the skin of the sufferer, just as the Aviator must use his eyes in locating the enemy and in discovering his strong and weak points.

When an army is very strong and powerful, in order to defeat it, the attacking force must secure other nations as allies. Likewise, in overcoming serious ailments, it requires the combined powers of a number of varieties of herbs, all working together in harmonious alliance, to eradicate the disease.

Let us take a case of Gall-stones, for example. The inflamed condition of the Liver causes inflammation and congestion of the Gall Duct; and the Bile either overflows, causing Yellow Jaundice, or solidifies into Gall-stones. At intervals, the liver becomes greatly inflamed, causing swelling in the entire right side of the trunk from the glands of the neck to the lower part of the abdomen. The Appendix then swells and Appendicitis sets in. When the stones are passing through, they cause such intense pain that the sufferer frequently loses consciousness. As a symptom of Gall and Liver Troubles, there is generally more or less pain starting beneath the right rib and running around the right side, up to the shoulder blades.

In a condition of this sort, five or six kinds of herbs must be compounded for the Liver and Gall; auxiliary herbs must be added to cleanse the blood and rid it of the fire element (inflammation); some herbs must be put in to cause the air and the blood to circulate properly; other varieties must be used to take away the swelling; and still other herbs must be added for the Nerves of the Shoulder Blade. How similar is this process to the maneuvers of an army which opens fire with seventeen-inch guns to break down the defense works of the enemy, rushes forward its cavalry as auxiliaries, and follows up with the infantry. Victory is thus assured!

Quite frequently, sufferers from Gall-stones who have won the victory over them by taking the Fong Wan Herbs, have brought to the office bottles of Gall-stones that have passed from them. Up to the time of this writing not a single person who has taken the Fong Wan Herbs for Gall-stones has either had to be operated on or has even suffered again.

Most treatments for Gall and Liver Trouble have a tendency to physic the sufferer regardless of whether he is strong enough to stand it. The Fong Wan Herbs work independently through the blood circulation instead of weakening the individual's constitution.

Many cases of Liver and Gall Bladder Trouble have been mistaken for Appendicitis, and the Appendix has been cut out, thus leaving the ailments of the Gall and Liver untouched.

## **HERBAL REMEDIES SUCCEED IN LIVER AND STOMACH TROUBLE, MR. GREENFIELD TESTIFIES**

Oakland, Calif., May 22, 1930.

For 15 years I suffered from Stomach Trouble, off and on. Recently my back began to hurt and I had severe headaches. Notwithstanding the fact that about five years ago my wife was relieved in a case of Liver and Stomach Trouble by taking the Fong Wan Herbs. I sought relief through Occidental methods of healing. Finally, however, discovering that I was getting worse instead of better, I decided to go to Fong Wan. I am happy to say that I now feel as though I had been made over new, for his herbs have overcome all my complaints.

R. R. GREENFIELD.

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## **PILES**

Oakland, California.

For years I have had Piles in the advanced stages. I found no relief in any treatment. I was operated on but this did me no good. My husband had been relieved of 137 boils by the Fong Wan Herbs, so I had faith in them. I took the herbs for ten weeks, at the end of which time I was entirely well. This was four months ago and I am still in splendid condition.

MRS. E. W. HOOGS.

(December, 1923)

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## **YELLOW JAUNDICE**

Alameda, Calif., June 14, 1932.

I suffered with severe pain in my stomach and could neither eat nor drink without distress. My skin and even the whites of my eyes turned yellow. My urine was as dark as black coffee. I was suffering from Yellow Jaundice. I was completely relieved by taking the Fong Wan Herbs.

FRANK MANAI.

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## **LIVER, GALL-BLADDER AND STOMACH TROUBLE RELIEVED**

Oakland, Calif., Nov. 14, 1929.

FONG WAN CO.

Dear Mr. Fong:

I am writing this letter to express my gratitude for the splendid

results and benefits I have received from the use of the Chinese Herbs prepared by you.

I had a complication of Liver, Gall-Bladder and Stomach Trouble with sharp, stabbing pains in the lower right side of my Abdomen. The region of the Liver was exceedingly sore and tender; so much so that even loose clothing became irritating and uncomfortable. My stomach was also very sore to the touch and felt as if there were a lump the size of an egg in it. After meals, food which was very sour and burned the throat, was returned to the mouth.

This condition steadily became worse over a period of a year. During this time, I was treated by two doctors without any appreciable results. Both decided that an operation was necessary.

By good fortune, I came into contact with a man whom you had treated for an Ulcerated Stomach, and he strongly urged me to take your treatment. This I did.

Results were noticeable the very first week, and now, after six weeks, I am entirely free from the terrible, stabbing pains and the soreness over my Liver. My digestion is good. The old feeling of lassitude has completely disappeared, and I feel much brighter.

I am most happy to strongly recommend the herbs.

Wishing you unbounded success, and again thanking you for what you have done for me, I am,

Very cordially yours,

CYRIL MAW.

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### YEARS OF MISERY

Oakland, Calif., April 23, 1927.

My Liver and Gall Bladder kept me in great misery for years. Although I tried doctors and as many remedies as I knew about, I got no better. Finally a friend recommended me to Fong Wan. After two months of the Fong Wan Herbs, I had no complaints whatever.

As this was three years ago I believe it to be a fact that my relief is permanent. Moreover, I have gained about thirteen pounds in weight. Before I took the herbs I was always underweight.

M. PARKS.



## PRAISES FONG WAN'S SKILL

Alameda, Calif., June 28, 1927.

A little over three years ago, I had terrible attacks of pain due to Liver and Gall Bladder trouble. After I had tried doctors here and there without obtaining relief, I took the Fong Wan Herbs for three weeks.

Since that time I have had no recurrence of my former complaints. During the past three years, I have recommended a number of friends to take the Fong Wan Herbs, all of whom have experienced wonderful results.

I thank Fong Wan for his herbs; his skill is praiseworthy.

G. T. WILLIAMS.

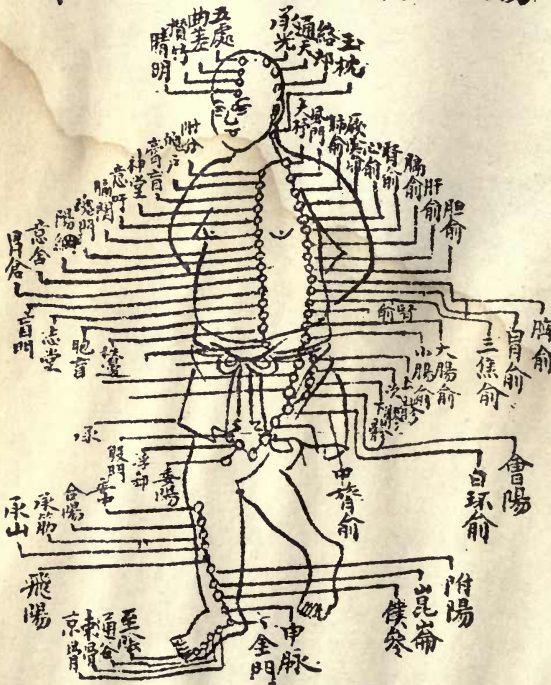


## CHAPTER VII

### THE KIDNEYS AND BLADDER

#### CHINESE THEORIES REGARDING THE KIDNEYS

### 圖 穴 經 脈 膀 腎



About 300 years ago, the sketch reproduced here was revised and published in the Encyclopedia of Herbal Science by the Chinese Imperial College in Peking, China. It shows every point at which the nerves are affected by the kidneys and their sub-organ, the bladder. Numerous ills are caused by the improper functioning of these organs. In order to reach the seat of these diseases, one must have both a knowledge

of herbal compounds and of the ancient Chinese theories of anatomy with regard to these organs.

Although the original of the accompanying sketch was made by eminent herbalists in China, thousands of years ago, the herbalists of

today can still learn from it. However, just as there are differences in intelligence, so are there differences in herbalists. To eliminate doubt, people should consult Fong Wan, a scholarly and reliable herbalist.

In the beginning of Chinese civilization, there was an emperor known as Shin Nong. He not only classified the herbs under five natural elements, according to their color and taste, but he also classified the five vital organs of the body under the five principal elements.

- 1—The stomach is yellow like the earth.
- 2—The heart is red like the sun.
- 3—The kidneys are dark colored like the ocean water.
- 4—The lungs are white like the minerals.
- 5—The secretions of the liver are greenish like vegetation.

Each of these organs has related organs.

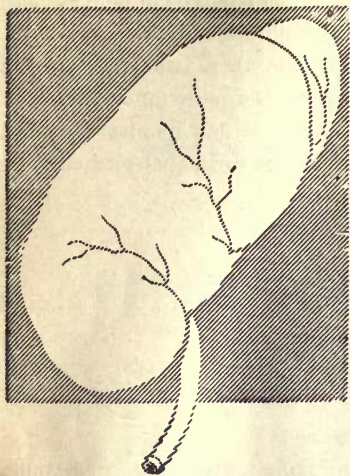
The kidneys are those organs of the human system that resemble the water in the ocean. They distribute nourishment through the body by means of the nerves. The nerves of the lower limbs come through the kidneys and pass up the back, through the neck, and over the head and eyes. All these nerves depend on the kidneys for their strength and nourishment, just like the earth depends on the water element of the oceans for its rains and moisture.

When the kidneys fail to function properly because of inflammation, or by reason of weakness, they become the source of numerous ailments. In case of inflammation, people sometimes have Bright's disease, floating kidneys, etc. The tendency of inflammation (the fire element) is to cause swelling, especially of the lower limbs, which frequently develops into dropsy. Sometimes inflammation of the kidneys causes the lower limbs to cramp. This is accompanied by burning pain from the small of the back down to the toes, and is commonly known as Rheumatism, or Neuritis. When it gets a strong and lasting grip, the sufferer is crippled for life.

Inflammation of the kidneys also causes constipation, because it dries up the moisture of the blood circulation in the bowels. In inflammation of the kidneys, or prostatic trouble, the urine is dark colored, and there is frequent voiding of small quantities.

In cases where kidneys are weak and inactive, they cause dizziness, weakness, backache, headache, stiffness and pain in the back of the neck, which continues up into the nerves of the head, ringing or buzz-

ing noises in the ear and even cross eyes. This condition is accompanied by loss of vitality, forgetfulness, brain fatigue, poor concentration and shortness of breath and frequent voiding of large quantities of urine.



The Kidney

In a person who is consumptive or in one who coughs frequently for other reasons, the lungs become dry and feverish, and the kidneys are therefore liable to become inflamed. When these organs do not function in unison, a condition sets in that is difficult to relieve. The liver, stomach and spleen become affected one after the other, the spleen being the last to become diseased. When the spleen is affected, the sufferer has diarrhoea, which cannot be relieved. He has then but a week or two to live.

**MORAL:** Drink the FONG WAN HERBS and drive off the cough before Consumption fastens itself upon you.

The herbs for the restoration of the kidneys to normal are of various kinds. Each compound for a cup of tea contains from 13 to 20 different kinds of herbs. If the kidneys are inflamed, two or three varieties of herbs are put in to bring them plenty of good blood; two or three kinds to accumulate more moisture in the kidneys; two or three kinds to cause the moisture or water to flush the kidneys; one or two kinds to work through the nerves to the lower limbs and upper parts of the body; one kind to work into the lungs, from which the kidneys gain part of their strength, and motive power; one kind to purify and cleanse the bladder, and one kind to clean out the liver and cool the blood.

The number of packages of these herbs necessary to bring permanent relief depends upon the severity of the ailment and length of time it has persisted.

Generally, the herb compound must be changed as the condition of the kidneys change.

When herbs are compounded for weakness of the kidneys, very different herbs are given from those required for inflammation. Many persons try to get relief by merely flushing the kidneys with water

without the addition of any curative elements. The result is often the overburdening of the kidneys, and the weakening of the bladder. Furthermore, the drinking of too much water causes indigestion, and sooner or later the health of the individual is broken.

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## THE "CHANGE OF LIFE" IN MAN

While most people are familiar with the term "Change of Life" as applied to woman, few realize that man also undergoes a change of life.

For thousands of years the Chinese people have been taught that the life of both sexes is divided into periods of time, or cycles. A woman's life is divided into cycles of 7 years. The first cycle is that of early childhood; at the close of the second cycle, she is 14 years of age, and has developed into young womanhood. When she has completed 7 cycles of 7 years each, the average woman has come to the change of life, although she is but 49 years of age.

With man, each cycle consists of 8 years instead of 7 years. He develops into young manhood at the age of 16 years, after having completed two cycles of 8 years each. Moreover, he must complete 8 cycles of 8 years' duration before he comes to the change of life, at which time he is therefore 64 years of age.

Because of this difference in the age at which men and women reach the change of life, we may infer that a man who is 15 years older than his wife is actually of the same age physiologically, and that though younger in years, a wife who is less than 15 years younger than her husband is really the elder of the two.

During the period of their change of life, most men suffer because of difficulties in the functioning of the kidneys and bladder, accompanied by more or less dizziness of the head and pain in the back of the neck, etc. This trouble may be traced to the loss of power by the kidneys, due to the change of life in man. When, from about 55 to 65 years of age, many suffering men consult their physicians regarding these ailments, the physicians generally diagnose the trouble as swollen glands or decide that it is the neck of the bladder that is causing the trouble. Frequently the bladder is operated upon and left leaky as long as the man lives. However, the real seat of the trouble is to be found in the change of life, which has lessened the power of the kidneys, thus weakening the circulation of the blood and the air pressure.

## NO EXCUSE FOR ACHING TEETH

It is a great blessing to have good, sound teeth, it is a calamity not to have them. For thousands of years, the Chinese Theories have shown that the hair is a part of the blood and that the teeth are a part of the bones. Hence, because the bones are controlled by the kidneys, the teeth are also controlled by them.

If one's vital organs, the heart, the liver, the intestines, the gall bladder, the stomach, the spleen, the kidneys, and the lungs, are functioning properly and in unison and are free from inflammation, there is no reason why he should have either toothache or decayed teeth. From very ancient times, the Chinese Herbalists have been agreed in attributing tooth troubles to the eight following causes:

1. Pain in the upper incisors is caused by the fire element of the heart.
2. Pain in the upper cuspids and bicuspid is caused by the fire element of the stomach.
3. Pain in the lower incisors is caused by the fire element of the kidneys.
4. Pain in the lower cuspids and bicuspid is caused by the fire element of the spleen.
5. Pain in the upper left molars is caused by the fire element of the large intestines.
6. Pain in the upper right molars is caused by the fire elements of the gall bladder.
7. Pain in the lower left molars is caused by the fire element of the lungs.
8. Pain in the lower right molars is caused by the fire element of the liver.

One who suffers from toothache should secure immediate relief from the inflammation of the internal organs before decay sets in or the gums become ulcerated. Usually, a person with a sore gum consults a medical man and is advised by him to see a dentist and either have his teeth extracted or certain drugs injected to deaden the nerves or the roots of the teeth. If the natural teeth are extracted and false teeth fitted, the food is thereafter either only partially chewed or not masticated at all. Indigestion and failing health result.

A case in point is that of a man who suffered so severely with toothache that he was unable to eat. He therefore called upon a dentist to

find out whether his teeth were decaying. The dentist informed him that all his teeth were in good condition and that there was no sign of decay, but that the gum around one tooth had grown up higher than the tooth, and was, therefore, bitten between the two teeth whenever the mouth was closed, thus causing pain.

The sufferer then called upon the herbalist, who asked him how long he had suffered with the pain. The reply was: "About a week." Now the herbalist immediately realized that as the sufferer had had a gum in his mouth ever since he was born, which was over 35 years, there was no reason for it to suddenly "grow up" in a week. He therefore prepared a cup of tea to subdue the fire element in the man's stomach. The sufferer drank the tea at 5 p. m. and the next morning he found that the swelling and soreness had all gone out of his gum.

Many persons, after either having their teeth filled or plates made by a good dentist, still find their gums sore and raw at times. Then they mistakenly blame the dentist because they think that their fillings were not properly put in or that their false teeth are not a good fit, when, in fact, the real cause of the rawness and soreness of their gums is traceable to internal disorders.

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### SUFFERERS WITHOUT TEETH

With the hope of gaining relief, approximately 80 per cent of people who are sick have their teeth extracted. Unfortunately, however, their ills continue. Throughout his long period of experience, the Fong Wan Herbalist has found that, due to the lack of a fundamental knowledge of the human system, a great many people have acted upon the merciless advice that they have either part or all of their good teeth extracted. This has been done notwithstanding the fact that these persons were suffering from Neuritis, Rheumatism, Headache, or from some other nervous derangement that had absolutely no connection with the teeth, but was caused by the improper functioning of one or more of the internal organs of the body.

Not realizing that their pain was due to inflammation of and impurities in their blood, caused by this non-functioning, these people have mistakenly placed too much faith in blood tests, which, by microscopic or other methods, show germs of disease only, but do not show blood impurities, poison, or inflammation. Even the health of the teeth and gums depends upon the condition of the blood. Because persons with

artificial teeth cannot chew well, they get but a portion of the value of the food with which to nourish their bodies. Their health is generally rated as "Third Class" and they have soreness of the gums which frequently causes them to go without their teeth. It is pitiful to see a grown person with a mouth like that of a toothless infant.

The Fong Wan Herbs have not only cleansed the systems of many persons, afflicted with various ills, but they have also helped to eradicate pyorrhea and to heal diseased gums.

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### KIDNEY TROUBLE RELIEVED

Oakland, Calif., June 19, 1929.

Several years ago, I suffered from Kidney Trouble and Rupture. My condition was such that it seemed as though I might die at any moment.

Miraculous as it may appear, Fong Wan afforded me permanent relief within a few weeks from the time that I began to drink his herbs.

THOS. N. ADAMS.

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### AGONIZING PAINS RELIEVED

San Francisco, Calif., Dec. 9, 1930.

To Whom It May Concern:

About a year ago I suffered with pain in my back that ran down into my legs. I was in agony both when I moved and when I remained still. After I had tried several medical men, I was taken to a hospital where I spent three weeks. Every method of diagnosis was resorted to, but nothing was discovered regarding the cause of my pain. I was taken home again and advised to have my teeth extracted, notwithstanding the fact that they were in good condition. Hoping for relief, I consented. My upper and lower front teeth were taken out, but as the pain did not even subside, I refused to have my other teeth removed.

Happily, I was recommended to take Fong Wan Herbs. Although at first my improvement under the herbs was slow, I reflected upon the long experience I had gone through without results, elsewhere, and therefore kept on drinking the herb tea. I now feel like myself again. It seems almost unbelievable that while none of the Occidental healers who treated me were able to afford me relief, I have obtained it by taking the Fong Wan Herbs.

(Signed) MISS L. M. STOOPS.



**RELIEVED OF KIDNEY TROUBLE AND CATARRH  
BY FONG WAN HERBS**

Walnut Creek, Calif., Sept. 28, 1935.

To Whom It May Concern:

For several years I suffered from smothering sensations at night, which caused great difficulty in breathing. As my kidneys were weak, it was necessary for me to get up five or six times at night. I also suffered from Pain in the Back, Catarrh, and from Constipation.

After having tried seven doctors without any noticeable results, I decided to try the Fong Wan Herbs. I am happy to say that they were just what I needed and that I no longer suffer from any of my former complaints. I have great confidence in Fong Wan, and I shall certainly take his herbs again if I have any sort of ailment.

MRS. F. HIGUERA.

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**TESTIMONY GIVEN BY MR. H. HODGE in the Southern Division  
of the UNITED STATES DISTRICT COURT for the Northern Dis-  
trict of California.**

The following excerpts are from the transcript, Vol. 4, pages 315-321, March 8, 1932.

- - - - -  
Defense Attorney: Q. "There appears in this book called 'Herb Lore', (1929 edition) at page 93, what purports to be a letter from you; you have seen it, have you? A. Yes.

Q. Did you authorize the publication of that? A. Yes.

Defense Attorney: I ask permission to read it at this time.

Prosecuting Attorney: No objection.

Defense Attorney: Q. This was written by your father, was it?  
A. Yes.

Q. Written in your presence? A. Yes.

Q. And you read it? A. I saw him write it.

Q. Is your father alive? A. No, sir.

It reads as follows:

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Oakland, California.

My son Harold had been troubled with Bloody Urine for several years. He tried a number of physicians, but not one seemed able to do him any good. One said that no relief was possible without an operation.

One of our friends who had been benefited by the Fong Wan Herbalist suggested that we try him. He supplied my son with herbs to cook at home. After having drunk the tea for a little more than two months, Harold is now in the finest condition. Although words cannot express our happiness, we are glad to give this testimonial regarding the ability of the Fong Wan Herbalist. JOHN P. HODGE.

Q. John P. Hodge was your father? A. Yes.

Q. How old were you when this trouble first afflicted you? A. Thirteen or fourteen.

- - - - -  
The Court: Don't state what the doctor said, but you may state what you did. A. I went to bed for a week, and had just milk and toast, and some medicine. At the end of the week there was no recurrence of the blood. In about two months it appeared again. This time it was worse than it was before, for the reason that it was thicker. After about two weeks I suddenly began to lose a lot of weight and became weak. Through a friend we heard of Fong Wan. We went to him and he gave me herbs for nine weeks, and at the end of the eighth week it was cured, but I took it one week more to be sure.

Defense Attorney: Q. Have you ever had any recurrence of the trouble since? A. No.

Q. When you went to the physician who treated you first, did he diagnose your trouble and tell you what it was? A. Yes.

Q. When you went to Fong Wan, did he tell you what the trouble was? A. Yes.

Q. Did he tell you the same thing that the doctor had told you? A. No.

Q. You are in perfect health at the present time, are you? A. Yes, sir.

Defense Attorney: Take the witness.

#### CROSS EXAMINATION

Prosecuting Attorney: Q. This was when you were about thirteen years old? A. Thirteen or fourteen.

Q. How old are you now? A. Twenty-seven.

Q. So that was about fifteen years ago? A. Yes.

Q. Do you remember the time that you went to Fong Wan? A. Yes.

Q. It is very clear in your mind, is it? A. Yes.

Q. Did he test your urine? A. No.

Q. He did not test your urine? A. No.

Q. Did you tell him anything? A. My father explained to him.

Q. In your presence? A. Yes, that the urine was bloody. He explained what it was.

Q. After you had gone to the doctor the first time they found blood in your urine, he had put you on a diet, I suppose, he put you on a special diet did he? A. He put me on milk and toast.

Q. And you continued your diet for a week and the blood disappeared? A. I lay in bed for a week.

Q. And the blood disappeared? A. Yes.

Q. Did you continue that diet afterwards? A. No.

Q. Did you ever take that diet after that? A. I drank milk after that for quite a while to rebuild my weight.

Q. And did your weight return? A. No.

Q. Did you build up? A. No.

Q. But you continued your milk diet? A. Yes.

Q. You continued it for how long? A. I continued it right on. I am still taking milk.

Q. You are still on your milk diet now? A. I am not on any diet. I still drink milk.

Q. And you did that even while you were taking these herbs? A. No. Yes.

Q. Which do you mean? A. I mean this, at lunch time I always drink milk.

Q. What I mean is this, while you were taking these herbs you were still on that same diet? A. I drink milk all the time.

Prosecuting Attorney: That is all.

#### REDIRECT EXAMINATION

Defense Attorney: Q. You are not on any diet now, are you, Mr. Hodge? A. No.

#### RE-CROSS EXAMINATION

Q. Do you remember when your father wrote that testimonial, do you recall the time? A. Fairly well, yes.

Q. It was a number of years after this trouble occurred, wasn't it? A. It was about three months after.

Q. Three months after it occurred? A. I think so."

TESTIMONY GIVEN BY MRS. E. KENNEDY in the Southern Division of the UNITED STATES DISTRICT COURT for the Northern District of California.

The following excerpts are from the transcript, Vol. 2, pages 97-108, March 4, 1932:

- - - - -  
Defense Attorney: Q. "Mrs. Kennedy, you are one of the patrons of the Fong Wan Company whose letter appears in this book, are you not? A. Yes, I am.

Q. You are the same Mrs. Kennedy? A. Yes, sir.

Q. When did you first become a patron of Fong Wan's herbs? A. I think it was in 1928.

Q. Prior to that time had you been under the care of any regular physician? A. Dr. A - - of the university.

Q. And prior to that were you under the care of any other physician? A. Dr. D - -, of Vallejo, sent me down to the university.

- - - - -  
Q. Under the care of Dr. A - - ? A. Yes.

Q. Did Dr. A - - subject you to tests and diagnose your trouble? A. Yes.

- - - - -  
A. Diabetes.

- - - - -  
Q. Did you go under treatment from Dr. A - - ? A. Yes.

- - - - -  
Q. Now, don't get excited, Mrs. Kennedy, because this barrage is running on. How long were you under Dr. A - -'s care in the U - - hospital? A. I was two weeks in the hospital.

Q. Do you know the remedies that he treated you with? A. All he gave me was insulin, and he was taking blood tests.

Q. You may state whether or not Dr. A - - taught you the use of the hypodermic in using insulin? A. He showed me how to use it before I left the hospital.

Q. And that was for treating yourself with insulin, also, was it? A. Yes.

Q. Is it or is it not true that Dr. A - - taught you the method of testing the sugar in your blood?

- - - - -  
A. He showed me about testing the sugar in the urine.

Q. Did he teach you the method of doing that, yourself? A. Yes.

Q. And after leaving the U - - - under Dr. A - 's care did you or did you not continue the testing of the sugar content? A. In the urine; I tested that myself.

- - - - -

Q. Mrs. Kennedy, without giving the names of the diseases, just state how you were suffering, and in what respect you were suffering?

A. I was tired and thirsty all the time. I could not do any work. I was losing weight. I didn't know what was the matter with me until I went and seen Dr. D - - - , and then he told me - - -

- - - - -

Q. You gave the name of another disease a few moments ago. Without giving the name of the disease tell us how it would affect you.

A. My ankles would swell, and I could hardly walk; my legs bothered me considerably.

Q. In addition to the trouble you have now been describing, you said you were afflicted with another trouble. A. That was all.

Q. You said a moment ago you were suffering from neuritis. I will consent that that be stricken out afterwards. A. Neuritis.

- - - - -

Q. Will you state the symptoms of the other trouble you were speaking about? You said a moment ago you were suffering with another trouble besides diabetes. A. Yes, neuritis.

- - - - -

Q. What were the symptoms? A. Just from my ankles, the way they would swell and hurt, and I could not hardly walk.

Q. You were suffering pain? A. Yes, very much.

Q. In what portion of your body? A. Just my ankles.

Q. When you left the U - - - hospital after having treatment from Dr. A - -, did you receive any benefit, were you improved? A. Of course I was improved quite a bit, but my ankles still bothered me and I had to get those ankle supporters. After I got those they were all right.

Q. What with respect to the insulin treatment? Did you continue to use that as before? A. Yes, I used the insulin for about a year after.

Q. How did you administer it? A. My husband at night would put it in my arm; in the mornings when I gave it to myself I put it in my leg.

Q. And was that the treatment directed by Dr. A - -, of the U - - - ?

A. Yes.

Q. What, eventually, was the result of your use of that insulin?

A. You mean what effect did it have on me?

Q. Yes, what happened to you.

- - - - -

A. I was taking it three times a day, and I was always passing out; I would get spells and lose consciousness. Then he reduced it to twice a day, and then once a day, and then he took me off it. Then I was feeling fine. Then I went down for an examination and he said I would have to go back on it again.

- - - - -

Q. In any event, as a result of your going back to Dr. A - -, did you recommence the use of insulin three times a day? A. No, I didn't, I didn't take it at all.

Q. Did Dr. A - - advise you to use it? A. He wanted me to use it.

Q. Then from that time on, Mrs. Kennedy, did you or did you not abandon the use of insulin? A. I did.

Q. Did you commence to take another treatment from that time on?

- - - - -

Q. They won't let you testify to what you told your husband. Did you finally go to the Fong Wan Herb Company? A. Yes, sir.

Q. Upon the recommendation of somebody else?

- - - - -

A. Yes, a friend of mine who used them.

- - - - -

Q. Do you know of your own knowledge that your friend had been under the treatment of Fong Wan's herbs prior to that time? A. Yes.

Q. And upon her recommendation you went to the Fong Wan Herb Co.? A. Yes.

Q. And did you commence to take the treatment from the Fong Wan Herb Company? A. I did, right away.

Q. How long did you take it? A. For nine weeks.

Q. What was the result of your treatment? A. I felt fine after that.

Q. How soon did you commence to feel an improvement? A. The third cup of tea I took, I could feel the improvement.

Q. What was the entire length of treatment that you took? A. Nine weeks.

Q. What was the effect upon your system? A. I could feel altogether different; I felt like a new woman altogether.

Q. Have you ever suffered with those troubles since? A. Not since.

Q. Are you today a well woman? A. I am.

Q. No aches, or pains, or troubles, or disease? A. Not any.

Q. Did you take anything else except the Fong Wan herbs, according to his directions? A. That is all I took.

Q. Have you since you commenced to take the Fong Wan herbs had tests made to determine the sugar content in your urine? A. In the urine, yes.

Q. How often have you had that done? A. Well, not very often.

Q. You are able to do it yourself, are you not? A. Yes, I can do it myself.

Q. As taught you by Dr. A - - ? A. Yes.

Q. And as the result of those tests, is there any sugar in your urine? A. Not a bit.

- - - - -

Q. Did you, under the directions of Dr. A - - take the sugar tests, yourself? A. I did, yes.

Q. And how long after you commenced taking the Fong Wan herbs was it that the sugar content in the urine began to decrease, when did it disappear?

- - - - -

Q. You might describe the method to the jury that Dr. A - - taught you to determine the sugar content in your urine? A. When I left the hospital he told me how to test out the urine and he showed me just how to do it.

Q. What did he tell you to do? A. He told me to take a teaspoonful of Benedict's solution and ten drops of water and put it in the tube and boil it for six minutes and if it came out blue there was no sugar in it; if it came out green there were traces of sugar; if it came out yellow it was heavy with sugar.

Q. While you were under the treatments of Dr. A - -, and as a result of these reactions, what was the color, after your treatment? A. After I left the hospital it came out clear. Every time I tested it myself it came out blue, so I knew there was no sugar in it.

Q. Are you under treatment by anybody at the present time? A. No.

Q. Are you perfectly well now? A. Fine.

Q. Had you any return at all of these symptoms and trouble that distressed you and for which Dr. A - - treated you? A. Not a thing.

Q. And the Fong Wan herbs did it? A. They did.

- - - - -

Q. You took nothing else except this entire course of treatment?

A. Not a thing only the herbs.

- - - - -

### CROSS EXAMINATION

Prosecuting Attorney: Q. You say that Dr. A - - had given you that insulin treatment? A. Yes.

Q. How long did he give it to you at first? A. I was getting it three times a day.

Q. At first you got it three times a day? A. Yes.

Q. And then he reduced them to two treatments a day? A. Yes.

Q. Then he reduced them to once a day? A. Yes.

Q. Then what happened after that? A. I was always getting these spells, when I was passing out, and he took me off the insulin then.

Q. Then what did you do after that? You discontinued the insulin, did you? A. Yes, I did.

Defense Attorney: You don't contend that insulin ever cured diabetes, do you?

Prosecuting Attorney: I don't know enough about it to say. I would have to ask a doctor.

Defense Attorney: It only neutralizes the sugar content. You can take it as long as you live and it would never cure you."

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## DIABETES AND HEART TROUBLE RELIEVED

Vallejo, California.

To Whom It May Concern:

I suffered from Diabetes, Heart Trouble, and Nerves for sometime. It seemed as though no relief could be had anywhere. Two months ago, however, I began to drink the Fong Wan Herbs and I soon realized their healing power. I am happy to testify that my troubles have been entirely overcome and that I now feel like a new woman. I am writing these few lines in order that others so afflicted may know where to find relief.

MRS. EMMA KENNEDY.



**PRACTICAL NURSE TESTIFIES THAT SHE TOOK THE FONG  
WAN HERBS FOR BUT ONE WEEK AND HAS REMAINED  
WELL FOR THE PAST NINE YEARS**

Oakland, Calif., June 7, 1927.

Nine years ago, I suffered fearfully with Sciatic Rheumatism, due to disordered kidneys. My condition was such that I could scarcely walk, and once I fell down in the street car. Although I was a practical nurse, I was able to secure no cessation of pain. Then, as an experiment, I went to Fong Wan. To my great surprise and delight, after but one week of the Herbs, both my pain and disability were entirely gone. I have had no return of the trouble and have felt fine during all the intervening years.

During the influenza epidemic in 1918, I recommended Mr. Ben Norwick to take the Herbs after his case had been pronounced hopeless and he had been taken home from the Auditorium Hospital. His life was saved and he is well and healthy. I know that Fong Wan was established in Oakland some years before 1918, as he helped numerous friends of mine.

(Again verified Feb., 1932)

MRS. LEE PAXTON.



## CHAPTER VIII

### THE NERVES

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#### CHINESE THEORIES REGARDING RHEUMATISM PARALYSIS, NEURITIS, CONVULSIONS AND APOPLEXY

These ailments originate from similar causes and belong to the same family of diseases. Rheumatism is the more common of the five. The Chinese characters for Rheumatism are "Fung Sep," which mean "Wind and Dampness." The Chinese attribute this disease to four causes:

1. To the air circulation in the body. The "Fung" (wind) circulates in the body just as the air circulates in space. If the air circulation is impeded, it becomes wind of certain velocity. The wind causes pain to move from one part of the body to another.

2. To dampness. The dampness in the body resembles the dampness or moisture in the air. If the dampness is heavy, it causes dull, heavy pain in the human body.

3. To inflammation. Inflammation in the body is like the heat waves that cause lightning, storms, etc., on the earth. Inflammation swells the tissues and causes pain.

4. To cold. The cold or chilliness in the body resembles the cold or chill ("Hon" in Chinese) of the earth. It causes excruciatingly sharp, shooting pains, especially in the hips and legs.

In the case of a rheumatic sufferer, more than one, and sometimes all four of these causes are operative to a greater or less degree. Ninety per cent of the sufferers from rheumatism have kidney and bladder troubles, which weaken the nerves and the blood circulation. Wind, dampness, inflammation and cold are liable to affect the body both from internal and external sources. Unless one's blood circulation is irreparably deteriorated, the Fong Wan Herbs will eradicate the causes of Rheumatism.

Although Rheumatism may come on either suddenly or gradually,

paralysis generally comes on suddenly. Paralysis may affect but one side of the human body or one or more of the limbs. Paralysis is unaccompanied by pain, and the affected part becomes somewhat like a piece of rubber hose, entirely devoid of feeling. Attacks of paralysis are generally due to the improper functioning of the stomach and lungs, together with an affection of the nerves. Paralysis is often combined with Rheumatism.

Neuritis is both painful and very common, but it is not dangerous. A Convulsion is a spell of nervous attack. While it causes severe pain, it seldom causes death. The Fong Wan Co. has relieved numerous cases of Neuritis and of Convulsions.

Apoplexy is more dangerous than Rheumatism, Neuritis, Paralysis, or Convulsion. A sudden and severe attack of Apoplexy causes instant death. If the stricken one has lockjaw and his fist is closed tight, there is hope for his recovery. If his mouth is wide open, it shows that his heart is failing. If his eyes are closed, his liver is failing. If his hands are open, his spleen is failing. If he voids urine, his kidney strength is gone. Sometimes the face of the sufferer is blood red and the sweat pours out. Any of these terrible symptoms show that there is no hope. Many apoplectics who have survived slight attacks have been left with a wryness of the mouth, or have lost their voices or the use of one or more of their limbs.

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## EARTHQUAKES SIMILAR TO NERVOUS ATTACKS

The globe upon which we live is made up of five principal elements, viz., the mineral, vegetation, water, fire, and earth elements. The human body is also composed of the five principal elements. As it draws its sustenance from the earth, each human body resembles the earth in miniature.

Whenever the fire element under the earth's crust becomes too strong or accumulates in a certain space, or whenever the planets cause intense heat on the earth, which then begins to contract and expand, earthquakes are felt.

Similarly, in the human body, if the fire element (inflammation) in the blood centers in one or more of the organs or limbs, it causes nervous attacks, apoplexy, paralytic strokes, St. Vitus Dance, neuritis, rheumatism, etc.

In the universities of various nations, investigations into the cause of earthquakes have been conducted for many years, and instruments have been devised and installed which are supposed to indicate when and where the quakes will occur. However, so far, not a single student has been able to predict the coming of an earthquake. The first intimation these savants have had of earthquakes has been the rocking of their homes.

Physicians have similar experiences with sufferers under their care. They may be aware that the fire element in the person's blood will cause a great deal of trouble, but they are not able to tell when the stroke of paralysis or the nervous attack will occur.

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**TESTIMONY GIVEN BY MRS. C. GRAPENTIN in the Southern Division of the UNITED STATES DISTRICT COURT for the Northern District of California.**

The following excerpts are from the transcript, Vol. 4, pgs. 291-293, March 8, 1932:

Defense Attorney: "As this is in evidence, your Honor, I will ask leave to read it at this time.

The Court: Very well.

Defense Attorney (reading):

"Oakland, California.

**FONG WAN:**

Just about three years ago I had a stroke of paralysis in my left arm. It was painful day and night. Not only was I unable to move my arm at all, but I was unable to move any of my fingers. For years, also, I suffered pain in my back and around my kidneys.

Your marvelous herbs have not only relieved my pain, but have completely restored my arm to normal. I shall be glad to give any earnest inquirer further details about my case.

**MRS. C. E. GRAPENTIN."**

Q. Is that true? A. Yes.

Q. When were you first afflicted with this trouble? A. 1924.

Q. Will you kindly describe to the jury what occurred? A. I was taken in this left arm with a very, very severe pain from the shoulder to the elbow; it came on me very suddenly. One night my arm was

paralyzed, I could not move it at all, not even my hand, or finger, or nothing. There was one whole week that I just walked the floor, I never had my clothes off or anything. There was a neighbor came in, and my husband came home and she said—

- - - - -  
Q. Did you eventually go to the Fong Wan place? A. My husband went down immediately. Fong Wan at that time had not seen me. My husband described it, and said my arm was paralyzed —

- - - - -  
A. (continuing): He sent the herbs home and after the second package I never had another pain, and in six weeks I could use my arm.

Q. How is your arm now? A. It is all right.

Q. What about your other aches and pains? A. Three years ago I was afflicted with a pain in the sciatic nerve, and through the knee. I doctored with an M. D. for three months, and he told me he could not relieve it. He told me to try electricity. I took electricity for four months. The limb was drawn two and a half inches off the ground. I could not get my heel down to the ground, at all.

- - - - -  
A. (continuing): So I went to Fong Wan, and in six weeks I could stand on my foot just as firm as anybody.

Q. Has the trouble ever come back? A. No.

Q. You are a perfectly well woman at the present time? A. Yes.

Q. Did you take any other treatment, at all, for any of these matters, other than you have described? A. You mean from Fong Wan?

Q. No, I mean from anybody else. You have described various troubles. Did you take any other remedies other than those you have just described? A. No, sir. I took three months in the beginning of the year treatment from the M. D., and four months of electricity, and after that I never did.

Q. You had three months with a physician, and four months of electricity, without any benefit? A. It got worse.

#### CROSS EXAMINATION

Prosecuting Attorney: Q. Did you take these herbs right after you had concluded your electricity treatment? A. Yes.

Prosecuting Attorney: That is all."



膝眼腫生在膝眼穴左右兩膝面穴皆同

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This sketch was reproduced from the Encyclopedia of Herbal Science. It shows a knee swollen by arthritis or rheumatism which caused the leg to be drawn off the ground.

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### GIVEN UP AS INCURABLE

Oakland, Calif., Oct. 15, 1934.

To Whom It May Concern:

Beginning in 1928, I suffered inflammatory pains in my knee which was badly swollen. Moreover, I was in a highly nervous condition. I was treated by one doctor for six months and by another for three months, both of whom gave me up as incurable and informed me that I would be an invalid for the rest of my life. I was so discouraged that I felt like jumping into the bay.

Finally, a friend recommended Fong Wan. I took the Fong Wan Herbs for slightly more than two months. Not only did they afford me relief, but they so cleansed my system that I have kept well for all these years. I discontinued taking the herbs in July, 1929, and have had no illness since. I can take long walks and can go on three-mile hikes in the hills without any return of my former complaints.

MRS. M. HARMON.

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### SPENT OVER \$3500 WITH DOCTORS AND GOT NO RELIEF

So declared Mr. R. Lewis, formerly proprietor of a large jewelry store at Eleventh and Washington streets, in the center of Oakland. After drinking the Fong Wan Herb Tea he was completely relieved.

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### HIS UNSOLICITED TESTIMONIAL

Madera, California.

For several years I was troubled with nervous attacks. I visited the most prominent physicians in both Oakland and San Francisco

without obtaining permanent results. Finally, when an operation on my spine had been suggested, I quit and began drinking the Fong Wan Chinese Herbs. After seven weeks I felt entirely well. This was in September, 1916, and up to the present time there has been no recurrence of the attacks.

R. LEWIS.

(Madera, 1933)

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### PARALYTIC STROKE QUICKLY RELIEVED

Berkeley, Calif., Aug. 20, 1927.

To Whom It May Concern:

For the benefit of other people and as a recommendation for Fong Wan, I frankly say that the Fong Wan Herbs have relieved my right arm which was paralyzed. For about two months, I could not move that arm at all. Although I tried medical doctors and a Chiropractor, my condition remained the same.

Acting upon the advice of a friend, I tried the Fong Wan Chinese Herbs. After the first four days, I could raise my arm, and at the end of two weeks, my recovery was complete. The Fong Wan Herbs are nice, clean, and fragrant. They are wonderfully compounded and put up in neat packages. I cook them at home. For such marvelous and speedy relief, I am glad to give this testimonial.

(Signed) MRS. J. E. HILL.

(Attested) MR. J. E. HILL.

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### SCIATICA OVERCOME

San Francisco, Calif., March 18, 1928.

I suffered from Rheumatic Sciatica and terrible pain in my right side. I had to walk with crutches and I found no relief whatever in any of the treatments that I used.

I went to Oakland to see Fong Wan and took his herbs for ONLY TWO WEEKS at the end of which time I was completely relieved. That was eight months ago but I still feel as well as any man.

GEORGE F. KEEFE.

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### OBTAINS MARVELOUS RESULTS FROM FONG WAN HERBS

Corning, Calif., Aug. 4, 1930.

Fong Wan Co., Oakland, California.

Gentlemen: I desire to state that I have had no recurrence of the

Facial Paralysis from which I suffered last April, and from which I feel certain I should not have recovered without the herbs secured from you at that time.

Moreover, I have also been free from High Blood Pressure ever since I took the herbs that you had previously sent me for that complaint. I had not been aware that I had High Blood Pressure until, while climbing in the mountains, I felt a pronounced knocking in the back of my head, which became so severe that I had to sit down and rest before I could go on with the others.

I had my first experience with your Chinese Herbs some years ago when my eyes were so badly inflamed that both daylight and electric light caused pain in my eyes similar to needle pricks. I went to an eye specialist, who, after treating me for a week, frankly confessed that he did not know the cause of the ailment. Being unable to obtain relief from the treatments of either specialists or doctors, I tried the Chinese Herbs. I drank them for five weeks before the malady was completely overcome. This was some years ago, but I have had no eye trouble since.

I know that some people have an antipathy for Chinese Herbs, because they have an idea that snakes, frogs and other animals are used in the treatments. Having dealt with a high class Chinese Herbalist, I want to say that I have failed to find anything of that nature in the herbs that he has prepared for me. They have been clean, aromatic and purely vegetable. Neither have the herbs contained any narcotics or drug habit producing substances.

I am pleased to write this account of my experience. I trust it may help persons who are suffering to overcome any unwillingness to try the Chinese Herbs. The great benefits that I have received have convinced me of the merits of these treatments and I feel certain that many who try them will also get good results and rejoice in health restored.

With kindest regards, I am, respectfully,

H. B. NORDSTROM.

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**TESTIMONY GIVEN BY MR. R. LEMIEUX in the Southern Division of the UNITED STATES DISTRICT COURT for the Northern District of California.**

The following excerpts are from the transcript, Vol. 4, pages 377-382, March 8, 1932:



- - - - -  
Defense Attorney: Q. "Your mother is still alive. A. Yes.

Q. How old is she? A. She is past her 76th year —  
- - - - -

Q. Sometime ago was she afflicted with certain diseases? A. Just recently she was, yes.

Q. Just recently that was? A. Yes.

Q. What was the trouble afflicting her? You may describe it.  
A. Just recently, about last June, she went blind suddenly in one eye. We treated with the eye specialist. He described the disease as glaucoma.

Prosecuting Attorney: We ask that what the doctor said go out.

The Court: It may go out.

Defense Attorney: Q. I mean with respect to her other physical troubles, what was she suffering from? A. From the time she was about 45 years of age, as I remember it, she had always been troubled with rheumatism. She complained of its being rheumatism.  
- - - - -

Q. Just describe what portion of her body was afflicted with it?  
A. Her legs, particularly her knees; also in her arms.

Q. Were they swollen? A. Her eyes were very much swollen, yes.

Q. About to what size above normal? A. Well, it was over like this.

Q. Would it be within reason to say they were double the size of normal? A. Just about, yes.

Q. And how long, to your personal knowledge, did that condition continue? A. That particular condition, so far as I know, my mother has been troubled with rheumatism, as I say, since she was about 45 years of age. We would send her to Paso Robles Hot Springs and she would be relieved of the rheumatic condition for some length of time; then it gradually came back. She tried various liniments, and things of that nature. Also consulted doctors. Finally, she was confined to her bed and was removed to the P - - Hospital in Oakland for treatments through medical doctors. She was in the hospital for, I should say, close to five weeks, bedridden, no natural sleep.

Q. What was her condition when she was taken out of the hospital? A. She was bedridden, just the same as when she went in there.

Q. Did she obtain any benefit from all of the treatments she had

received? A. No, she was worse.

Q. From the hospital where was she taken? A. Taken to her home.

Q. From that time on did you take up any other form of treatment?

A. From that time on the doctors who treated her in the hospital —

The Court: Q. The question is, did she take up any other form of treatment? A. Yes.

Defense Attorney: Q. Did she take up the treatment by Chinese herbs? A. Yes, we went to the Fong Wan Herb Company.

Q. How long did she continue to take the herbs that were compounded for her? A. She took them for about five months, and then she was able to get up out of her bed, and was able to continue on with her household work and do the cooking for myself, etc. Then after about two months' time I was not satisfied with her condition, and I went back to Fong Wan for a period of about two months, that is, I mean she took the treatments for a period of about two months, and she has never had treatment since that time.

Q. And so far as the condition — not with regard to the eye I don't mean, but so far as her condition with respect to the affliction she had had, have those troubles been removed? A. She never complains of any rheumatic trouble at all.

Q. Does she assist in the care of her own housework? A. Not at present, not since she became blind in that eye.

Q. Up to the time that she had her troubles relieved, and no longer suffered, for how many years had she been suffering with it, so far as you can recall? A. She had been suffering with it, as I say, from about the time she was 45 years of age. This last ailment of rheumatism was about twelve years ago.

Q. She had it constantly? A. Yes.

Q. And she had it no more? A. She never complains of it.

Q. By the way, from the time she commenced to take the Chinese herbs compounded by the Fong Wan Company, has she ever taken any other kind of treatment? A. No.

Defense Attorney: Take the witness.

#### CROSS EXAMINATION

Prosecuting Attorney: Q. How old did you say your mother is?

A. She is past 76.

Q. How long ago was it that she took these herbs? A. About twelve years ago.

Q. Before she had taken these herbs she had been in a number of hospitals? A. Not in a number, only in the P - - hospital, and she had been to the Hot Springs.

Q. She had been in the hospital how long? A. Close on to five weeks.

Q. Then she went to the springs? A. No, she didn't go to the springs then. She went home and to bed. She was bedridden at that time.

- - - - -

Q. What did she do after that? A. For two months Fong Wan, the herbalist, was treating her —

Q. You mean while she was in bed? A. While she was in bed.

Q. You say that she was in the hospital for about five weeks, and she got good medical treatment in the hospital? A. That is correct.

Q. And then she came home from the hospital and stayed in bed for about two months; is that right? A. She didn't get up out of her bed.

Q. I mean she was home for about two months? A. As far as bed is concerned, she was in and out of bed for about five months.

Q. That is what I mean. She was in the hospital about five weeks?  
A. Yes.

Q. And when she came from the hospital she was bedridden and had to go home and go to bed? A. Yes.

Q. And she stayed home and in bed for about two months? A. She didn't get out of bed for about two months.

Q. During that time she was taking herbs? A. Yes.

Q. And she was resting at home and in bed? A. Yes.

Q. And she was getting good food? A. Yes

Q. Did she have a nurse? A. A practical nurse, yes.

Q. You had a practical nurse with her all the time? A. Yes.

Q. And the nurse was giving her everything she required? A. Yes.

Q. Did she have any rubs, or things like that? A. No.

Q. How about her diet? A. She didn't care for any food, at all, to speak of.

Q. Did she eat very much? A. She began to eat quite considerable.

Q. She was on a restricted diet for some time, was she? A. There were certain things she was not able to take with these herbs.

Q. And during the two months she was home she took it easy and did not work at all? A. She could not work, she was bedridden.

Q. And that was twelve years ago? A. Yes.

Q. Since that time your mother has not done any of her housework? A. She has had somebody to do the work for her.

The Court: He has testified to all that. You are simply repeating his testimony. It is not cross-examination to repeat what a witness says on direct examination. You must follow the testimony. You cannot waste our time that way.

- - - - -  
Prosecuting Attorney: Q. How long has it been since your mother has been blind in one eye? A. Since June, 1931.

The Court: That is just repetition. You have a habit of doing that and you must break yourself of it.

Prosecuting Attorney: That is all, your Honor."

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## RHEUMATIC PARALYTIC FOR YEARS — NOW A WELL WOMAN

"Oakland, Calif.

For years I suffered so from Rheumatic Paralysis that I was unable to leave my bed. My hands and face were swollen and I had agonizing pains all over. My bladder and kidneys were in a terrible condition and I had pleurisy pains.

I had been treated by numerous doctors and had stayed in a hospital for many months, but my condition was not at all improved. A friend urged me to try the Fong Wan Herbs. We bought and cooked some of the herbs at home, and my bladder and kidneys were relieved almost immediately.

I took the herbs for about four months, and words cannot express my gratitude for my complete recovery. I am also happy to say that although I have taken no herbs at all for a long time, I still remain well." - - -

MRS. G. STAFF.

(Original given many years ago.

In 1936 her friend reported her as being well.)

## RHEUMATIC PARALYSIS BANISHED

Oakland, Calif., Sept. 16, 1931.

About three years ago, I suffered from what the doctors called Inflammatory Rheumatism. I treated for a year before obtaining relief.

This year, the trouble returned. I was practically paralyzed with Rheumatism and could not get out of bed. My mother went to Fong Wan and bought herbs for me. She cooked the herbs and gave me the tea to drink. After several weeks I was carried to the office to see Fong Wan. From that time on I began to improve rapidly, and before long was able to walk to the office of the Herb Company unaided.

When I first began taking the herbs I could neither eat nor sleep well. Nearly everything I ate seemed to disagree with me and had to be thrown up. Now, after having taken the herbs for four months, I have regained my health. All the pains, swelling and stiffness of the joints have left me and I am back to my normal weight, having gained 20 pounds.

I am looking forward to going back to school. In gratitude for health regained, I gladly recommend the Fong Wan Herbs. My mother joins me in endorsing the herbs.

GWENDOLYN TRIPLETT.

MRS. TRIPLETT (Mother).



## CHAPTER IX

### THE BLOOD

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#### CHINESE THEORIES REGARDING THE BLOOD

The blood is the vital fluid that circulates through the arteries and veins of the human system. By reason of the derangement of one or all of the vital organs, the blood becomes poisoned through infection, inflammation, or contagion. Impurities in the blood often cause eruptions to appear on the skin in different parts of the body. Microscopic tests of the blood show various figures and signs of luetic infection, and the results of blood tests are often reported as from one to three plus positive. When this is the case, the sufferer frequently becomes worried and downhearted. Many such have taken dozens of hypodermic injections and have been under the treatment of medical men for years, yet their blood tests still show X's, or one to three plus positive. To obtain permanent relief is a hard problem.

According to the Chinese theories, there are two classes of sufferers from blood disorders, for each of which a different method of treatment should be employed.

First, if a person infected with poisonous inflammation has robust health, the treatment should be a compound of herbs to cool the blood, thus eliminating the inflammation, and of herbs to cleanse all the internal organs. If eruptions occur in certain parts of the body, some herbs should be put into the compound to reach those places through the vital organs. Anyone who faithfully gives his body a chance to get clean always succeeds.

Second, if a person has chronic luetic infection and is in a weakened condition, the compound should contain herbs to rebuild the entire system and insure the proper functioning of all vital organs. Herbs should also be added to expel the impurities through the air and blood circulations, especially to drive the impurities out through the pores, thus helping the lungs in their work. It takes much longer to overcome the trouble when the sufferer is in a chronic, weakened condition,

than when he is strong. Many persons seek to drive out the infection by taking repeated doses of physic, but the result is only to weaken the blood circulation and to permit the infection to become more deeply rooted.

The FONG WAN CO. some time ago had a case of a man who had suffered from infection of the blood for 14 years. Twelve blood tests had been taken at different times. He had also been given seven big hypodermic injections (606) and fifty-four small shots (606) but he had gotten no relief. He had sores in his mouth and throat and on different parts of his body. His hair came out by handfuls. After having taken the Fong Wan Herbs for nine months, he is completely well and is like a new man.

Hundreds of cases of blood disorders have been permanently relieved by the Fong Wan Herbs. The following testimonial is one of the latest given to Fong Wan:

### **TRAVELED THOUSANDS OF MILES FOR RELIEF**

For some time prior to the case against Fong Wan, brought by the postal inspector, Mr. Corcoran resided in New York. In November, 1929, he wrote for a week's supply of herbs for prostate gland trouble, from which he obtained wonderful relief. He then sent for more herbs, but by that time, the postal authorities had placed a restriction on the mail of the Fong Wan Herb Company. Mr. Corcoran's letter was therefore returned to him marked "Fraudulent."

Realizing how marvelous had been the relief already obtained through the use of the Fong Wan herbs, Mr. Corcoran telegraphed for more. They were sent to him by express. As he continued to improve, Mr. Corcoran decided to come to Oakland to see Fong Wan and take his herbs. He has now used the herbs for nearly three months. His letter, given voluntarily in his own handwriting and reprinted here, speaks for itself.

To Whom It May Concern:

This is a true statement that on March 1, 1932, I, George Corcoran, broke out with a Venereal Disease known as syphilis or blood disease. Then, after having tried various treatments for months, my blood test on November 3, 1932, came back "3 plus" and a test on December 1, 1932, came back "4 plus."

I then decided to come to Oakland, Calif., and take Fong Wan's herbs. I started with the herbs on December 10, 1932, and after hav-

ing taken them for about 12 weeks steady, my blood test came back "Negative" on March 3, 1933.

I honestly believe that regardless of what the disease may be, there is no better or quicker method of restoration to health than by taking the Fong Wan herbs. I shall cheerfully recommend them to anyone in ill health, regardless of what the disease may be.

GEORGE W. CORCORAN.

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## HERBS ARE THE BEST SPRING TONIC

During the winter people have eaten more and richer food and have been less active. In consequence, their blood has become laden with impurities. According to the Chinese almanac, the real spring season sets in about February 5. Just as the plants lie dormant and absorb quantities of nourishment in the winter and begin to put forth leaves and buds in the spring, so in the springtime does the human system throw off accumulated impurities in the way of cold sores, itching skin, pimples and other eruptions.

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Oakland, Calif., April 13, 1930.

To Whom It May Concern:

For many years I suffered from Eczema on my nose and face. Although I persistently tried everything I could hear of, I obtained no lasting results until I went to Fong Wan for his herbs. I am happy to say that they afforded me complete relief. Moreover, I believe that the Eczema has been permanently as well as completely overcome, as it is now more than a year since I took the herbs, and that annoying ailment has not reappeared.

LOUIS LOMBARDI.

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## CHINESE THEORIES REGARDING DROPSY

Because we draw our sustenance from Nature, if there is anything wrong with our bodies we must look for relief to Nature's way of healing. If any of the five vital organs; viz., the heart, the liver, the spleen, lungs and kidneys, fail to function properly, a dropsical condition may ensue.



Chinese investigations show that there are four different kinds of dropsy: (1) Air Dropsy; (2) Blood Dropsy; (3) Water Dropsy; (4) Dropsy caused by poisonous congestion. If the case is one of Water Dropsy, pressure on the flesh leaves a depression; if Air Dropsy, the flesh rebounds quickly. The Chinese do not draw water in case of dropsy, for every time a sufferer is tapped, he gets weaker. Because all kinds of dropsy are accompanied by more or less air and water, each compound of herbs for dropsy of any sort contains herbs to expel the air and water.

According to the old Chinese theories, certain symptoms indicate that dropsy is incurable. Among these are: The swelling of the palms to such an extent that the lines can no longer be traced; Diarrhoea that does not reduce the swelling, but is accompanied by the swelling of the lips, the darkening of the teeth, the protruding of the navel, the swelling of both legs, and the formation over both knees of a substance hard like wood. If, after Diarrhoea has set in, the stomach is still swollen and blue veins become prominent in the stomach, the case is incurable. In difficult and incurable cases, a man swells from the legs up, while the swelling in a woman begins in the upper part of the body and extends down to the lower limbs.

The Fong Wan Herbalist has, however, succeeded in some cases where many of these symptoms were present.

The most notable case was that of Mr. M. G. Souza, in which several of the symptoms mentioned above were present. Mr. Souza was in a dying condition. Five doctors had been called to attend him, but all had pronounced his case incurable. Mr. Souza had a wife and six young children, all of whom wept piteously at the thought of losing him. His cousin, Mr. John Souza, came to Fong Wan's office and begged that he go with him to see the dying man. Moved by sympathy, Fong Wan went. Although he saw what a terrible condition Mr. M. G. Souza was in, he gave him a cup of his herb tea. That same evening he went to see one of his old herbalist friends and asked what he thought about the case. The old man expressed the same opinion as had the doctors, and enumerated the symptoms of incurability. But Mr. Souza did not die. He drank the Fong Wan Herbs for several weeks. About three months later he went back to his work and was able to continue with it. His testimonial, which was handed to Fong Wan by Miss Souza, his daughter, appears in these pages.

## **FIVE DOCTORS GAVE ME UP; FONG WAN TEA SAVED MY LIFE**

Oakland, California.

I suffered from Dropsy in the trunk of my body and in my limbs, which were so badly swollen that I could neither eat, drink, sleep, nor breathe with comfort. I had pains all over and had been in bed for months. Five different doctors gave me up and said that I could live only a few days. My entire family was in despair and they decided to try the FONG WAN CHINESE HERB TEA, which made me entirely well in three weeks. I am now working every day. I am so thankful to the FONG WAN HERB SPECIALIST that I shall be glad to make it known that my life has been saved through his wonderful skill.

MICHELTO GOMES SOUZA.

(Again verified 1930)

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### **ARE VARICOSE VEINS INCURABLE?**

**COMMON SENSE AND CURATIVE HERBS VERSUS RUBBER STOCKINGS. CHINESE THEORIES WITH REGARD TO THIS PARTICULAR COMPLAINT:**

For thousands of years, the Chinese have believed that the veins of the lower limbs pass over the region of the kidneys, and that the kidneys have power to control the circulation of the blood in the lower limbs. When a person either walks too much or has to stand long hours at his work, the blood becomes inflamed. In such cases, a certain amount of inflammatory poison from either the kidneys or the bladder naturally enlarges in the veins and forces into them poison which congests into lumps.

In many cases, neither blood nor urine tests show this. Both Chemists and Medical Scientists, after having spent a few years in school, sometimes act as though they know everything under the sun. It does not occur to them that the kidneys and their sub-organ, the bladder, may not be functioning at full strength. They do not know how much poison is retained in these organs and sent through the blood stream.

The blood of all sufferers from varicose veins is red, black and blue. Many such sufferers are advised to wear Rubber Stockings. To wear stockings for varicose veins, is similar to attempting to relieve either catarrh or sinus trouble by blocking up the nose. Sometimes sufferers from varicose veins are advised to drink "lots of water," in order

to flush the kidneys. However, water, of itself, is not a curative agency. Consequently, persons who drink quantities of water in seeking relief frequently get worse.

Although medical scientists believe that the brain controls all the nerves, yet they never attempt to do anything to the brain in order to relieve varicose veins. They also believe that paralytic stroke is caused by a blood clot on the brain, so far they have not attempted to remove the blood clot in order to afford the sufferer even temporary relief.

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Oakland, Calif., October 28, 1933.

To Whom It May Concern:

I suffered for 15 years with varicose veins, and large lumps in my leg. And the veins in my leg and thigh pained me terribly.

After having taken Fong Wan herbs for three months my leg became normal.

JOSEPH ERWIN.

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## VARICOSE VEINS AND POOR BLOOD CIRCULATION

October 28, 1934.

After having suffered for a number of years from poor blood circulation and varicose veins, I had a general breakdown. Acting upon the advice of a friend, I went to see Fong Wan. After taking the Fong Wan Herbs for about a month, I felt considerable improvement. Having found that the Fong Wan Herbs are the best for my ailments, I take pleasure in recommending them highly.

LOUISE LINDBLOM.

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## THE EFFECTS OF ANIMAL BLOOD ON THE HUMAN SYSTEM

In the dawn of civilization herbalists compounded four kinds of roots of plants to be used as blood builders by the people in general, while deer horn was used by the wealthy. At present, however, numerous varieties of herbs are compounded to purify the blood and to eradicate the poisons from the blood and the nerves. When the blood is thus cleansed, pain gradually subsides. Any person who doubts that wonderful results are derived from Chinese herbs may write the Department of Agriculture of the University of California at Berkeley. The

professors and the Chinese students there will not only tell the inquirer something about the value of the herbs, but also how well-versed is our herbalist in thousands of herbal varieties.

During our business career in Oakland, many people have come to us who have:

1. Drunk Steer Blood or Calf Blood;
2. Had transfusion of blood from other persons;
3. Had injections of Iron;
4. Eaten Calves' Liver;
5. Had injections of Calves' Liver Blood.

These are Occidental methods of increasing the blood supply, but to our knowledge, none of them have even 5% of the efficiency and value of our herbal remedies for that purpose.

The following results are attributable to the Occidental methods listed above:

1. Even though the scientists may not be able to detect any germs whatever under their microscopes, yet there are poisonous substances in the Steer Blood and Calf Blood that inflame the large intestines and cause soreness of the rectum. Moreover, persons who have drunk much Calf's Blood, generally have dull pain in the back of the neck and at the base of the spine, due to the poison. Growths and tumors are frequent in persons who drink Calf Blood for any length of time. Even uneducated Chinese warn their friends not to drink or eat any animal blood (cooked) very often. Why, then, should sufferers in Occidental countries be advised to drink blood in quantity at regular intervals when it is actually poisoning their systems?

2. In case of illness not due to loss of blood, the transfusion of blood from another person is harmful rather than beneficial, because when a person is very ill his air circulation is impeded and the blood transfused does not function. Not only, therefore, is the sufferer not benefited, but the health of the person who has given his blood may be affected even to the extent of an untimely death.

3. The injection of Iron often inflames the blood and causes nervousness. To feel the pulse of a person into whom Iron has been injected gives one a sensation similar to that of touching a live wire. The nerves of the patient vibrate and jump, and Headaches are frequent.

4. To eat Calves' Liver to make blood is about the same as to eat

Beef Steak or other foods. A person who is able to chew and digest the Liver will be able to eat almost anything else to make blood.

5. The injection of Calves' Liver Blood into the human system to make blood is no more rational than are any of the other four methods commented on above.

## 藥聖之血補湯物四地熟

The above inscription is the ancient Chinese formula for Blood Building. Persons wishing to verify this statement may consult the Chinese encyclopedia of Materia Medica at the University of California, Berkeley.

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### THE BEST TIME TO SHAVE

The human body is like an engine. When an engine has run continuously for any length of time, it is liable to become overheated. The body of a person who has worked all day likewise becomes overheated. Some men shave early in the morning, while others shave either in the evenings or at any time during the day. Those who suffer either from sore chins or from "Barbers' Itch" should try shaving the first thing in the morning, at which time the blood is cool and the skin is firm and taut. Therefore, one who shaves in the morning not only gets a cleaner, closer shave, but his skin is less easily inflamed.

However, men who patronize the barbers need not be particular about being shaved so early in the day, as conditions at the barbers are somewhat different, and the following benefits are obtainable:

1. As one rests and relaxes in the barber's chair, the blood cools.
2. The barber's razor is generally sharper than that of the individual; therefore, a clean shave is obtained with fewer strokes.
3. The barber takes his time, while the individual is often in a hurry. When one is hurried, the razor is not only liable to slip but the blood is almost certain to become inflamed, thus making a close shave well-nigh impossible.

Many individuals who suffer from sore chin or from pimples take the Fong Wan Herbs for purifying their blood and ridding it of inflammation. The Herbalist always advises such patrons to shave early in the morning, in case they do their own shaving. Those who have followed this advice have obtained speedy results.

## THE BEST EYE GLASSES ARE OF CHINESE ORIGIN

For many centuries the Chinese have worn eye glasses, not only to improve their vision, but also to restore their eyes to normalcy. Before manufacturing eye glasses, the Chinese studied Nature and based their ideas on her five principal elements, viz., the mineral, vegetation, water, fire and earth elements.

The best Chinese eye glasses are made of natural water-crystal rock, instead of being manufactured from artificial glass. This water-crystal rock is obtainable either in high mountain streams or in places where the sun seldom shines. It is always as cold as snow. When it is made into eye glasses it has a tendency to draw the heat from the eyes. When a person uses his eyes steadily for any length of time the eye muscles are weakened and the eyes sometimes become inflamed, as well as very tired. The crystals, being so cold and belonging to the water element, counteract the heat, "the fire element," in the eyes and keep them cool.

In addition to benefiting the eyes by using rock crystals for eye glasses, the Chinese use tortoise shell eye glass rims. The tortoise spends most of its life in deep water. It is dark in color. Both its nature and color belong to the water element. The water-crystal rock and the tortoise shell rims therefore harmonize and constitute a complete outfit for protection and benefit of the eyes.

These crystal eye glasses with tortoise shell rims are worn chiefly by Chinese officials and scholars. Only recently has the Chinese idea for making eye glasses been adopted by other nations. However, these nations make extensive use of inflammable celluloid (composed chiefly of soluble guncotton and camphor) and artificial glass in imitation of the color and appearance of the Chinese glasses. Not only does this imitation fail to give the benefit of the genuine crystal and tortoise shell rim eye glasses, but it perhaps accounts for the fact that eye glasses have to be changed or refitted so frequently in Occidental countries. Persons who wear eye glasses are seldom able to differentiate between good and poor glass, worn in front of their eyes. The writer of this article prefers to care for his eyes by taking properly compounded herbs.

In addition to the rock crystal, which is Nature's, element, there are herbs for the eyes which have helped many people when the eye specialists have failed.

## CHINESE METHODS FOR RELIEF OF "CROSS EYES"

The nerves of the muscles of the eyes are similar to those of the muscles of the legs and arms. The nerves of the eye muscles may be affected by poisonous inflammation of the blood that passes through them from certain internal organs of the human system. The nerves thus affected draw the eyes to one side, thus causing "Cross Eyes," just as the nerves of the arms and legs cause them to become crooked and deformed.

If herbs can be compounded to strengthen and cleanse the internal organs and purify the blood through the nerves, there is no reason why the nerves should not straighten out again. Medical science resorts to exercises; the wearing of glasses, stereoscopic pictures, and to operations. The following testimonials have been selected from among many given by persons who have been relieved of "Cross Eyes" by taking the Fong Wan Herbs.

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### EYE TROUBLES CROSS EYES STRAIGHTENED

Oakland, California.

For months I was cross-eyed and I saw everything double. Naturally, I could do no work. During those awful months I went to nine different doctors, but none of them helped me in the least. One Eye Specialist suggested that I wear eye glasses, but I didn't relish the idea. The climax came when the doctors at the University Clinic gave me a hypodermic which made me so swollen and sore that I could neither walk nor sit down. I despaired of retaining my sight.

Fortunately, one who had been my fellowworker urged me to try the Fong Wan Herb Specialist. Without much hope I went to him for consultation. He showed me a testimonial of Mr. I. C. Rowland, of Richmond, Calif., whose case was almost identical to mine. I took the herbs only four weeks and my eyes have been in good condition ever since.

Almost unbelievable, isn't it? It is a matter of wonder and surprise to me that the Fong Wan Specialist was thus able to straighten my eyes when modern scientific doctors and Eye Specialists had failed. His success in my case and that of Mr. Rowland proves that what he can

do for me he can also do for others. I stand ready to certify to the facts contained in this testimonial.

J. B. PINTAR.

(First given years ago and again verified 1929)

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### A STRANGE CASE: CROSS EYES DUE TO BLOOD POISONING

Oakland, California.

For about eight months I was confined to the house and part of the time to my bed with an exceedingly strange malady. My face and the upper parts of my body were fearfully swollen, my eyes being partially closed. Whenever I went out into the air, my face and hands burned as though they were on fire. My skin itched so that I wanted to scratch and tear at myself continuously. Also I had Cross Eyes because of Blood Poisoning.

I treated with several physicians, who termed my trouble Blood Poisoning. None seemed to understand the case, and some were even frank enough to say that death alone could give me relief. Six weeks ago I read of the renowned Fong Wan Herb Specialist. I immediately sent to him and began to drink the herb tea. I cooked my own herbs at home. Now all the inflammation and swelling are gone. Everything is normal again and I am in perfect condition.

MRS. CHARLES P. WILLIAMS.

(First given years ago and again verified Feb., 1932)

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### HEMORRHAGE OF LONG STANDING "NOTHING TO WORRY ABOUT"

Berkeley, Calif., Jan. 29, 1926.

I had a Hemorrhage from a Tumor off and on for several months. Although I tried many physicians, none could do me any good without resort to the knife. Last summer my condition became so serious that I lay in bed for three months. We did not give up hope, however, and my husband went to see Fong Wan. That eminent herbalist, to whom so many go when all others fail, told my husband that there was noth-



ing to worry about, as he had relieved numerous cases similar to mine.

The first three packages of herbs stopped the hemorrhage entirely. Nevertheless, because of my greatly weakened condition, due to loss of blood, I continued the herb treatment for three months. Now I have completely regained my normal health and strength. I have requested the privilege of giving this testimonial in order to point the way to other suffering women.

MRS. E. W. CHAMBLIN.

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## LYMPHATIC LEUKEMIA

Alameda, California.

About five years ago I was stricken with a terrible disease, which baffled the attending physicians. A Blood Specialist was therefore called and I was given a thorough examination, including Wasserman Tests, Blood Counts, and X-Rays. My case was finally diagnosed as Lymphatic Leukemia, and I was told that the disease was rare and considered incurable. In fact, the few cases of which my doctors had known had proved fatal. The Specialist admitted that all he could do was to experiment.

After several months of said experimenting, my condition was in no wise improved for neither the number of white corpuscles in my blood nor my lymphatic glands had been reduced. Furthermore, I had been so weakened by continual fever that I was well nigh helpless. It was then that my folks suggested that I consult a Herbalist, so I went to the Fong Wan Co. Without even asking me a question their Herbalist told me that I was suffering from Leukemia, and that he could relieve me.

After I had taken his herbs for but one week I was able to go back to work. Since that time I have had two blood tests taken, as various physicians entertained doubt regarding my complete recovery. On both occasions my blood was pronounced normal. The last test was taken but a few months ago. My present good health seems miraculous.

As many of my friends have also obtained relief from various ailments through the Fong Wan Co., I can highly recommend their Herbs.

G. S. ENSMINGER.

(First given years ago, and  
again verified Sept. 23, 1933)

## "I OWE MY LIFE TO FONG WAN"

Oakland, Calif.,

January 31, 1935.

To Whom It May Concern:

For years, I suffered from Hemorrhages and from a Tumor which felt as though it was about the size of a cocoanut. I had vomiting spells, heaviness and cramps. I suffered untold agonies and had to stay in bed. I was told that no medicine could help me and that my only hope was in an operation as my condition was so complicated. I am happy to say, however, that after I had taken the Fong Wan Chinese Herbs for some time, the Tumor gradually disappeared



Josefa Padilla

and all my complaints vanished. I feel that I really owe my life to Fong Wan. I thank him a thousand times for what he has done for me.

JOSEFA PADILLA.

Ida Meltzer testifies that the above is true.



## CHAPTER X

### MISCELLANEOUS AFFECTIONS

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#### CHINESE HERBAL REMEDIES HAVE HISTORY OF 5000 YEARS

Throughout Chinese history, many renowned herbalists have held responsible positions. Among them have been emperors, viceroys, governors and other magistrates. Innumerable volumes have been compiled by these herbalists. Some of these works contain from three to four million words. In consequence, the Chinese methods of healing are among the most beneficial and the greatest things on earth.

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#### CHINESE HERBS RANK WITH ROMAN LAWS

In the dawn of Chinese civilization, there reigned an emperor known as Shin Nong. Through his extensive knowledge of botany and the wisdom given him by God, he based the Fundamental Theories of Healing on the Five Principal Elements of Nature: viz.: the mineral, vegetation, water, fire and earth. During the thousands of years that have elapsed since the reign of Shin Nong, numerous volumes have been written by famous herbalists, century after century, upon the use of herbs.

A great forward stride was made in 1735 when the Chinese Emperor, Kang Lung, in the fourth year of his reign, summoned the most renowned herbalists of his time, numbering 370, to the Imperial College at Peking. Not only did these learned men set forth the methods of treating the sick internally, but they also made drawings of the entire human body to illustrate the various external diseases, specified in separate books for men, women and children, and gave formulæ for their relief.

The volumes compiled by these herbalists are known as "Golden Text Books of Healing." Their contents are based entirely on the

theories of the Emperor Shin Nong. Just as the laws of modern nations are based upon Roman Laws, so did this learned body of herbalists find it impossible to improve upon the Fundamental Theories of Healing set forth by their ancient emperor. Today, the Chinese compound their herbs in accordance with the ancient theories, just as Occidental lawyers practice law based upon Roman principles. Up to the present time, neither herbalists nor lawyers have been able to improve upon the fundamental theories. There are individual herbalists, just as there are individual lawyers, who are able to accomplish much and gain recognition, while others in the same profession are unable to earn a living.

The principles and methods of Roman Law have been adopted by many nations. Likewise, Chinese herbs are not only extensively used in other parts of Asia, but have also been introduced on a small scale into most of the countries of the world. One takes no chances in using Chinese Herbs. They are backed by the experience of the ages. Having been used by billions of human beings with beneficial effects for approximately 5000 years, Chinese Herbs have long since passed the experimental stage, and their various properties and effects are definitely known.

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**FLOODS FURNISH PROOF!  
THAT ANCIENT CHINESE ENGINEERING RANKS WITH  
HERBAL SCIENCE AS BEING THE BEST OF  
THEIR KIND ON EARTH**

Approximately 5,000 years ago an ancient Chinese Emperor named Hsia Yu ruled China. He was not only one of the most capable men in China, but his engineering work was of so high a grade that no engineer in any country has ever paralleled him. When the Yellow River flooded Central China, it became a veritable ocean. The Emperor Hsia Yu personally supervised the division of the flood into nine rivers and so directed their courses that they emptied through Tientsin into the Yellow Sea. Thereafter, for 1300 years, the people enjoyed freedom from floods. Since that time, however, perhaps due to changes in the river bed, China has suffered from numerous floods. Neither the emperors nor the government have succeeded in coping with this difficult problem. Believing that her native engineers were inferior, China employed American and European engineers as advisors. She

has spent millions of dollars in her efforts to stay the floods. Not standing this enormous outlay, but a few months ago, the floods came back to the depth of 50 feet, thereby causing great mortality. Not only does China need engineers like those of the time of the Emperor Hsia Yu, to overcome the floods, but the United States needs engineers with such wisdom to overcome the floods of the Ohio River.

The Emperor Hsia Yu was born not long after the Emperor Shin Nong, who discovered the remedial powers of herbs for ailing people. Chinese herbalists have facilities for learning herbal science from the beginning, but present day engineers do not have similar opportunity to learn the principles of engineering work. As the ancient Emperor's wisdom was given him by God, he could understand the nature of the country and could therefore prevent floods. However, as our modern engineers have derived their knowledge of schooling, there are no engineers, either individually or collectively, who would dare to say that they would be able to avoid floods for a thousand years.

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## HOW HERBS STOP PAIN WITHOUT DRUGS

Chinese Herbs stop pain by eradicating the following causes:

1. Poisonous inflammation causes congestion of the blood in one place, which then either begins to swell or to form a cancer. This causes great pain. After the blood has been cleansed by the herbs, the inflammation subsides and the pain stops.

2. In a cancer sufferer whose blood circulation is poor, the cancer is slow to develop, and the pain becomes intense at night. When the person is walking or keeps moving, the pain is greatly lessened. In cases of this kind, the blood should be enriched and strengthened with nourishing herbs, combined with herbs to free the blood of poisonous substances. Then the cancer or growth will develop quickly and come out. In this way, pain is overcome by Chinese Herbal Remedies without resort to Cocaine, Morphine, or any other drug.

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## CHINESE THEORIES REGARDING CANCER

For thousands of years, the Chinese have believed that Cancers are caused by inflammation and by poison in the blood. When any of the five vital organs of the body fails to function properly, the blood in that organ becomes poison, and heat is generated the same as when a vol-

canic eruption occurs on the earth. Therefore, when a cancer is formed anywhere in the body, there must be something wrong with one or more of the vital organs.

According to the Chinese definition, the difference between a tumor and a cancer is that the former is a growth located inside the body, which cannot be seen from the outside, while a cancer is a growth that forms beneath the skin and develops above the skin, its size being an inch or more in diameter.

When a cancer forms in a neck gland, it has originated from the blood of the liver. Breast cancer in women is due to poison in the spleen which affects the milk glands, because women are liable to periods of sadness, worry and melancholy. Cancer of the privates may be traced to the improper functioning of the bladder and kidneys. Canker sores and boils in the mouth are due to impure blood in the stomach because the mouth is the outer cavity of the stomach.

The air and the blood circulations cause soreness to be exposed in the mouth and also by a red, sore nose, by boils on the nose or by hemorrhoids, because the nose is the cavity of the lungs. If the blood or the air in the lungs is impure, or if there is too much fire (inflammation) these maladies of the nose are caused.

When hemorrhoids, or sores, or noises are located in the ears, they are due to improper functioning or to impure blood in the liver and kidneys, because, according to Chinese theories, the ears are the cavities of the liver and kidneys. Inflammation of the rectum, piles or fistulas are due to the large intestines and the lungs, as the large intestines are the sub-organs to the lungs. When eruptions or itches appear on the skin on the upper part of the body, blood purifiers are necessary for the lungs, which control the pores of the body. Certain cancers may be easily overcome before they spread and eat into the tissues. However, there is no help if they are allowed to go until the tissues are consumed, for a fireman cannot save a house that is already burned to the ground.

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## CHINESE METHODS OF PREVENTION AND HEALING

When a cancer begins, it commences to swell, to have pain and fever, and to form lumps. At this stage, according to Chinese theories if the herbs are compounded to cleanse the blood of the vital organs, and external applications are made, the cancer will generally disappear.

In a case, however, where cancer has not been completely eradicated before being formed, herbs must be compounded to cause the blood circulation to force the poison to collect at the spot where external treatments can draw it to a head, and help it to ripen, and to break out. The Chinese do not believe, as do the Americans, in the possibility of discovering some one thing, such as serum, radium, X-Ray, or application of electricity to cure all kinds of cancer, regardless of location, whether on the head, the rectum, or the mouth. Numerous cancers, where X-Rays, electricity, or radium have been used, have been baked into hard chunks of poisoned flesh. The cancer keeps right on growing underneath this big chunk of flesh, and the condition is a thousand times harder to relieve.

Scientists are continually making new inventions and discoveries, but the members of the medical profession in no part of the world have discovered anything to cure cancer. They have become afraid of it and have had a law passed forbidding anyone to advertise a cancer cure. Some of the large dailies even refuse to print the word cancer in their sheets. Thus, is knowledge of how to gain relief in case of cancer kept away from the people.

Although for fifty centuries China has had numerous books which have taught the people how to cope with various ailments, including cancer, still, in the case of the latter, further research was necessary. About three hundred years ago, a kind-hearted Emperor summoned the herbalists from all over the country to a great conference. Among them were several hundred who had passed the Imperial Examinations with the first and second degrees. As a result of the conference and the diligence of these scholarly herbalists, a great work of twenty volumes was compiled to be used as textbooks on the healing of disease by the government and people. This work gives clear instructions regarding all kinds of cases, but it takes an intelligent, experienced herbalist, with an extensive knowledge in the dispensing of herbs to secure results, as the system of each individual sufferer differs in strength and each case has its own complications.

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### **BOTH ELECTRIC RAYS AND SUN BATHS DANGEROUS!**

The secret of the Chinese methods of healing is the bringing of the elements of the human body to function properly and evenly. For example, just as we begin to suffer when the weather is too hot or too

cold, we also suffer when any part of the body is overheated.

Recently, several persons have reported to Fong Wan that certain parts of their bodies were inflamed and terribly poisoned by Sun Baths and Electric Rays. Because people do not understand that portions of their systems are inflamed internally, they turn on the Electric Rays with results similar to those of pouring oil into a fire.

Electric Rays and Sun Baths may be beneficial to some persons while they are injurious to others. Because the Fong Wan Herbs are compounded for each individual need, they bring about wonderful results.

No person can expect to forge a single knife that will be good for chopping wood, for use in the butcher shop, for shaving the beard, and for household uses in general.

### 圖 癰 乳



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This is also an ancient sketch from the Encyclopedia of Herbal Science. It represents the location of breast lumps or formation of cancers in the breast glands.

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### RESULTS OBTAINED FROM FONG WAN HERBS

Oakland, California, August 16, 1935.

To Whom It May Concern:

In 1930 I was troubled with painful lumps in my breast. Fortunately I learned of the Fong Wan Herbs and began to take the Herb Tea. After a while the lumps disappeared entirely, thanks to the Herbs. Although this was five years ago, I have not been troubled since.

MRS. A. DUNN.



## LUMPS DISAPPEAR AFTER USING THE FONG WAN HERBS

June 6, 1931.

I had several painful lumps in my breast. Although I tried many different methods of relief, I gained none until I took Fong Wan Herbs. My condition improved gradually and all the lumps disappeared. This was almost a year ago, and I have remained free from this malady ever since.

MRS. DAISY PULLEN.

Portland, Oregon, formerly Oakland, Calif.

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TESTIMONY GIVEN BY MRS. C. BROWN in the Southern Division of the UNITED STATES DISTRICT COURT for the Northern District of California.

The follow excerpts are from the transcript, pages 306-310, Vol. 4, March 8, 1932.

Questions by Attorney for Defendant.

- - - - -

Q. "Are you as healthy as you look? A. I think I am.

Q. Have you always been in perfect health, Mrs. Brown? A. No, I have not.

Q. Did you at one time take the Fong Wan herbs? A. Yes.

Q. Prior to taking them, Mrs. Brown, had you been afflicted with any trouble? A. Yes.

Q. And were you under the care of regular physicians? A. Yes.

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Q. You may describe it. A. I was growing quite large. I was growing larger and larger, and I was suffering pain.

Q. Where was this enlargement? A. In the abdomen.

Q. Will you describe to us the extent of it, about how large did your abdomen become? A. Well, I was quite large, I could not say just how I measured, but I was out just like this (indicating).

Q. You have indicated a space probably eight to ten inches over your abdomen. Was the swelling to that extent? A. Yes, all of that.

Q. As the result of that, or in common with it, what other distresses were you afflicted with? A. I was afflicted with pain, and I would suffer pain.

Q. Did it interfere with your getting about? Yes, it did.

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Q. After that, on the advice of anyone, did you take the herbs of the Fong Wan Company? A. I went down to see Fong Wan and see what he could do for me.

Q. Did he compound herbs for you? A. Yes.

Q. You have never had an operation for the removal of that growth, have you? A. No, I never had an operation.

Q. And you never took any other remedy for the relief of it other than the Fong Wan herbs? A. That is all.

Q. And you are in perfect health today? A. I believe I am.

Q. Did the post office inspectors call on you recently? A. Yes.

Q. And ask you whether or not the statements contained in certain advertisements were true, or not? A. Yes.

Q. And you informed them that they were? A. I did.

Q. You were not subpoenaed to come here, were you? A. No, I was not.

Q. You came as a matter of gratitude to Fong Wan? A. Yes.

#### CROSS EXAMINATION

Q. Did you give to Fong Wan a statement of your case? A. Yes, I gave him a testimonial.

Q. Did you give that to Fong Wan? A. Yes.

Q. You went to his office, did you? A. Yes, I went to his office especially and told him that I would be glad to give him a testimonial.

Q. You say you went especially to his office to tell him that, did you? A. I did, yes.

Q. How long after you had taken the herbs was it that you went to his office to tell him that? A. I had taken the herbs for that tumorous condition about seven or eight years ago, and it was about three years ago that I gave him the testimonial.

Q. What prompted you to go down to his office about four years after you had taken this herb treatment to give him the testimonial? A. Because I received so much help from him, and I sent so many others to him that were helped that in appreciation of what he did I thought I would give him the testimonial.

Q. You just did it out of the goodness of your heart, did you? A. Yes, just to show how much I appreciated what he had done for me.

Q. And it was not prompted by him? A. No.

Attorney for defendant:

Q. And what you said in that testimonial was the truth, was it?

A. Yes, it was.”

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## TUMOR BANISHED

Oakland, Calif., Sept. 12, 1929.

Seven years have elapsed since I was told by a physician that I had a tumor that could not be removed without a capital operation. Although I suffered intensely and was very nervous, I decided to avoid the knife if I possibly could. So I took up the Fong Wan Herb treatment instead. I was completely relieved, and I have had no return symptoms. I have also recommended numerous friends, variously afflicted, to go to Fong Wan. All have obtained good results.

MRS. C. A. BROWN.

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## GIVEN UP AT HOSPITAL AS HOPELESS

Oakland, Calif., November 28, 1933.

Early in January, 1932, I was bedridden for the first time in my life. Never having been seriously ill before, I could not understand why I was no longer able to perform my household duties. I grew weaker day by day and suffered from bleeding as well as from pain. Our family physician pronounced me pregnant. Later, however, he said that I had a Tumor and must be operated upon immediately.

My husband and I concluded that I should go to a doctor whom we believed to be an eminent surgical specialist. He advised an immediate operation for Tumor. I went to the hospital fully resigned. I lay in bed in the hospital for about a month while they built up my vitality, took X-Rays, and had a specialist examine me.

They finally operated on me and then sent me back to my room in the hospital as hopeless. I say "OPERATED," but all they really did was to cut me open and sew me up. On learning from the doctor himself, that nothing could be done for me, my husband went to Fong Wan and described the case to him in full. Herbs were prepared for me and my husband brought them to the hospital.

Within two weeks, I was able to drive home with him, and I have not had a sick day since, even though I have taken no herbs since

April 15, 1933. The doctors had told my husband that while I might be able to leave the hospital, I would be an invalid for the rest of my life and would have to have a nurse. They miscalculated, however, for from the very day that I arrived home from the hospital, I have done the housework for a family of four.

For all this healing and return of strength, I have to thank Fong Wan. I might add that my husband wanted me to go to him in the first place. This statement is given voluntarily to Fong Wan in grateful acknowledgment of what he has done for me.

MRS. EDWARD D. OWENS.

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### WISDOM RIDICULED AND CONDEMNED BY IGNORANCE

The Chinese Science of Therapeutics is based on the principal formative elements of Nature. It takes a person of intelligence who is educated in Chinese literature to learn the use of each of the thousands of herbs and to master the methods of determining the cause of human ailments. In order to acquaint himself with the broad knowledge of healing handed down through the ages, he must delve into the volumes of the ancient authors. In order to learn how to properly compound herbs so that one will neither conflict with nor counteract another, he must memorize thousands of formulas.

While yet in his teens and before he had any idea that he would ever devote his life to herbal studies, Fong Wan ridiculed the Chinese Herbalists. As at that time Fong Wan had absolutely no knowledge of the properties of herbs, he thought that the Herbalists were foolish to make believe that their herbs could help sick people. He made fun of them and frequently pulled their queues.

Later, however, he began to make a serious study of the herbs. For ten years he devoted himself to it, learning more and more and continually discovering that there was much more to be learned. He then realized with regret how ignorant he had been and how foolish it was to criticize the wise.

Since the year 1915 he has relieved thousands of sufferers. He has enjoyed the privilege of restoring to health numbers of men and women whose cases had been given up as hopeless. Many times, however, he has been haled into court by the Special Agents of the Medicos; his company's mail has been restricted; his herbs have been condemned as being without curative qualities and worthless; his method of healing

with herbs has been pronounced a fraudulent scheme by the authorities, when at the trial their own physician witnesses were forced to admit many cures were made by the Fong Wan herbs.

Both chemists and professors of pharmacology from two leading universities have testified that certain herbs possess traces of alkaloids, tannin, starch, saponin, emodin and pectin. They have also admitted that while they possess no knowledge of the properties of herbs, yet they have known of cases in which ephedrin, which is an extract from the Chinese herb "ma huang," has relieved asthma, and of cases in which digitalis, which is an extract from foxglove root, has been beneficial to the heart.

The effects of the odor, the taste, the strength, the color and the action of the herbs on the head and on the extremities of the body are absolutely unknown to them. Neither do they know that numerous herbs, though light in weight, possess great strength and when boiled in water, constitute a marvelous remedy for the relief of congestion in the cavities of the head.

In 1925 an Anti-Herb Bill was introduced into the California State Assembly. People of all classes attacked Fong Wan in all sorts of ways, but he merely laughed at them, for he knew that those who had arrayed themselves against him had done so either by reason of jealousy of his success or because they were as ignorant with regard to the real value of herbs as he had been when he was a foolish young boy addicted to queue-pulling. He therefore sympathized with their ignorance and did not blame them for causing him so many hardships, especially as he was living in a foreign land where the Science of Herbal Remedies was both so new and so vaguely understood.

Fong Wan is happy to say that thousands of people have gained speedy relief by drinking his herbs and that only about 15% to 20% of the cases have required more than a brief period of treatment.

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## DEAFNESS DEPUTY SHERIFF'S STATEMENT

Richmond, California, May 28, 1927.

I suffered from Nervous Headache and Deafness. My Health was so poor that I was unable to do anything. I had tried many doctors and had also been treated at the University Clinic. The doctors there inserted an instrument into my nose for the purpose of restoring my

hearing. Its only effect was to cause me awful pain and bleeding. Then my nose became stopped up and my suffering was worse than before.

At last I saw a Fong Wan Herb Tea Advertisement. I went to their wonderful Herb Specialist, and now, after six weeks, am entirely well in every way. This letter of recommendation is prompted by gratitude.

A. S. ANDRADE.

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## ENTIRE FAMILY RELIES UPON FONG WAN

Richmond, Calif., May 28, 1927.

We first made the acquaintance of Fong Wan in the early Spring of 1916, when he was located at Eighth and Clay Streets. My husband was very deaf. He had an annoying noise in his ears, and his head was stuffed with Catarrh. Prior to this time he had sought relief continuously, but in vain.

Being a deputy sheriff, he was naturally very anxious to have his hearing restored. He had been to the University Clinic, where the physicians had tried to relieve his ear trouble by inserting an instrument into his nose. However, his suffering had been only increased thereby, as the instrument caused terrible bleeding and soreness. The blood clots stopped up the nasal cavity, thus impeding the functioning of the nose as well as of the ears. As a result, my husband could neither smell nor hear.

We chanced to go to Oakland, and there consulted Fong Wan, who said that the deafness was due to the kidneys. My husband began drinking the herb tea, and in but six weeks' time his hearing was restored and his Catarrh gone. Years later, he was again treated by Fong Wan for an infection in his hand which caused Boils, and for a pain in his leg due to inflamed nerves.

Some years after that, my children also took treatment for Catarrh, and I took the herbs for Dizziness, High Blood Pressure, Nervousness and Hot Flashes. All the members of our family, one after another, have been relieved by the Fong Wan Herbs in every ailment that has come to us.

We have known Fong Wan for all these years and have seen him from the very beginning of his career in Oakland. He has gone through many kinds of trouble, but he has valiantly breasted them all without any real harm. Today, Fong Wan is the most successful and prosper-

ous herbalist in the Bay Region. We confidently rely upon him as our healer in whatever kind of suffering may come to us.

MARIA S. ANDRADE.

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**A CHINESE LADY WHO TRIED MANY DOCTORS BUT  
OBTAINED NO RELIEF IS COMPLETELY RESTORED  
BY DRINKING THE FONG WAN HERBS; HER  
UNSOLICITED TESTIMONIAL FOLLOWS**

San Francisco, California.

Fong Wan Co.

Gentlemen: I am writing this out of gratitude to Fong Wan. For many years I suffered with a Ringing in my Right Ear. About a year ago my left ear also began to ring. Both ears became so bad that I could hardly hear my baby cry.

Although I am still but a young woman, I had treated everywhere with many doctors. None of them were able to do me any good. My people told me that my ears had too much air in them. I had been troubled with them ever since I was a little girl.

I was very anxious to go to Oakland to see Fong Wan; but, because my baby was very young, I was not able to go until this spring. Now I am entirely well and a healthy woman.

(1927)

MRS. KAM YOKE CHONG.

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**TESTIMONY GIVEN BY MRS. J. MEAD in the Southern Division  
of the UNITED STATES DISTRICT COURT for the Northern Dis-  
trict of California.**

The following excerpts are from the transcript, Vol. 3, pages 239-248, March 7, 1932.

- - - - -

Defense Attorney: Q. "Mrs. Mead, were you a customer of the Fong Wan Herb Company? A. Yes.

Q. Did you take their herbs? A. Yes.

Q. About how long ago? A. It has been between four and five years ago.

Q. For what purpose did you take them? A. For reducing weight.

Q. Was your weight accompanied by any physical distress of any kind? A. Well, in my work I stand on my feet, and I just simply had too much weight on them and it affected my feet and it was hard for me to get around.

Q. Did it affect your ankles? A. Yes.

Q. A swelling of the ankles? A. Yes.

Q. And about what was your weight? A. When I started taking the herbs I weighed around 170.

Q. And was that causing you distress? A. Yes.

Q. For how long did you take the Fong Wan herbs in order to attempt to correct that situation? A. Between five and six weeks.

Q. What was the result?

- - - - -

A. I reduced eighteen pounds.

Q. Has your flesh remained stationary at that point ever since?

A. Yes, I vary from two to four pounds.

Q. What was the result on your general health? A. Oh, I have had wonderful health ever since.

Q. A benefit to you, were they? A. Yes, they were a wonderful benefit to me.

Defense Attorney: That is all.

#### CROSS EXAMINATION

Prosecuting Attorney: Q. How much do you weigh now, Madam?

A. Between 150 and 154. I have not weighed recently. I stay around that weight.

Q. The last time you weighed yourself you weighed about 154?

A. No, 152.

Q. Did Fong Wan, the defendant in this action, come to you and ask you about this? Have you spoken to him lately? A. No.

Q. When was the last time you saw the defendant, Fong Wan, or some representative of his office? A. I don't just understand what you mean.

Q. Do you know Fong Wan when you see him? A. Yes.

Q. Do you see him here in court? A. Yes.

Q. When was the last time that you saw the defendant, himself?

A. Before Christmas.

Q. How long ago did you take these herbs from him? A. Between four and five years.

Q. Between four and five years ago? A. Yes.



- Q. You saw him just before Christmas? A. Yes.
- Q. Did he come to your place? A. No.
- Q. Where did you see him? A. I called and saw him.
- Q. Did he tell you about this case pending against him in the Federal Court, here, at that time? A. No.
- Q. Did you ever give him a testimonial? A. He asked me if the herbs helped me and I told him they did.
- Q. You told him they did. Is that all you ever told him? A. Yes.
- Q. Did you ever tell him anything else? A. I think that covers everything.
- Q. Did you ever give him anything in writing? A. Yes.
- Q. Do you recall the time that you gave him something in writing?

- - - - -

Prosecuting Attorney: Q. I don't want to intimidate you in any way, Mrs. Mead. I want to be just as fair with you as I can possibly be. The thing I want to get is this, I want to know, and I think the jury wants to know, just what you said in that letter. If you will refresh your recollection to think about it, I will let you think about it. It is very important that we know what you said in that letter. A. I said just how much good the herbs did me. That covered it all.

Q. What good did you say they did you? A. I don't memorize everything I write.

Q. What words do you think you might have used? Did you write three lines, two lines, or five lines? Don't you see what I am trying to get at?

- - - - - Q. Will you just read that letter, Madam, right here, at the top, page 147 of the testimonial book. You have read that, have you? A. Yes.

Q. Is that what you wrote him at that time? A. Yes.

Q. Are you positive? A. Yes.

- - - - -  
 Prosecuting Attorney: It reads as follows:

I hereby certify that the facts in this statement are absolutely true and that I had previously tried all the methods I know of for reducing. Observing that a friend of mine had obtained such splendid results in the way of gaining weight by taking the Fong Wan Herbs, I consulted Fong Wan to see if he could give me herbs to make me thin.

He frankly told me that it would be easy to reduce the flesh of the trunk and abdomen, but that on the big muscles of the limbs the flesh

would be lost very slowly. I decided to try the herbs as my abdomen was burdened with excess fat and my stomach was bloated. After having completed a four-weeks' treatment, I weighed 18 pounds less.

Before I began to take the herbs, I told my friends of my new plan for reducing but none of them would believe it would be possible for the herbs to relieve me of my excess upholstery.

Now I am happy and grateful not only for flesh reduced but also for having been relieved of that tired, drowsy feeling which made work a burden. I am feeling stronger all over and I work from 9 a. m. until 5 p. m. without being tired.

JEAN MEAD.

- - - - -  
Q. Just out of a clear thin sky, without any prompting or request by anybody, you wrote it in this way. You used just the words that are in that book right there, is that right? A. Yes.

Q. Exactly those words? A. Yes.

- - - - -  
Q. Did you receive any compensation for it? A. No.

Q. And that letter was unsolicited from you by anybody; nobody ever asked you to write that letter or send it to the defendant? A. No.

Prosecuting Attorney: That is all.

#### REDIRECT EXAMINATION

Defense Attorney: Q. Mrs. Mead, this letter was written about how many years ago? A. Between four and five.

Q. Prior to going to the Fong Wan Herb Company had you been in conference with other people that had gone to him? A. I beg pardon, what is that?

Q. The question is, before going to the Fong Wan Herb Company, had you talked with others who had used the herbs? A. Yes.

Q. More than one person? A. Yes.

Q. Several? A. Yes." - - - - -

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### THE HUMAN TONGUE INDICATES INTERNAL CONDITIONS

In giving instruction in Chinese Methods of Healing, a teacher required his Chinese students to recite the following:

1. The tip of the tongue indicates the condition of the heart.
2. The center of the tongue indicates the condition of the stomach and spleen.

3. The edges of the tongue indicate the condition of the liver and gall.
4. The sub-lingual area (floor of the mouth) indicates the condition of the kidneys.

Various internal disorders are indicated when any part of the tongue is dry, white, yellowish, inflamed, or sore. Nothing can be ascertained by merely looking to see whether the tongue is coated or not. Herbalists compound herbs, according to the ancient formulas, to overcome the complaints of each individual.

In Occidental countries many sufferers have had their tongues removed, and have died after a short time. Others have had their tongues treated with radium. In some cases, the tongue has become so hardened that it was immovable, thus making speech impossible.

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### **SAVED FROM OPERATION ON HER TONGUE**

Oakland, Calif., March 25, 1929.

I suffered so severely from a Sore on my Tongue that I could scarcely eat or speak without intense pain. Moreover, my eyes were badly inflamed and my health in general was poor. I tried several doctors. Most of them decided that relief could be obtained only through an operation on my tongue.

Fortunately, I was recommended to try Fong Wan. I took the herbs he compounded for me and I am now not only rid of that sore on my tongue, but my eyes are better and I feel like a new person throughout.

If it had not been for Fong Wan's skill, I should have been in a terrible fix. Perhaps I should have lost my tongue and, possibly, my life also. It is needless to say that I am sincerely grateful.

LENA C. ANDERSON.

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### **TERRIFIC PAIN THAT BAFFLED MODERN SCIENTISTS RELIEVED BY FONG WAN HERBS**

Oakland, Calif., Jan. 21, 1929.

For six months, I suffered day and night from terrific pain in my hands and arms. I was in the hospital for several weeks and I tried all kinds of Electric treatments, X-Rays, and adjustments, to say nothing of nine doctors. Still, I suffered agonies and secured no relief. One

healer said one thing and the next said another. I became so tired of them and so discouraged with their futile attempts to help me that I decided to give them all up and try the Fong Wan Herbs.

I took the herbs faithfully for five weeks, cooking them at home. From the first, I noted a slow but steady improvement. The pains left me gradually, and even though five months have now elapsed since I discontinued the treatment, marvelous though it seems, the pains have not returned.

(Signed) MRS. L. M. CROWLEY.

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### **CARRIED TO THE FONG WAN OFFICE**

Oakland, Calif., Oct. 11, 1927.

For years, I suffered from Headache, Rundown Health, and Bleeding Piles. I tried in vain to get relief from various healers. I was so ill that I had to be carried into the Fong Wan office. After I had taken the Fong Wan Herbs for about two months, all my troubles had been overcome.

This was about four years ago, but I still remain well. I have enjoyed the very best of health ever since.

MRS. L. E. JONES.

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### **AN INJURED BACK**

Oakland, Calif., Jan. 23, 1926.

I had a severe Sprain in my back from which I suffered for fully four years. It was torture to move around. I was treated by doctors and Chiropractors for months at a stretch, but neither their drugs nor their adjustments afforded me any relief.

A relative of mine who had been relieved of long suffering from nervous breakdown recommended that I try the Fong Wan Herbs. After five weeks of his treatment, my pain was gone, and I have been well ever since. As this was two years ago, I believe the relief to be permanent. I am giving this testimonial in gratitude.

CHAS. F. MALLEY.

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### **DR. G. L. MEAD, RETIRED PHYSICIAN AND CHIROPRACTOR, FINDS FONG WAN A MOST COMPETENT HERBALIST**

#### **HIS STATEMENT READS:**

Oakland, Calif., July 18, 1927.

In connection with my experience of over twenty years in the prac-

tice of medicine in the South and as a Chiropractor in Oakland, I had heard a great deal of Fong Wan's wonderful success in relieving numerous cases of suffering that were apparently hopeless. Although I had never communicated with the herbalist, I had heard so much about him from fellow members of my profession, that I decided to visit him.

Finding his conversation interesting, I inquired of Fong Wan with regard to his method of healing. I then discovered that he possesses an extensive knowledge of the Science of Therapeutics and Materia Medica. When I asked him what he would do in the case of a dislocated joint, he promptly replied, "I should send the person to a Chiropractor." To the question, "What would you do in a case where surgery was required?" he answered, "I should recommend that the sufferer consult a friend of mine who is a Surgeon." These replies convinced me that Fong Wan is neither narrow-minded nor selfish.

Finally, I spoke to the herbalist frankly regarding my own physical condition. Partly because of my age, but more especially because I had expended so much energy and undergone such nervous strain in making chiropractic adjustments, I had lost my physical strength, my food was but poorly digested, and my bowels had become inflamed. My head felt heavy, I was often dizzy, and my heart beats were irregular; sometimes being too fast and sometimes, too slow. On account of these physical ailments, I had retired from the chiropractic profession and taken up some work as an appraiser in the Assessor's Office of Alameda County.

I asked Fong Wan what his Herb Treatment could do for me. He said that herbs could be compounded to increase the blood supply, to strengthen the nerves, to improve the air circulation, to clear the head of congestion, to rid the stomach of gas, and to improve the digestion. In fact, he said that I would be better all over.

I took the herbs home in packages to cook and drink at my convenience. Now, after about two weeks, I really feel "better all over." Wherever I go, my friends at once notice the change and say that I am looking better than I have for a long time.

DR. G. L. MEAD.

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### NOSE HEALED

Oakland, March 13, 1935.

To Whom It May Concern:

My nose was operated on twenty-eight years ago, but during all this

time the wound has refused to heal, although I have tried everything that I thought might help it. Now, however, I rejoice to say that after having taken the Fong Wan Herbs for but six weeks the wound has healed and my nose is well again. Naturally I feel greatly indebted to Fong Wan.

MRS. LUELLA P. RESAU.

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### CHRONIC CASE OF SORE LEG

Oakland, Calif., Oct. 28, 1933.

For about ten years I was troubled with a badly swollen leg and a sore on the same. I had undergone several different treatments and had almost given up hope of ever being cured.

Having been advised to see Fong Wan, I did so, and commenced to take his herbs. They gave me almost immediate relief, and I was finally cured.

It is five years since I stopped taking the Fong Wan herbs but my leg has not troubled me since. It is now in fine condition.

I cannot say too much for the herbs I received from Fong Wan.

GEO. P. RISING.

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### SUMMER ILLS

Healing by the oldest methods, the Chinese associated the five principal elements of Nature with the seasons of the year. Each of the four seasons belong to one of the four principal elements, viz.: the vegetation, fire, mineral and water elements. Spring belongs to the vegetation element; summer to the fire element; autumn to the mineral element, and winter to the water element.

Each year during the summer the fire element (that is, the heat or fever element), causes the blood to become warm and expand. The pores of the skin open more freely during the summer than at any other season, and the poisons of various diseases begin to multiply. Therefore, eczema, poison oak, hop poison, rashes and inflammation in the different organs of the human body increase and spread more during summer than at any other time.

All of these complaints can be eradicated by the Fong Wan Herbs. Herbs are not only used internally to thoroughly cleanse the entire system, but in some cases herbs in powdered form are applied externally. It is advisable that diseases such as those mentioned above be relieved before they have time to spread.

## POISON OAK

Berkeley, California.

In the summer of 1922, while I was attending the seven-day Conference of the Presbyterian Young People at San Anselmo, in the midst of my enjoyment, I contracted a very severe case of Poison Oak. My friends fairly whitewashed me with soda and I tried other remedies without any perceivable effect, as the Poison Oak continued to spread. The pus dripped so copiously from one of my forearms that one of the Conference leaders went to a private home and begged an old sheet with which to bandage me. My face and neck were so bad that I tried to isolate myself from my companions for fear that they might catch it.

I returned in torment to Berkeley with my face swollen almost beyond recognition and one of my eyes nearly closed. When I entered the house, my mother, who has great faith in the FONG WAN HERBALIST, lost no time in phoning him and describing my condition. He sent me a package of white powder by Special Delivery. I wasn't partial to Chinese Herbs myself, for I hated the smell of them when they were cooking and I liked their taste less, but as this was an odorless white powder, which neither burned nor discolored the skin, and which required only to be mixed with a little water into a thin paste, I was willing to give it a trial.

Within an hour after the first application, the pus had ceased to drip and the terrible burning and itching were almost gone. Four applications had been made before bedtime, and the inflammation was already beginning to subside. My sleep was undisturbed and when I got up the next morning I scarcely recognized myself in the glass, as the swelling in my face was gone, both eyes were open wide, and the eruption had begun to dry. Within twenty-four hours after the first application it had practically disappeared. Three days later when I went to church with my skin smooth and natural, my friends who had come home with me could hardly believe their eyes. They insisted upon knowing what had wrought the magic.

My own prejudice against Chinese Herbs had been completely overcome, and in March, 1923, when I came down with a bad case of Flu, accompanied by high fever and bloody urine, I drank the herbs without protest and was back at College within a week.

In the spring of 1924 my mother heard that a young girl friend out at Danville had planned to come to Berkeley on a certain day to buy her Easter hat, but had been prevented because she was suffering so

with Poison Oak that she could scarcely see, one eye being entirely closed. As I had not used all of the powder, my mother promptly mailed what was left to Gladys. Three days later our bell rang and in came Gladys, looking like a picture in her new Easter hat and brimming over with gratitude for the wonderful remedy. Before I went to San Anselmo in 1924, I got some more of the powder. I didn't contract Poison Oak this time, but two other boys did. I gave them some of the powder, and after but two or three applications their Poison Oak not only ceased to spread, but dried up and disappeared.

In closing, I want to say that although FONG WAN has an enviable fundamental knowledge of the properties and uses of Chinese Herbal Remedies, he does not rely entirely upon what he already knows, but continues to study and think. He accomplishes so many big things that he doesn't consider the drying up of a case of Poison Oak worthy of mention, but I do. Therefore I am giving this unsolicited testimonial.

CHESTER LAWRENCE.

(Verified 1932)

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TESTIMONY GIVEN BY MRS. J. CALLAHAN in the Southern Division of the UNITED STATES DISTRICT COURT for the Northern District of California.

The following excerpts are from the transcript, Vol. 4, pages 300-306, March 8, 1932:

- - - - -  
Defense Attorney: Q. "Will you kindly state to the jury your first connection with Fong Wan, and just what you applied to him for, and what happened. Just state it in your own words? A. I suffered very badly with my thighs. They had been infected in a hospital. The agony was very great. I went to him to get something to alleviate the agony, not to help me, because nothing can be done permanently for me. He alleviated the agony to a marked extent.

Q. That was with respect to the infection on your thigh? A. Yes.

Q. After that period of time did you have occasion to apply to him for relief again? A. Yes.

Q. In what year was that, Mrs. Callahan? A. That was approximately the 4th or 5th of last November, 1931. It was just this last November.



Q. You were busy in office work? A. I have been in numerous campaigns in the State. For the last couple of years I conducted the campaign for the tariffs for the Cherry Growers on the Pacific Coast, which I won.

Q. The only thing I was anxious to show was that you were active in office work. A. Yes.

Q. Now, at the time you have described, just state in brief language what affected you, what occurred? A. I was taken in the middle of the night with a very severe pain right here. I called the doctor and a surgeon and an osteopath. He is a surgeon, a doctor, and an osteopath.

- - - - -  
The Court: Q. The doctor gave you no relief? A. He absolutely practically gave me no hope.

Q. I say he gave you no relief? A. No.

Q. Somebody telephoned to the defendant on your behalf? A. Yes.

Q. Did you hear that conversation? A. No, I instructed them what to say.

- - - - -  
Defense Attorney: Q. In any event, did you take whatever he sent over? A. I took it very quickly. It was warm. I think the nurse made it hotter. I took it, and in an hour my leg began to get down and I rapidly got over the trouble. The pain went away rapidly.

Q. How long was it before the pain was completely gone? A. It was a couple of days. I had another dose of the herbs, and it was a couple of days.

Q. Have you ever had any recurrence of the trouble since? A. No, I never had.

Q. Don't answer what it was, Mrs. Callahan, but did the surgeon, when he told you you would have to go to the hospital, tell you what the particular trouble was that you were suffering with? A. No, he didn't seem to know.

Q. Did he say it was necessary for an operation? A. Yes, he thought without doubt it was a case for an operation.

Q. What did he say would happen if he didn't operate? A. He didn't give me practically any hope. I think he was very doubtful even if I were taken to a hospital. He simply said it was that critical a case.

Defense Attorney: That is all.

## CROSS EXAMINATION

Prosecuting Attorney: Q. Your case was awfully bad, wasn't it?  
A. Very.

Q. And there was almost no hope for your recovery, you thought, from what the doctor told you? A. That was my impression.

Q. The doctor seemed to indicate to you—I mean this osteopath—that if you didn't do something right away about it you would die?  
A. That was not the osteopath.

Q. Well, the other doctor. A. Yes, he indicated it was a terrific case.

Q. And in an hour after you took those herbs you were a perfect woman? A. No, I was not a perfect woman.

Q. But you didn't have any more pain? A. I won't say I didn't have any pain, but I was relieved, and I went to sleep.

Q. Didn't you feel altogether relieved one hour after you took those herbs? A. I can't say I did in one hour.

Q. But you said that a few minutes ago, didn't you? A. I was relieved; I didn't say, however, I was greatly relieved. You can't get over such agony as that in an hour.

Q. You are quite a nervous person, aren't you, Mrs. Callahan?  
A. No, I am not nervous.

Q. The type of work you do is very nervous work, isn't it? A. It is all mental work.

Q. You are not the calmest person in the world, are you? A. I don't think mental work gives you a calm, phlegmatic temperament.

Q. You are rather a high-strung woman, aren't you? A. No, I am not.

Q. The osteopath that came first, why didn't you call up a recognized physician and surgeon instead of sending for an osteopath? A. He was all three.

Q. He was all three in one? A. Yes, he was all three in one."

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## SPEEDY RELIEF FROM TERRIBLE SUFFERING BY FONG WAN HERBS

Berkeley, Calif., June 27, 1931.

To Whom It May Concern:

While working in the copper mines at Ely, Nev., I twice contracted Flu. The physicians at the hospital called the second attack "Intestinal Influenza." I was very weak, could not eat and had pain throughout

my intestines. As the physicians also said that I had Appendicitis, I had my appendix removed, but my condition was not improved. I was then advised to go to a lower altitude; so I came to my brother's place in Berkeley.

However, as soon as I arrived in Berkeley intense pain shot through my intestines and I felt that I might drop dead. Neither my kidneys nor my bowels functioned properly, laxatives having no effect. My brother urged that I go to see Fong Wan right away. I was brought to his office, I could scarcely take a step without excruciating pain. The tea from the first package of herbs cooked for me afforded instant relief. Now, after three weeks of the herbs, I feel able to return to Nevada.

I am personally acquainted with several folks in Nevada who have been helped by the Fong Wan Herbs.

P. J. HEANEY.

The following letter was received by Mr. P. J. Heaney of McGill, Nevada, who, having secured relief from terrible agony by taking the Fong Wan Herbs, sent some to a friend in Ireland:

Corrogs, Newry, June 1st, 1932.

Dear Pat: Just a few short lines to thank you very much for the Chinese Herbs which I received and took according to the directions, and am pleased to say that for these last three weeks I've never felt the pain. I have the pain now for over 14 months and tried three doctors and also went under a course of treatment with the ultra-violet ray and all was no use. After taking the fifth dose of your medicine the pain became less frequent, and now, as already stated, I haven't felt it for almost three weeks.

I will always feel very thankful to you for your thoughtfulness and kindness and only hope that I will have the pleasure soon again of seeing you and going out for a shot again over the mountains, hills and glens as we often did before—

"I've tried the Newry doctors, but it was all in vain,  
The violet-ray it was no use, and wouldn't stop the pain;  
The Chinaman you see was grand. I do not know his name.  
His herbs they did work well and put away the pain."

I've got no more to tell you now as I expect you get all the news from home. Again thanking you for your great kindness and assuring you I will never forget it, I remain, your old friend,

PETER CONNOLLY.

## COLLEGE STUDENT ENDORSES FONG WAN HERBS

Berkeley, Calif., April 6, 1932.

To Whom It May Concern:

In January, 1930, I caught a severe cold which settled in my chest and made the entire thoracic area as sore as a boil. I failed to obtain relief elsewhere in the medical line. Four months later this soreness spread to all parts of my body. It felt as if every bone of my body was being crushed. From then on for a year and a half I suffered daily torture. There was not a spot on my body that was not sore. My thorax, shoulders, ribs and back were so sore that even to take a breath above the ordinary would cause



Stanley R. Maas

the most excruciating pain; my legs felt as though they were made of clay and ached all the time; my throat was so sore I could scarcely talk; every tooth in my head was sore and ached all the time; my tongue felt like a piece of raw beefsteak; my eyes felt as though they were full of lemon juice; my face burned all the time; even the inside of my nose felt raw and inflamed; my face turned a grayish-green; my elbows were so sore and stiff that I could scarcely move them; my hands and fingers became so sore that I could scarcely hold a pen; my back felt as though it were about ready to break in two; my arms felt like rags and ached from my shoulder blades to my finger tips.

Every hour of every day for over a year and a half, no matter what I did, no matter where I went, my entire body was wracked with stinging, burning, itching, sickening pains that would shoot from my toes clear up into my throat and mouth. When the weather was hot I felt as if I were burning up and when it was cold I felt as if a current of electricity were running through me. The nerves all over my body would contract and I felt as if I were being drawn up into a knot. Many and many a time I writhed and cried with pain.

During all this time I had fifteen different medical examinations but not one of them could diagnose my case or relieve my misery. Then I heard of Fong Wan. It took this wonderful man just about three seconds to tell my case and I noticed improvement upon drinking my first cup of herb tea. All those fires in my body have been quenched; all impurities, salts and acids have been driven out; my blood has been

cleansed and purified, and aside from being a little weak and dizzy yet from the terrible beating I took, I feel myself again.

I am no salesman for the Fong Wan Herbs. I am merely writing this testimonial out of the deepest gratitude for what this wonderful herbalist has done for me and in the hope that other sufferers may read it and find genuine relief through the marvelous medicinal properties of the Fong Wan Herbs. Had I heard of Fong Wan in the beginning, I would never have become sick; had I not heard of him, I would never have gotten well.

Anyone wishing to verify these statements can do so by writing me. I will be more than glad to answer any questions.

Long live Fong Wan!

STANLEY R. MAAS.



## CHAPTER XI

### ENTRAPMENT LETTERS

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The public may be interested in reading a few specimens of the numerous entrapment letters sent to Fong Wan by the Postal Inspector under assumed names. These same letters were part of the evidence offered by the prosecution in the trial against Fong Wan in the Southern Division of the United States District Court for the Northern District of California, March, 1932. The prosecution offered 16 different sets of letters, among which the following were included:

From pages 27-41, transcript, Vol. I, March 3, 1932, dated September 5, 1929, reads as follows:

“Carl A. Miles  
In the Vale of the Shenandoah  
Grottoes, Virginia

Fong Wan Herb Co.,  
576 Tenth Street,  
Oakland, Calif.  
Gentlemen:

I saw your advertisement about stomach ulcers, and I am troubled with my stomach about an hour or so after I eat food, when I have awful pains in my stomach, so that I am not able to do anything. I have been to the doctor and he says I have ulcer of the stomach and that the ulcer is where the stomach empties into the intestines and that the food cannot get out of the stomach because of the ulcer. He says the ulcer has healed some and has formed scar tissue around the opening and that the pain is due to the fact that the food can not get out of the stomach into the intestines, and that there are probably other ulcers down there.

According to Mr. Mitchell of El Cerrito you cured him of ulcers of the stomach. Please have your doctors go over my case and let me know if you can cure me.

Yours,

(signed) C. A. MILES.”

(The above letterhead was printed).

Reply dated September 10, 1929, reads as follows:

"Mr. Carl A. Miles,  
In the Vale of the Shenandoah,  
Grottoes, Virginia.

Dear Mr. Miles:

Our herbs are compounded to meet individual needs. Our herbs specially compounded have relieved many instances of stomach ulcers. Should you desire complete information about healing by herbs, especially in regard to stomach troubles, you may send us 13c in postage, and we will mail you free of charge a copy of our 'Herb Lore.' This contains explanations of the theories regarding stomach ailments, and numerous testimonials from relieved sufferers.

The price of our herbs is ten dollars per week in advance for a week's supply of herbs, one package to be cooked daily in accordance with directions, and the tea drunk each day. All packages are mailed postpaid and insured. The money may be sent either by check or by money order.

Out of town patrons, who cannot come to the office, write in detail the facts, duration of ailment, physical condition, etc., and keep in touch with the herbalist with weekly letters.

Yours truly,

FONG WAN - - -."

FWHCo/J

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Second set of letters, same stationery as before.

October 8, 1929.

"Gentlemen: Your letter of the 10th ultimo duly to hand. Inclosed find 13c for 'Herb Lore.' Will you kindly tell me the name of the herbs which you use in your treatment, and also whether the treatment will cure the trouble described in my previous letter. Thanking you, I am,

Respectfully,

C. A. MILES."

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October 12, 1929.

"Dear Mr. Miles:

We are in receipt of your letter requesting a copy of 'Herb Lore,' and we have mailed you a copy under separate cover.

We regret that we are not able to comply with your request for the

names of herbs used, as all our herbs are catalogued under Chinese names. If you will look at the picture of our herb room in the front of the book, you will realize that we carry a complete stock of herbs. It is in this room that the herbalist oversees the preparation of all herbs to be sent out. Herbs are compounded to meet individual needs, and about 20 varieties go into each package, depending of course on the ailment.

Yours truly,

FONG WAN - - - ."

FWHC0/J

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Third set of letters (same stationery as before).

November 9, 1929.

"Gentlemen: I have received your letters of Sept. 19 and Oct. 12, 1929, and also copy of Herb Lore. The testimonials about stomach trouble lead me to conclude that you can cure all kinds. Like I wrote you I am bothered about an hour or so after I eat food, when I have great pains in my stomach. The doctor says I have ulcer of the stomach and that the ulcer is where the stomach empties into the intestines and that the food cannot get out of the stomach because of the ulcer, because the ulcer has healed some and had formed scar tissue around the opening and that the pain is caused from the fact that the food cannot get out of the stomach into the intestines. He says there may be other ulcers down there.

I am enclosing \$10 for you to send your treatment, if it will cure this condition. Of course, if it won't cure me, please return the money.

Yours,

C. A. MILES."

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November 13, 1929.

"Dear Mr. Miles: We are in receipt of your letter of the 9th, and also your money order for \$10.00. As stated before, herbs can be compounded to meet your particular needs, but we would like to have you understand that a week's supply of herbs will not be sufficient to relieve your ailment. Some individuals respond quicker than others, different individuals vary in the length of time that they have to take the herbs. It may take several weeks, and it may take two or three months, depending on the rapidity with which your system responds to the herbs. We regret this delay, but since you are so far away, we want to be



sure that you understand about the herbs. We are awaiting your reply before acting upon this matter.

Yours truly,  
FONG WAN - - -."

FWHCo/J

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Fourth set of letters.

November 21, 1929.

"Gentlemen: Yours of the 13th instant received, advising that herbs can be compounded for the case described in previous letters and that one week's supply will not be sufficient. Will you please let me know if the treatments that follow the first supply will consist of the same herbs, and what do you estimate it will cost to cure the trouble?"

Respectfully,  
C. A. MILES."

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December 14, 1929.

"Dear Mr. Miles:

The herbs that would be compounded to meet your needs would not necessarily be the same each time. The herbalist keeps in touch with out of town patrons by having them write each week of the extent of progress noted. Herbs are changed, if necessary, according to contents of letter received.

We cannot make an estimate as to the cost of herbs because it is difficult to determine how long it will take your particular system to respond. Different individuals vary in the length of time. After you have taken the herbs for awhile, and have kept in touch with the herbalist, he may be in a position to tell you approximately how long you would have to take the herbs. The length of time depends on the individual.

Yours truly,  
FONG WAN - - -."

FWHCo/J

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Fifth set of letters.

December 28, 1929.

"Gentlemen: Yours of the 14th instant received, and as you fully understand the case of stomach ulcers from previous letters, you may

send the supply for which you have already acknowledged receipt of the ten dollars.

Respectfully,

C. A. MILES.”

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January 11, 1930.

“Dear Mr. Miles: You will take these herbs according to the enclosed directions, and please write how you feel after taking the herbs, so the Fong Wan Herbalist can keep in touch with your condition, and compound your herbs accordingly.

Yours truly,

FONG WAN - - - .”

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Sixth set of letters—plain stationery used.

Grottoes, Va., December 24, 1930.

“Fong Poy,  
578 10th Street,  
Oakland, Cal.

Sir: Some while ago I bought herbs from Fong Wan, and now the ad says write to you, and I want to get some more. How much should I send for the second supply?

Yours,

C. A. MILES.”

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“Mr. C. A. Miles,  
Grottoes, Virginia,  
Dear Sir:

December 29, 1930.

A new campaign against Chinese Herbalists of California has recently been started, probably due to the efforts of enemies. The result has been that the postal authorities have issued fraud orders against the mail of the leading herbalists and herb companies.

It is claimed that the herb companies have been using the mails to defraud, as the herbs have no remedial value. The fact that test tubes, chemical tests, microscopic tests, etc., do not show anything with regard to the value of herbs, seems to some people sufficient evidence to condemn the herbs as worthless. They do not realize there is a possibility that herbs cannot be thus analyzed and that the herbs work through the human system.

Therefore, no herbs can be sent to you through the mail. If you feel that the herbs have helped you, and you would like more herbs, you may send someone to get them for you.

Yours truly,

FONG POY."

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From pages 63-64, Vol. I, transcript, March 3, 1932.

Dated August 28, 1929—reads as follows:

"Gents: Read your advertisement, and am sending for the book which you say is distributed gratis. What I want is a treatment to straighten crossed eyes, or a cure for strabismus. Please advise.

Yours,

CAROLINE ARNOLD."

---

Reply, dated August 30, 1929, reads as follows:

"Our booklet 'Herb Lore' is distributed gratis, but we ask that those wishing their booklet mailed to them, furnish us with the postage. If you will send us 13c in postage, we shall be glad to mail you a copy.

Our herbs are compounded to meet individual needs and the price is ten dollars per week in advance. One package is to be cooked daily according to directions, and the tea drunk each day. All packages are mailed postpaid and insured. Should you desire that our herbalist compound herbs for you, you should write in detail the facts of your ailment, how long you have been afflicted, etc.

Yours truly,

FONG WAN " - - - ."

---

Reply dated September 17, 1929, reads as follows:

"Yours of Aug. 30th received and inclosed find 13c for 'Herb Lore.' I do not have any facts to give regarding the trouble strabismus except that I have had it practically since a child. Please let me know if you can cure the trouble?

Yours,

CAROLINE ARNOLD."

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From page 65, transcript, Vol. I, March 3, 1932.

Exhibit in evidence Number 11.

Dated Oct. 22, 1929, reads as follows:

"I read your advertisement in the Italian newspaper of San Fran-

cisco. Therefore enclosed you will find thirteen cents in stamps for your book which I beg you to send me as soon as possible. My case is one of convergent strabismus. I am forty years old and I was born with this condition of the eyes. I beg you to let me know if you can cure me with your herbs. Thanking you and awaiting a prompt reply,

LUIGI VENTURINI."

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Reply, dated Oct. 28, 1929, reads as follows:

"Our herbs are compounded to meet individual needs, and the price is ten dollars per week in advance for a week's supply of 7 packages, one to be cooked daily according to directions, and the tea drunk each day. All packages are mailed postpaid and insured.

The herbalist has never had an instance similar to yours. Those instances of strabismus that he has relieved have all been acquired after birth, and not since birth as yours is. The herbs no doubt will help you, but he cannot say whether your condition can be completely relieved or not.

Yours truly,

FONG WAN - - -."

Herb Lore was received on Nov. 25, 1929.

That concludes the correspondence in this case.

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From pages 70-72, transcript, Vol. I, March 3, 1932.

Reads as follows:

August 30, 1929.

"I had heard of your herb treatment, and am suffering from dropsy, where the flesh pits, and legs are all swelled up. Teeth are getting black and lips are swollen. What I want to know is whether you have a treatment to cure the trouble?

Yours,

M. G. MASTERS, Box 201, Grottoes, Va."

---

Reply dated Sept. 3, 1929, reads as follows:

"Our herbs compounded to meet individual needs have successfully relieved many instances of dropsy. In your case, the Fong Wan herbalist cannot ascertain whether the herbs will bring permanent relief, because being so far away, he will not be able to see you. It all depends on the severity of your condition, whether the herbs will give permanent relief. At any rate, the herbs will undoubtedly aid you.

The price of our herbs is ten dollars per week in advance, and all packages are mailed postpaid and insured, with directions included.

Should you desire further information, you may send us 13c in postage, and we will mail you free of charge our book of 'Herb Lore,' which explains the methods of healing by herbs. This will obligate you in no way.

Yours truly,  
FONG WAN - - - ."

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Second set of letters dated Sept. 26, 1929, read as follows:

"Your letter of Sept. 3 to hand, and find herewith 13c in stamps for 'Herb Lore.' I take it from your letter that I can find out from this book whether your herbs will cure the dropsy as described in my previous letter. Am I right?

Yours,  
M. G. MASTERS, Box 201."

---

Reply, dated Sept. 30, 1929, reads as follows:

"We are mailing you a copy of our 'Herb Lore' under separate cover. Chapter IV, dealing with the heart, has articles that will describe for you the Chinese theories regarding your ailment.

Our herbs are compounded to meet the particular needs of each individual. Should you decide to have our herbalist compound herbs for you, you may send \$10 in money order or by check, and we will mail you the herbs postpaid and insured. Out of town patrons keep in touch with the herbalist by writing of the progress noted when ordering more herbs.

Yours truly,  
FONG WAN - - - ."

---

Letter dated Nov. 1, 1929, reads as follows:

"Your letters and 'Herb Lore' received, and like I wrote have the dropsy because the doctor says so. The flesh pits, and legs are all swelled up, and teeth are getting black, and lips are swollen. If your treatment will cure me, send at once, but if it won't please return money.

Yours,  
M. G. MASTERS."

Reply, dated November 5, 1929, reads as follows:

"We are in receipt of your letter describing more fully your condition, and also the money order.

We are returning your money order for ten dollars, because the Fong Wan herbalist thinks that it would be very difficult for him to compound herbs for you without seeing you. We regret that we cannot be of service.

Yours truly,  
FONG WAN - - -."

### CHINESE FORMULAS STILL USED

TESTIMONY GIVEN BY JOHN E. GARDNER in the Southern Division of the UNITED STATES DISTRICT COURT for the Northern District of California.

The following excerpts are from the transcript, Vol. 5, pages 399-403, March 9, 1932:

- - - - -  
Defense Attorney: Q. "Doctor Gardner, are you a student of the Chinese language? A. All my life. Next year I will be 70.

Q. Where were you born? A. I was born in China, of American parents.

Q. Have you occupied a chair in the Chinese language in any educational institution? A. I have in connection with the University of California, I have taught the Chinese language.

Q. For how many years have you been familiar with the Chinese tongue? A. I have handled the Chinese language all my life, from the time I began to speak.

Q. And are you familiar with its literature? A. Yes.

Q. Have you made a transcript of these formulas of herbs which has been identified by the witness who has just preceded you, have you made a translation? A. I did. - - - -

Q. Doctor, I asked you whether or not, in response to my request, you made opposite the names of these herbs in Chinese, if you put down their descriptive equivalents in Latin in order to conform to the botanical uses? A. Yes, I compared the Chinese names with the names in Dr. Stewart's book, and attached the Latin equivalents of the Chinese.

Q. Are you familiar with a set of volumes known as the Chinese Encyclopedia of Medicine and Materia Medica, published under the authority of the Chinese Government? A. I am.

Q. Does that volume contain a statement of the purpose to which each one of these herbs is applicable in the treatment of diseases?

Prosecuting Attorney: Objected to as immaterial, irrelevant, and incompetent, and calling for the opinion and conclusion of the witness, and calling for hearsay matters.

The Court: Objection overruled.

A. I have looked carefully over many pages of that work and I can say that diseases are mentioned and herbs for those diseases given.

Defense Attorney: Q. Let me call your attention to the third column here for a moment. Before calling your attention to that, let me ask you this: From what particular volume was this third column taken, headed 'Curative property?' From what Chinese treatise was that taken? A. It is called Yee Tsung Gum Gham.

Q. Which in English is what? A. Golden Text-Book of Medical Terms.

Q. Published by the authority of whom? A. The Imperial authority, in the year 1739.

Q. Opposite each one of these herbs, the name of which is given in Chinese and opposite its Latin equivalent to indicate its botanical connection, have you set forth from the Chinese Materia Medica to which you have just referred the statement with regard to its curative properties? A. Yes.

Q. And does this statement contain a complete and a true translation from that volume of those statements? A. Yes. This is made by me.

Q. Both pages, Doctor? A. Yes.

Q. The first column, as I understand it, contains the name of the herb in Chinese, with its English equivalent, taken from the book identified by the witness preceding you? A. Yes.

Q. And the second column, its equivalent in Latin to indicate its botany? A. Yes.

Q. And in the third its curative property, as indicated and taken from the Chinese Materia Medica? A. That is correct.

Defense Attorney: I offer this in evidence.

The Court: Q. Is the paper that the defense attorney holds in his hand, to which he has just referred, a translation of the paper you hold in your hand, and which is Defendant's Exhibit A? A. Yes, a translation.

Q. And nothing more? A. No, nothing more.

Defense Attorney: Q. That is, you mean the first column of this is the literal translation? A. Yes.

The Court: Is that in English?

Defense Attorney: Yes, your Honor, both in English and Chinese.

The Court: This paper is more than the translation, isn't it?

Defense Attorney: The first column is a complete translation of these documents; the second he has testified is the Latin equivalent in botany. The third is taken from the Encyclopedia. I will offer them separately, if your Honor please. I offer first the complete translation of the document identified by the witness and which this witness now holds in his hand. - - - -

The Court: Q. You say this Chinese medical book to which you refer is the information contained in Column 3, and that that was taken from the certain Chinese *Materia Medica*; is that a standard book in China? A. Yes, your Honor. It is as much a standard book on herbs as Webster's Dictionary is on the English language in this country and in England. It is a standard work.

The Court: What I have in mind is this, defense attorney. It there any evidence in this case to show that the defendant here looked to that book for the information in column 3?

Defense Attorney: To be frank with your Honor, there is the testimony of Miss Jue that he consulted the *Materia Medica* and he consulted other books. I am not insistent on it at all, if your Honor please. I will offer the first column.

Prosecuting Attorney: May I ask a question on that just before you offer it?

The Court: Yes.

Prosecuting Attorney: Q. Doctor, you have examined the first column, have you? A. Yes.

Q. And that first column is exactly the English of what that is in Chinese that you have in your hand? A. Yes.

Q. Word for word? A. Word for word.

Q. It is just a translation? A. Just a translation.

Prosecuting Attorney: I have no objection to that. If you just tear that off I have no objection to it.

Defense Attorney: And secondly, your Honor, I offer the second column containing its equivalent in Latin, to indicate its botanical significance.



Prosecuting Attorney: Q. Where did you get that, Doctor? A. From Dr. Stewart's Chinese Materia Medica, also a standard work.

Q. Did you translate it? yourself? A. Dr. Stewart did it.

Q. You didn't do it? A. No, I verified it with the Chinese names.

Prosecuting Attorney: I object to it, your Honor, as hearsay and calling for the opinion and conclusion of the witness. In the first place he is not qualified to testify.

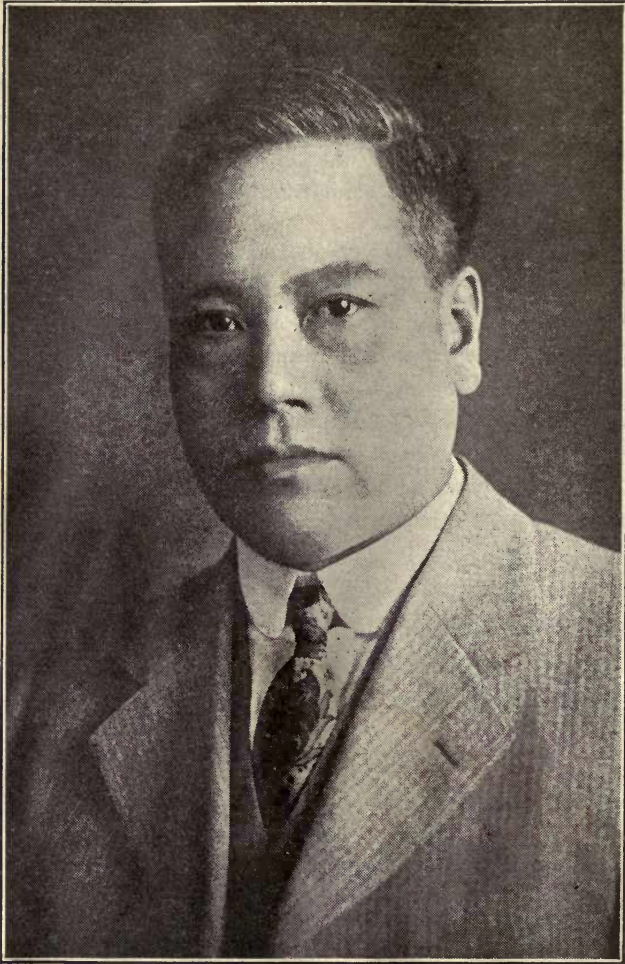
The Court: What do you say to that, defense attorney? The objection seems to have merit.

Defense Attorney: I don't want any error in the record. If there is any doubt about it I think I would rather leave it out."

- - - - -  
For the past 50 years, John Endicott Gardner has been an authority in the translation of English into Chinese and vice versa, for the governments of Hongkong, Australia, Canada, and the United States. He is widely known as the authority of an Index Key to the Chinese written language; the same being the only such key in the world.

Upon investigation, he found that the herbs sold by Fong Wan to government inspectors were compounded in accordance with the ancient Chinese formulas contained in the "Chinese Golden Text Book of Herbal Remedies," compiled by the Imperial Chinese Government about 300 years ago.





FONG WAN

## CHAPTER XII

### THE HERBALIST AND HIS SUGGESTIONS REGARDING DRINKING AND EATING

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#### THE FONG WAN HERBALIST

Fong Wan, who is now middle aged, has long been recognized as the most successful herbalist in the Western Hemisphere. Thousands of persons on the Pacific Coast give him credit for their restoration to health. He is perhaps the most widely recommended Chinese herbalist in the United States. In fact, approximately ninety-five per cent of those who come to him for healing do so upon the recommendation of former patrons. He works from early in the morning until long after dark, and although he has many assistants, he gives his personal attention to every case. In addition to being a learned Chinese scholar with an extensive knowledge of Chinese Materia Medica, Fong Wan both reads and speaks English with great facility. He is straightforward and courteous in his business dealings. He combines up-to-date methods with those of the ancients, thus assuring the quickest possible relief, and he supplies his patrons with fresh herbs of first quality at moderate prices. Personally, Fong Wan is a man of excellent health, remarkable vigor, and energy. Never for even a day has he been kept from his work by illness. His main purpose in life is to relieve suffering, and to that end he devotes himself almost exclusively. He neither smokes, drinks, plays cards, nor takes a hand in any gambling or lottery game. He keeps himself 100 per cent efficient. When confronted with an especially difficult or unusual case, he pores over the ancient books far into the night. He loves his profession and gives himself to it unstintingly.

The foundation of Fong Wan's remarkable success was laid years ago, when, while yet a school-boy, he lived and worked with his uncle, Dr. Wan, otherwise known as Wan See Mon. Dr. Wan was one of those who successfully passed the old Imperial Chinese literary examinations of the first degree of Medicine. Later, he passed other exami-

nations by which he gained the first and second military degrees. Consequently, his official standing was higher than that of any other Chinese herbalist in America. Dr. Wan came to the United States as a member of the diplomatic corps of the second Chinese minister to Washington. After the expiration of his official commission, he conducted a herb business at 1133 Stockton Street, San Francisco, at which place Fong Wan resided and studied with him for several years. The establishment was totally destroyed by the fire that followed the San Francisco earthquake in 1906. Dr. Wan did not again set up in business, but accepted the appointment of Chinese Consul at New York. Fong Wan continued his study of English in California for some time and then went back to China. Upon his return to the United States, he established the Fong and Lee Herb Co., at 209 Fourth Street, Santa Rosa, with which concern he was associated for five years. Seeking a wider field, he founded the Fong Wan Co. in Oakland in 1915.

At the time that Fong Wan came to Oakland, none of the Chinese Herbalists were doing much business. Many had been driven out of town by the interefence of the Medical Board, while others, owing to their inability to relieve an appreciable percentage of the sufferers who came to them, had been unable to gain the confidence of the public. With Fong Wan it was different. He was successful from the beginning. That success attracted numerous herbalists to Oakland, who sought in vain to imitate his methods. Since 1918, more than 14 new herbalists have opened establishments in Oakland; 80 per cent of them have failed to make good and have left town. Before Fong Wan began to serve the people of Oakland, there were very few Chinese herb companies in that city, but at the present time, although San Francisco is three times as large as Oakland, it has but half as many Chinese herbalists.

There is no Chinese herbalist in San Francisco whose success has been so outstanding as that of Fong Wan. Consequently, herbalists have not been attracted to San Francisco as being a place where the people have received great benefits from the use of Chinese herbs. During the past 20 years, Fong Wan has given personal attention to about 30,000 sufferers, many of whom have come to him, not only from San Francisco, but from distant cities and towns. Throughout this period, with the exception of a brief business trip to China, Fong Wan has been on hand day after day, year after year. He is the company's sole herbalist and no person is ever substituted for him and represented as Fong Wan. All sufferers are therefore assured of the opportunity

of consulting Fong Wan himself. People in all walks of life are continually recommending him to their friends. The number of testimonials given him have far exceeded those received by any other herbalist.

People frequently inquire whether the Fong Wan Company has branch offices in other cities. It has not, for the reason that the company prefers to have Fong Wan devote his entire time to the business in Oakland. The Fong Wan Company has avoided the mistake made by so many of its competitors who have opened from one to three branch offices in neighboring cities. These ambitious herbalists, who, by the way, cannot drive automobiles, waste a great deal of time in traveling back and forth in the cars and on ferries. They also incur considerable expense in establishing and maintaining offices in which they employ interpreters and second-grade herbalists who are unable to stand on their own feet and establish herb companies for themselves. To cap the climax, most of these herb companies have closed up their branch offices.

Healing the sick is different from other lines of endeavor. It requires a man of experience and intelligence to attain results. A good herbalist, like a good mechanic, cannot afford to waste his time in traveling from one place to another in quest of business. Should the Fong Wan Company expand, it would be necessary to employ a number of herbalists, some of whom would undoubtedly be men of limited experience and unproven ability, while others might be mediocre.

Nevertheless, Fong Wan is continually helping persons who live at a distance as well as those who are too ill to come to the company's office. Such persons send some one describing their ailments in detail and giving all the symptoms. Herbs are then compounded to meet their individual requirements. Many cases of long-standing illness have thus been overcome without Fong Wan's ever having seen the individuals.

Outstanding among the factors of Fong Wan's unusual success are:

1. He tells the truth. He does not profess to be able to cure all diseases. While he is able to tell what is precisely the matter with a very high percentage of those who come to him and to bring about their relief, at the same time he realizes that it is beyond human intelligence to discover the exact condition of every sufferer and that no healer of any school can positively relieve all ailments. When Fong

Wan finds that a person's trouble is such that it cannot be reached by the herbs, he frankly says so.

2. Fong Wan is a student; he has original ideas. He pursues no "hit and miss" policy in the dispensing of herbs. Although his wide and varied experience makes it possible for him to decide immediately in most cases what herbs are best suited to the needs of his patron, yet, in unusual cases, he burns the midnight oil and delves deep into the writings of the Ancient Chinese Sages. Thus fortified, he makes application to the case in hand.

3. Fong Wan has a good command of the English language, thus obviating the necessity of an interpreter. Fong Wan believes that a Chinese, like any other foreigner of intelligence, is capable of acquiring a vocabulary of at least 3,000 words, of learning the eight parts of speech, and of expressing his thoughts both orally and in writing, in plain English. He doubts whether a Chinese, who, after having lived in America a number of years, is still unable to speak English, has sufficient intelligence to properly administer the herbal remedies.

4. The Fong Wan Company imports its herbs direct from China, thus making it possible for its herbalist to dispense first quality, fresh herbs, of a wide variety, as well as to furnish its patrons with the more expensive kinds of herbs for the same money that they would pay for inferior and less effective ones elsewhere. In addition to the herbs in the drawers in the herb room, the company generally has from 45 to 65 large cases in the basement.

Some of the more intimate secrets of the success of the Fong Wan Herbalist may be gleaned from a conversation he held with an American friend, during the course of which he casually remarked that he would retire at the age of sixty.

"Retire at sixty! What's the great idea?" queried his friend in surprise.

"Simply this. Being a competent herbalist is comparable to being a successful business or professional man in other lines. It requires vitality, energy, and power of concentration. A herb specialist undergoes great mental strain, as he works on the individual case. At sixty, the faculties are much less acute than when one is in the prime of life, and the power of concentration is greatly abated. Furthermore, an older man is less susceptible to new ideas and later methods. I have met many herbalists of long experience, who, in their old age, lacked

judgment and were therefore helpless in the face of emergency. They found it impossible to meet the exigencies of strange and unusual ailments, because they were capable of doing only the things that they had been accustomed to do; to plod along in well-worn ruts. Occasionally, aged herbalists become childish and act in a mysterious way as though they possess some occult power by means of which they are able to charm away pain.

"I shall retire before I reach that stage. I do not feel it would be honest for me, because of my reputation, to continue in my profession after I shall have reached an age when I am no longer 100 per cent efficient. It would be wronging my patrons to carry on my business at their expense and to waste their time and money. When the time comes that my services are of doubtful value, it will be my bounden duty to resign the field to younger and keener men."

"Keener in what way?" inquired the interested listener.

"Keener in four ways," was the ready response. "There are four methods of examination.

"First, through listening to the sufferer's voice. This necessitates keen ears.

Second, through judging from the expression of the face and eyes as well as by the condition of the skin. This necessitates keen eyes.

Third, through ability to ask pertinent questions. This necessitates keen judgment.

Fourth, through feeling the pulse. This necessitates keen perception in addition to thorough knowledge and great power of concentration."

While Fong Wan has experienced the joys that accompany real success, especially when one's profession is that of alleviating suffering, yet he has not been free from trouble and anxiety. Although the herbs that he sells are legally imported from China and duties paid on them to the United States Government, and despite the fact that most of his patrons take their herbs home to cook, the Medical Board has frequently interrupted his business by causing his arrest. On these occasions, Fong Wan has always demanded trial by jury.

At a trial on March 12, 1918, the jury was deeply interested in the testimony before the court of Mr. R. Lewis, a well-known Oakland

jeweler, to the effect that, having been troubled with nervous attacks for years, he had spent over \$3,500 with doctors, and that finally, when an operation on his spine was suggested, he had quit them, and had taken the Fong Wan Herbs which had restored him to health in seven weeks. Fong Wan was speedily acquitted.

Again on May 8, 1919, when Fong Wan was on trial in Police Court No. 2, his patrons rallied to his aid. It was publicly declared that the Fong Wan Herb Tea had relieved stomach trouble, kidney and bladder complaints, and dropsy. Never before had there been such an array of witnesses in a local court for any treatment. The jurors were greatly interested and the herbalist was again acquitted.

During the years that have elapsed since that trial, stool pigeons have been repeatedly parked outside of the Fong Wan office, and Fong Wan has been haled into court many, many times by the agents of both the Medical and the Pharmacy Boards. In no case has any charge been sustained against him.

Despite these hindrances and interruptions, Fong Wan has attained unprecedented success as a herbalist. His remarkable judgment and business ability have received recognition on both sides of the Pacific, and some years ago he was made a member of one of the oldest and largest companies in Hong Kong, China, that exports to foreign lands.

The reconstructive ability of Fong Wan has also been evinced in other lines. Twenty-one years ago, before establishing the Fong Wan Company in Oakland, Fong Wan investigated the education, the herbal knowledge, the intelligence, the ability, and the honesty of the herbalists, herb specialists, and herb doctors then doing business in Oakland. Actuated by confidence in his own ability to become the leading herbalist in that city, he moved to Oakland from Santa Rosa. Even at that time, he foresaw that Oakland was destined to become the Chicago of the West.

He found a roomy old house at Eighth and Clay streets which for many years had been occupied by a Chinese Herb Company that had changed hands many times, but never for the better. He paid the owners of the old company \$75 for the good will of the trade and opened up afresh with an entirely new stock and new methods.

Because of his success in relieving the thousands of sufferers who came to him at that location, Fong Wan's herb business soon outgrew its quarters. He is now the best known herbalist in America.



In 1927, Fong Wan took over the Old Republic Cafe, located at 425 Tenth Street, Oakland. He reorganized it into the New Shanghai Cafe, a beautiful and sanitary place to eat. Under his able direction, the New Shanghai has become one of the best paying cafes in the Bay Cities.

### THE HOME OF THE FONG WAN COMPANY

In order to properly house his ever-increasing business, Fong Wan planned and designed a building that should be both adequate and eminently suited to his needs. About eight months were required for the erection of the structure, and on June 27, 1924, Fong Wan took possession of the handsome, reinforced concrete building at 576-578 Tenth Street, Oakland, California, in which Oriental and Occidental design are so artistically combined as to constitute a monument to his genius.

The building is beautifully furnished. The roof is designed as a playground for his children, the entire upper floor with its spacious Oriental veranda, is the family residence, the first floor is devoted exclusively to the herb business, while the large, airy basement provides ample room for the receipt of herb shipments. On the first floor there is a cheerful reception room with a soft Oriental rug, heavy teakwood furniture, works of art, and an attractive showcase in which various kinds of herbs are exhibited. Among the other rooms on this floor are the quiet office where any person may consult the herbalist regarding his or her health without charge or obligation; the well-ordered herb room, with its hundreds of varieties of herbs each in its special compartment; the sanitary kitchen with its dozen gas plates and its shining pots in which nothing but herbs are ever cooked; and the alluring tea room in which the herb tea is served on unique little Chinese tables.

This mansion has no duplicate anywhere in the United States. One of the attendants shows visitors around. Thousands of Americans have already availed themselves of the opportunity of going through the building and enjoying not only the beauty of its furnishings, but of its design and interior finish as well. These admiring visitors have named it "The Palace." In 1925, when an Anti-Herb Bill was introduced into the State Assembly, Fong Wan went to Sacramento and through the arguments and facts that he presented, was instrumental in having the bill withdrawn. At that time, the people of California, through the medium of the press, acclaimed him "King of the Herbal-

ists." The terms "King" and "Palace" may be aptly combined. Although the King lives in his Palace, yet he does not occupy it solely for his own enjoyment. He works hard every day, and the Palace is devoted to the relief of suffering.

### FONG WAN'S HOROSCOPE

As has already been intimated, Fong Wan's path has been a rugged one. Because many Occidentals take an interest in horoscopes and the prediction of sages, Fong Wan is including those regarding his life in this treatise.

Fong Wan's success has brought him over 40,000 American and Chinese friends, and also a small number of jealous enemies. His success was predicted by Chinese philosophers and other wise men of China, as well as by his horoscope.

He has known year by year and almost month by month what good fortune was to be his and what unavoidable troubles he would have to contend with. In 1925, which, according to his horoscope, was to be the year most full of troubles, Fong Wan had to face a slander suit, a number of medical cases, and the Anti-Herb Bill. All told, there were about seven law suits that year.

When the lawyers, who represented his accusers in the slander suit, attacked him, he kept on smiling, and even made faces at them and joked with them. He was able to take things in this way because he knew through the predictions that he would win in the long run. He was always right and did not go wrong. He advised his lawyers to prolong the trial to five or six weeks, so that his enemies would have heavy court expenses to pay in the end. One of his lawyers remarked that he had never before had a client with such wonderful fighting spirit.

Fong Wan looked upon his enemies as the frosts, the snows, and the storms which so mercilessly attack and beat against a tall pine tree. He knew, however, that after the period of hardship had passed, he would be the richer in experience and would profit by his hardships, just as does the pine tree when the cold snows melt and give it nourishment.

The following are translations of Chinese poems, written by Chinese Philosophers, who gave the wonderful characterization of Fong Wan:

## I. FOUNDATION

With the increase of wealth and rise in rank, steeper and more dangerous precipices loom before one.

Whenever treasure and fortune be sought, there are hardships and difficulties.

To show respect to the Heavenly (Imperial) Court, while on the way meeting a cow or encountering a dog he shows kindness.

Like a deer on the bank of the stream, he returns home robed in riches, honor and glory.

## II. BROTHERHOOD

Now it is autumn. Three geese fly in the wide sky.

The lonesome and sad cry of one of the three, makes Chu and Han (the people of the whole of China) to shudder.

Rivers and mountains extend over myriads of miles and no one can see where they end.

Calmly and quietly following the edge of an expanse of cloud, he returns home.

## III. ACTION

Peace and happiness were so earnestly sought, even as if his intestines should be broken into inch lengths because of the effort and struggle.

Recollection of his past life in later years causes his wide collar to be wet with tears.

Yet friendly and good news may be found in the direction of the northwest.

However, it need not be pressed hard for and painfully sought. (Note:—It will come of itself.)

## IV. MARRIAGE

Male and female Mandarin Ducks in the days that are warm make happy mates.

Unexpected storms and violent winds will not permit their happiness to last long.

Heron will come in later days and enjoy a happy life together.

Under the shade of the willow in a deep and quiet place, sweet cinnamon flowers emit fragrance.

## V. CHILDREN

Because a cinnamon tree met rain in the flower season, two peaches were left unripened, half green and half yellow.

Nourished and cultivated, thanks be offered for great potential and enduring power.

Now happy smiles come full of joy. Plum flowers later become more and more fragrant.

## VI. RETIREMENT

In old age, like the Water Rail, his later life is all destined and cannot be changed.

Whenever the water is blue and the mountains are green, he seeks his old friends.

With a lonely monkey and a crane, isolated and aloof, he enjoys life listening to the songs of the fisherman.

Note: These six stanzas come under the heading "A GOOD HORSE DRAWS A WAGON LOADED WITH SALT."

Note: This poem is full of figures of speech. The names of plants, fruits and animals are used not literally, but figuratively with symbolic meanings. Although in some places, the thought appears to be disconnected, if one studies it from a literary standpoint and searches out the hidden meanings, it is both connected and complete. For instance, under the head V. Children, the first line speaks of the Cinnamon tree, and in the second line peaches are mentioned, while in the fourth line, plum flowers are spoken of. The cinnamon branch is the Mother. Cinnamon like the laurel in the Occident refers to a woman of high virtue, honor and chastity. The peach in Chinese mythology is regarded as a fruit which gives one everlasting life. The reference here is to the two children, which though left motherless while young will nevertheless perpetuate the family. The plum is the flower with unusual fragrance. It usually blooms in early spring before the snow and frost are gone. The meaning here is that the half orphans, be-

cause of the great care of the father, now bloom with great luxuriance, early like the plum flower.

According to Chinese mythology, a good horse sometimes travels 1000 miles a day and accomplishes wonderful work. This symbolizes a man of unusual ability. The wagon is spoken of as loaded with salt, because salt is a preservative which gives great benefit to the world.

In Stanza I, the cow and the dog are mentioned. Cows and dogs symbolize men of lower rank. No matter how poor a man may be and no matter how important his own business or dignified his position, this man always shows friendship and lends a helping hand.

In Stanza II, geese are mentioned. The geese always fly together in a certain formation, calling to each other in the autumnal sky. This represents the three brothers. Chu and Han are the names of the two great kingdoms into which China was divided after the fall of the dynasty of Hsin Hwang Ti. These two kingdoms were deadly enemies. Therefore, the combination of Chu and Han represents the entire Chinese nation.

In Stanza IV, the male and female Mandarin Ducks signify a married couple, because the male and female ducks love each other and never separate. "The Heron" is the title of a famous Chinese song. In this song, the person always disregarded the opinions and criticisms of the public and held himself aloof and independent of others.

The Chinese word "Kui" is the name of a tree which is different from the Occidental cinnamon tree, although this is the nearest translation in English.

"Kui" symbolizes a person pure and noble, and far above the average person. It is often associated with the purity and calm of the moon.

In Stanza VI, the water rail is a bird that lives in the cultivated fields and signals others. It is often compared to a rich and distinguished farmer. The lonely monkey represents a poor, friendless man. The crane, isolated and aloof, represents a man of education and genius who is isolated from the common people. Therefore, in old age, this man associates with people of all ranks, never forgetting those who have once been his friends, no matter what their station in later life.

The second poem:

## THE GREEN PINE TREE IN SNOWY, WINTER WEATHER

A tall pine tree towers above all others and habitually endures snow and frost.

He, like the pine tree, has sound principles and a superior heart, which always remains unchanged just as the pine tree always remains green.

Two geese flew up into the high clouds and disappeared.

An outline of a flower on a branch may be more clearly distinguished with the shining of the moon.

The affection of his parents is only for him. His welfare even enters into their midnight dreams.

Bones and flesh (brothers) are like ice in the water in the same well.

His ship has encountered and passed over stormy waves, and has at last reached calm and quiet waters.

Its sails, filled with wind, triumphantly ascend the way to the Imperial Capital.

### EXPLANATION

Kwai Kuo Tsz, a great Chinese philosopher who lived in the sixth century B. C., wrote the two foregoing poems. In these poems a person is described who has character, sound principles, a superior heart, and is kind and truthful. He would not criticize the acts of other persons, thereby bringing upon himself the enmity of others. He always shows respect to persons with whom he associates. No matter what circumstances he has to face, he is never frightened or fearful of the outcome. He has dignity and power which he knows how to use. However, kindness and generosity shown by him on many occasions produce feelings of enmity and jealousy in other people. His dignity, power, fearlessness and kindness have their source in his heart and intestines, which are full of warmth and energy. The phrenology of this person reveals brilliancy and cleverness, wealth and nobleness, unlimited genius and ability, and continuous luck throughout his long life. He steadily approaches the rank of nobility (Herb King of the Pacific Coast). He accumulates wealth and always thinks out practical working plans. He has abundant food which he cannot consume. He

has vitality and will therefore live to a good old age. Everything is accomplished with great success.

### EXPLANATION MADE BY COMMENTATOR

The life of Fong Wan, a great scholar with the power to heal, is predicted in these two poems. In the first poem, entitled, "A Good Horse Draws a Wagon Loaded With Salt," it is explained that Fong Wan, after passing through great difficulties and hardships, attains marvelous success, and, like salt, will be of great use in the world.

In the second poem, entitled, "The Green Pine Tree in Snowy, Winter Weather," it is predicted that Fong Wan will overcome and destroy all obstacles and dangers of every description. He, like the pine tree, will suffer from the weight of the snow, but will grow stronger and spread more luxuriously. He will have wealth, luck and a family. He will have mansions and a prosperous business.

All this was destined to be and did not come by chance. Fong Wan, a medical scholar, had an elder and a younger brother, making three in all, but Fong Wan alone was destined to become distinguished and to obtain the highest point of development. At present he has six sons. The first two already are being educated in both Chinese and English. In the future they will be well prepared to succeed to their father's business. However, he has lost two wives. But now, he surely enjoys a very wise and intelligent wife, and his home life will be always happy and harmonious. However, from time to time he will have controversies and troublesome disputes with outside persons. This also was preordained. Finally, the clouds will open and the moon appear. It will shine with great brilliancy and Fong Wan will get a glorious name.

### QUOTATIONS

We can find great truth in the sayings of an ancient scholar: "Wealth and nobility always have their seat in heaven. They always wait to be bestowed upon persons who are kind and generous. Such persons will be blest with both of them."

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### PECULIAR DRINKING HABITS

People of different nationalities have diverse ideas about drinking. The Chinese people generally drink hot tea in all kinds of weather.

When a friend calls, it is customary for his host to serve him with a cup of hot tea whether he needs the tea or not. The people in China seldom drink cold water. They allay thirst by drinking either hot water or hot weak tea.

Here in America, many persons have the habit of drinking water, not because they are thirsty or because their systems need the water, but because through hearing a lecture, reading an advertisement, or conversing with a friend, they have become imbued with the idea that the more water they drink the healthier they will be. Some persons conscientiously drink a gallon or more a day and then wonder why they are sick. By drinking too much water, these persons in their zealous pursuit of health, have overburdened their kidneys and bladder and have brought about indigestion and stomach trouble.

In their drinking habits, animals are wiser than men. "You may lead a horse to water, but you cannot make him drink." He is guided by his natural instincts as to what his system needs. Human beings should be careful not to flood their kidneys with water, as this causes the blood to get hot and rush to the head. In some instances it is contributory to high blood pressure. When a person is not thirsty, it is not necessary for him to pour cold water into his stomach just for the sake of drinking "Eight Cups a Day."

If one has a temporary cold and fever, has eaten salty food, has worked hard and perspired freely, or has talked too much, thus overheating the liver, it is necessary for him to drink a cup of water to quench his immediate thirst. However, one who is continually dry and thirsty must seek permanent relief by taking treatment. Those who seek to get well by merely drinking cold water, which in itself has no curative power, will, in time, injure one or more of their internal organs.

Fong Wan drinks no liquor of any kind, and but seldom drinks coffee, tea, cocoa, milk, or even water. What he does drink is good soup at every meal; soup that is wholesome and delicious.

Among his favorite soups are: Chinese lily root with duck; turtle soup; Chinese watermelon boiled with duck and mushrooms; six herbal compounds with pork; Chinese dried oysters in lily root soup; edible bird nest with chicken; and ginseng root with squab. While rather expensive, these soups are very nourishing. Besides benefiting and building up all parts of the human system, they also have curative



power. They quench the body's internal fever and cause the five principal elements of which the body is composed to work evenly through the blood circulation. Therefore, one who drinks these soups does not need other and less beneficial drinks. Some of the more common and less expensive soups that Fong Wan numbers among his favorites are: Chinese mustard green with or without pork; Sz Kwa melon with bean curd; and large white bean sprouts boiled with pork.

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### BAMBOO LEAVES

Bamboos flourish along the river banks and in the lowlands of Southern China just as Oak trees grow everywhere on the Pacific Coast. Although the climate of Southern China is very hot, the leaves of the bamboo are always green, and no matter how oppressive the weather may be, one does not feel the heat of the summer sun under the bamboo shade. The bamboo leaves shut out the summer heat.

The green color of the bamboo leaves belongs to the Vegetation Element, and when taken into the human system, the leaves cool the blood by acting upon the liver. A special kind of delicate bamboo leaves is often used in herb treatments for relieving cases of overheated blood, of inflamed nerves, and of severe headache.

Just as Nature provides the bamboo shade as a protection from the heat of the sun, so do the bamboo leaves, when added to a herb treatment, cool the blood and allay the inflammation of the nerves in the head and upper part of the body. Bamboo leaves are good for headache, inflamed eyes, hot flashes, fever, etc. Bamboo shoots are used extensively in Chinese dishes.

### BEAN SPROUTS ARE HOLY FOOD

The process of sprouting small green beans in pure water at an even temperature until the sprouts attain a length of one and one-half inches was originated by Buddhist Nuns in China. Because these pious sisters did not believe in eating the bloody flesh of slain animals, they sought some food which would afford them ample nourishment. Finally, they solved the problem by sprouting the tiny green beans.

When they had more sprouts than they could use, they gave the

surplus to their neighbors, who, being delighted with the new dish, learned the sisters' process and passed it on to others. Thus the knowledge spread and the sprouts were eventually offered for sale, fresh every day, in the markets.

At the present time, in all parts of the world wherever Chinese live, Bean Sprout Chop Suey and Bean Sprout Chow Yoke are enjoyed by persons of all nationalities. Besides being a most digestible food, bean sprouts are very nourishing. When skilfully prepared, nearly everyone finds this wholesome food inviting.

Residents of the Bay Cities may verify these statements with regard to the food value and palatability of bean sprouts by ordering them at the New Shanghai Cafe, 425 Tenth Street, Oakland, a beautiful, sanitary eating place, where Bean Sprout Chop Suey and Bean Sprout Chow Yoke are cooked with peanut oil (no substitute being used) by a first-class Chinese cook, who was selected by the Fong Wan Herbalist.

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## LETTUCE

While lettuce belongs to the vegetation element, yet each kind of vegetable has its own taste, color, and particular effect upon the system. In China, the study of vegetables and plants differs widely from the Occidental chemical analysis. In America, we often hear people say that everyone should eat lettuce because it contains a high percentage of iron, which is very beneficial to the human body.

The Chinese analysis of the composition of any vegetable is based solely upon the five principal elements of Nature. For instance, the colors of lettuce are green and white. Its taste is slightly sour and it contains considerable water. Its sour taste has a tendency to contract the air passing through the liver and gall bladder. Its color resembles that of bile, the secretion of the liver. Therefore, both the sour taste and green color of lettuce indicate that it belongs to the liver and gall bladder, which also belong to the vegetation element.

The white color in lettuce is similar to the color of the lungs and the large intestines. This white color belongs to the mineral element. The lungs and their sub-organ, the large intestines, also belong to the mineral element. Consequently, the white portion of lettuce has a strong

influence upon the lungs and the large intestines. Its watery fluid naturally goes through the kidneys, and their sub-organ, the bladder.

When lettuce is taken cold and raw, it quenches the heat, the fire element, of the human system. Therefore, people who are cold-blooded, or have low blood pressure, or who lack blood heat in the stomach or other organs, should not eat raw lettuce very often. It should be cooked with a small slice of ginger to equalize its effects.

When lettuce is eaten by hot-blooded people, it cleanses the overheated blood of the fire element in the stomach, the lungs, and the large intestines. Lettuce taken on an empty stomach sometimes acts as a physic. If people eat lettuce too frequently, their intestines are liable to become filled with harmful germs. Dysentery and Colitis may result.

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## WATER CHESTNUTS

In South China, water chestnuts grow in the water just as do the water lilies. The chestnuts are eaten raw as a fruit and also used in cooking. The peel is dark brown while the inside is snowy white. Water chestnuts are brittle, sweet in taste, and readily digestible. The Chinese export them to all parts of the world where Chinese Chop Suey is cooked.

In America, fruit grows and ripens under the heat of the sun. It thus absorbs much heat (the fire element) and has a certain percentage of acidity. Many persons who eat considerable fruit suffer with an annoying feeling, having a grating sensation, or are troubled with ulcers of the stomach.

Water chestnuts are free from acidity and have a tendency to rid the blood of fever. In making a beverage for children that have high fever, the Chinese mash the chestnuts and boil them in water with a small quantity of sugar. In preparing a dish for the table, the Chinese slice them and cook with minced pork. This dish is known as Water Chestnut Chop Suey; it is especially well prepared at the New Shanghai Cafe, 425 Tenth Street, Oakland.

## RECIPES FOR PREPARING NOURISHING CHINESE DISHES

NOTE:—The Chinese eat but two hearty meals a day, while at noon they take only a light lunch which may consist of steam patties, conge,

a bowl of noodles, or some small cakes and fruit. At the main meal, rice is the principal food and is eaten with all the other dishes. Ordinarily (banquets excepted) there is but one course, there being no dessert, and all the food is set on the table at the same time the rice is served; no matter whether these dishes be soups, vegetables, fish, eggs, meat, or poultry.

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## RICE

The Chinese cook rice until it is dry and each grain stands out from the others. While Americans pour water over the cooked rice to wash out the starch, the Chinese do all the washing before cooking. The rice to be cooked is washed in several waters by being stirred round and round the pot either with the hand or a perforated cook spoon until the water becomes white, when it is poured off and the water changed. This process is repeated some ten or twelve times until the water pours off clear. All the cold water is then drained off and boiling water in the proportion of two cups to one cup of rice is added. After the rice has come to a boil, the fire is turned very low, and the rice allowed to cook (or rather steam) a half hour or more until firm and dry. A heavy Chinese porcelain-lined, iron pot is best, but a double boiler also serves the purpose.

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## SHRIMP OMELET (FU YUNG HA)

1 cup small, picked Fong Wan shrimps.

1 small onion, sliced.

5 or 6 dried mushrooms, washed, soaked till soft, and sliced into strips.

Fry shrimps, mushrooms and onion in oil over slow fire.

Pour in 4 well-beaten eggs and mix.

Add a teaspoonful of Chinese Sauce (Pak Yau) and salt to taste.

Fry quickly until light brown.

## PLAIN CHOP SUEY

One-half pound fresh pork.

2 pieces red ginger (Heung Keung).

2 pieces Chinese Green Pickle (Cha Kwa).

1 medium sized onion.

Cut pork, onion, ginger, and pickle fine and fry for five minutes in hot oil in large pot.

Add 2 pounds fresh bean shoots (Nga Tsoi) which has been washed and kept in water. Cook over slow fire, stirring thoroughly from time to time, for about 15 minutes, or until shoots are soft. Add a flour gravy, seasoned with a tablespoonful of Chinese Sauce, and a little salt. Mix thoroughly and remove from fire when gravy thickens.

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## SZ KWA (SILK MELON) SOUP

½ pound finely cut lean pork.

½ dozen dried mushrooms, washed, soaked, and cut.

Add 2 quarts water and boil one-half hour or more.

Then add 6 pieces Sz Kwa Melon, scraped and sliced.

2 cakes bean curd (Tau Fu) sliced.

Season with 1 teaspoon Chinese Sauce and a little salt.

Bring to a boil and serve as soon as melon is tender.

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## BEAN CURD WITH PORK

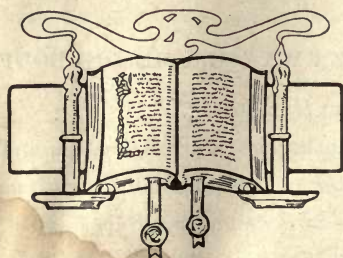
NOTE:—Chinese Bean Curd Cakes are made fresh every day and contain much the same nutriment as do the white of eggs.

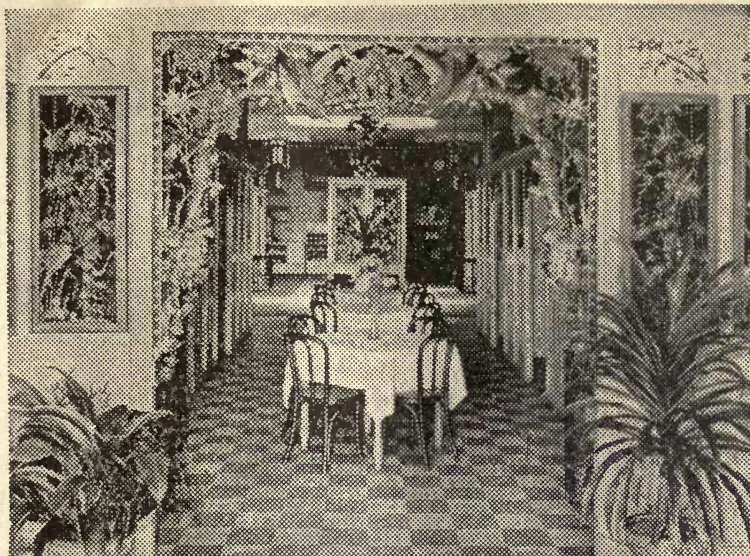
Fry together in oil ½ pound pork cut fine, and 4 cakes sliced bean curd which have been kept fresh in water.

Make a gravy of Corn Starch (or of Rice Flour) and water, seasoned with Chinese Sauce and salt. Add finely chopped green onion, pour over the mixture in the fry pan, and serve when thick.

## CHINESE NOODLES

Break into short lengths 1 bunch (one-half pound) Chinese noodles. Boil in plenty of hot water till soft. Strain through colander, and wash starch out with cold water. Put into good, rich pork, chicken, or beef soup, containing finely cut pieces of pork, or chicken, or mushrooms, together with chopped green onion. Add salt and either Chinese or tomato sauce. Bring to boil.





INTERIOR VIEW OF NEW SHANGHAI CAFE

**Chinese Food is Universally Recognized as Ranking  
Among the Best on Earth**

In the dawn of Chinese civilization, its tastes in food and in cooking were originally classified under and based upon the five principal elements of Nature: viz, Mineral, Vegetation, Water, Fire and Earth.

The genuine methods of the Ancient Chinese are adhered to by the cooks in the New Shanghai Cafe in accordance with the instructions of Fong Wan, the most eminent herbalist in America. Its divisions of food and taste are as follows:

1. Food that tastes bitter belongs to the Mineral Element, leading towards the lungs.
2. Food that tastes sour, like vinegar or greens, belongs to the Vegetation Element and attracts the action of the Liver and Gall.
3. Foods that taste salty belong to the Water Element and have an influence upon the Kidneys.
4. Foods that taste hot, such as those containing liquor, belong to the Fire Element. They rush to the head and influence the action of the Heart.
5. Food that tastes sweet belongs to the Earth Element. It is craved by the Stomach and by the Spleen.

Equalization in the combination of foods is beneficial to all parts of the human body.

The New Shanghai Cafe, 425 - 10th Street, Oakland, serves both American and Chinese Foods. It is noted for its cleanliness, its quiet, and its truly Oriental atmosphere. Its patrons are mainly family parties and merchants who lunch there.

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SATURDAYS FROM 11:00 A. M. TO 2 A. M.

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*We* should eat shrimps as sea food to build up the vitality of the body and to enable it to resist colds and to prevent them from settling down on the bronchial tubes and lungs. Those persons who have secured shrimps from FONG WAN, renowned herbalist, have reported that shrimps as food, have relieved them of coughs, congestion and have discharged phlegm out of their bronchial tubes.

According to the Chinese Encyclopedia, shrimps possess the following outstanding features beneficial to the human body.

1. Shrimps constitute a fine sea-food as they give both strength and nourishment to the body.

2. Shrimps have power to eliminate poisonous pus from the human system.

3. Blackheads, Boils, Tumors, Pyorrhea, together with other impurities may be thrown off from the body by eating shrimps.

4. Shrimps eliminate phlegm and other catarrhal conditions of the throat.

5. Shrimps strengthen weak glands and build up vitality.

It is highly recommendable that people eat shrimp chop suey, shrimp omelet (Foo Young Har), shrimp cocktail and shrimp salad.



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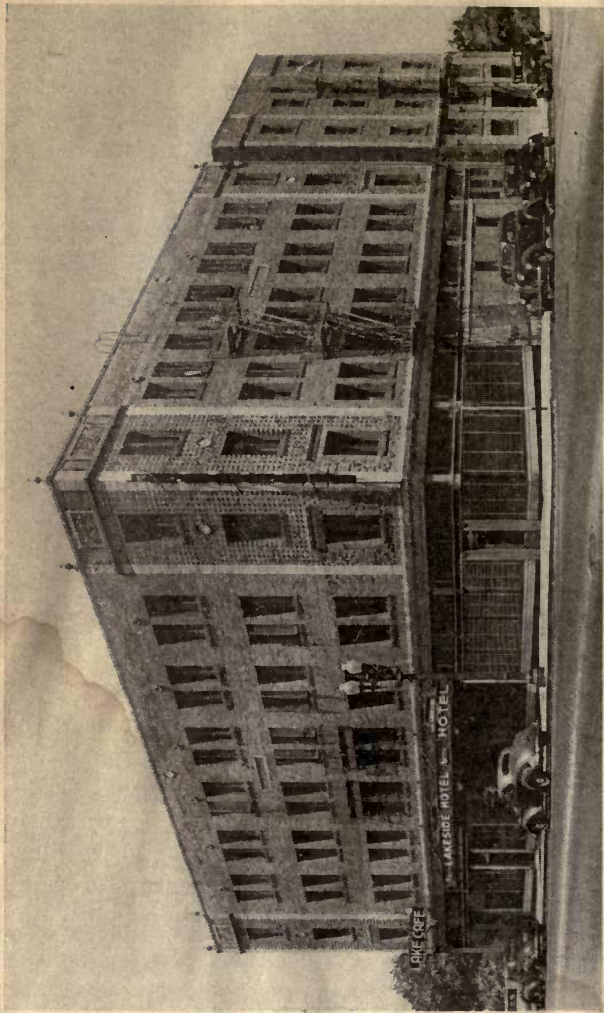
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