

## The following remarks and instructions should be carefully read and observed by anyone who desire to benefit from our herbal treatment.



This system of herbal medicine is different from any other, and its efficiency depends on certain simple and logical principles. If these are fully understood and carefully followed, the benefit received in any case will be greatly increased. In fact, such observance is essential to satisfactory results.

We do not make the absurd claim, advanced by physicians or at least indicated in their lack of attention to diet and simple laws of health, that herbal treatment will work miracles. Herbs, if properly used, assist the nature in one's constant effort to throw off disease.

**It is natural for people to be well.** But herbs cannot make them well if they oppose the process of cure by late hours, narcotics, overeating, dissipation in any form, or other practices that tend to lower vitality and hinder recuperation from the effects of disease.

**The first essential is to pay attention to diet** which should be restricted. We prescribe a dietary regimen to each patient, which should in all cases be strictly followed. When a person's system is clogged with impurities and the vital organs are hindered in their functions, a larger amount of food can't be assimilated. It is simply so much more foreign matter which must be thrown off before the vital organs can resume their customary duties. These impurities clogging the system not only slow down the function of vital organs but actually does harm. Furthermore, the remedies which we prescribe are in themselves foods, and take the place of other articles of diet. For This reason, the patient requires less food than he would otherwise.

These remedies sometimes cause patients pain and dull, ill-defined uneasiness for periods varying with the different conditions of different cases. These indication that the herbs are working in the system, should cause no alarm. They are simply proofs that herbs are ridding the system of the obnoxious elements which oppose a cure.

Sometimes the pain is felt in the head, resulting in headaches and giddiness. To be forewarned is to be forearmed. Our patients are hereby advised of the fact that these circumstances are not unfavorable. On the contrary, they indicated that the remedies are producing the desired effect. They will gradually wear away and will be followed by a reaction which will finally result in increased energy and a restoration health.

Our herbs are neither tonics nor purgatives. **They are simply assistants to the vital organs in a resumption of their proper duties.** Purging is an effort of nature to rid itself of obnoxious elements and not a direct result of the herbs.

Anyone desiring relief from chronic diseases must have patience to continue the herbal treatment. An impaired constitution cannot be restored in a day, and the remedial processes of nature are always slow.

Many people show a childishly thoughtless anxiety to be cured at once. They forget that a

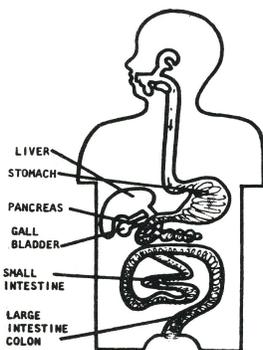


demoralized body, which has been gradually deteriorating for months or years, cannot be restored in some instances, even in a few weeks. They failed to comprehend that the **system must frequently be cleansed of a load of impurities and debris, the result of impaired nutrition, poisonous and mineral medication, imperfect circulation and derangement of bodily power, before a cure can be commenced.** They want to discover a substantial improvement at once

We do not promise a cure but there will be certainly improvements. **We cannot accomplish what nature never undertakes to do.** A tree may sometimes be restored to health by care irrigation and cultivation; but it does not bear fruit the second week after it is watered. It first puts out its new buds upon the lower branches and afterward upon those more distant from the roots, showing a gradual re-establishment of a circulation of the tree's life juices. In due time the leaves follow, then the flowers and finally the fruit.

The restoration of a crippled and degenerate body, whose functions are abnormal, is a somewhat similar process, and depends upon laws which are as invariable as the laws of growth in the vegetable kingdom. Do not expect impossibilities and you will not be disappointed. Any physician who guarantees cures of chronic ailments in a brief period of time simply plays upon the credulity of his patients and soothes their aches and pains by powerful narcotics into a deceptive improvement. Diet, regimen and careful and continued herbal treatment are essential factors in any genuine and lasting benefit.

Bear in mind that what appears to be self-denial in obeying the rule is really an earnest effort on the part of the patient to help himself. It is a part of the treatment – cooperation – which is solely for the patient's benefit and depends entirely upon his powers of will. Excessive sexual or other indulgence is always to be avoided. No medicine in the world will build up an impoverished body if its already exhausted vitality is still constantly drawn upon. Common sense and a little reflection on the part of the patient will show him at once the reasonableness of these facts. Three, six, or even nine months is a very short period in life of a man, and if self-denial and strict regard for a hygienic regimen during that time will restore a sick man to the priceless boon of health, which the united wealth of the world alone could not buy, sacrifice involved is certainly abundantly rewarded.



The Chinese system of medicine avoids the use of both designed to give a fictitious and temporary renewal of strength to a worn-out frame. Nor are they used to work sudden and violent effects such as the use of calomel and similar purgatives. Purging, when it follows the employment of these remedies, is simply the elimination of impurities preceding a gradual restoration of normal conditions. The value of diet is restoration of normal conditions. The value of diet is recognized emphatically and patients are usually placed upon a plain and simple bill of fare, which, while sufficient for the maintenance of strength, is yet such as to reduce inflammation and to assist the remedies in their beneficial effects upon the stomach and other organs. These remedies are in themselves special foods, and the patient

requires less of his ordinary meal and drink while taking them. Lack of care in this respect results in overloading the stomach and defeating the proper action of the remedies. Great care must also be used to avoid exposure to cold while using them.

These restrictions, together with certain phenomena which frequently attend the use of these remedies, are so different, from the "painless dentistry" methods of some physicians, that patients often become discouraged. They are sometimes troubled with a slight nausea, diarrhea, giddiness, ill-

defined feelings of uneasiness or with actual pains in different parts of the body. These manifestations are simply indication that the **remedies are performing their customary and proper work**. But it is frequently difficult for the patient to believe this fact, which is at variance with his prejudices and preconceived notions of the objects of medical treatment. They sometimes become discouraged after a few weeks and discontinue the treatment just when they should cling most closely to it. As a rule, the alarming indications will pass away in a few days. In many cases they do not occur at all. Yet some of our best friends today are the ones who became discouraged and withdrew from treatment after following it for a short time. Fortunately, sufficient had been accomplished to have a decidedly beneficial effect after the system had time to resume what may be called a condition of equilibrium. With an improvement in health many of these people have seen their mistake and resumed treatment, but with loss of time and of the cumulative force of the remedies, and consequently with an increased ultimate expense.

We prefer to be perfectly frank with our patients, and we desire that these facts should be fully understood. We recognize that people in ill-health are entitled to a little consideration that we would not expect to accord to people in good health. And we find that men, as a rule, are more capricious than women, and less capable of enduring aches, pains and restrictions necessary to recovery. Of all classes, active business men are the most difficult to convince of the necessity of care and rest when sensations of illness are commencing to grow upon them. They think they cannot afford the time necessary for a cure, and they are so irregular, in respect to their meals and in taking of the remedies, that cures are very greatly hindered if not rendered impossible.

For these reasons, we are thus particular in making these explanations. We recognize the limitations of all medical systems, and know that medicine will not do miracles. We desire to warn our patients against probable discouragements and prefer to state the fact ourselves rather than to have them stated, with exaggerations, by some person who feels himself aggrieved because we have not performed more than what was promised. These remarks apply particularly to cases of long standing, or very severe diseases. In acute attacks and those of recent origin, a great benefit is often derived within a few days.

Written **Willard G. Jue** while he was learning Chinese Herbal Medicine at Hen Sen Herbs.

**Willard G. Jue** was born in 1906 in Portland, Oregon, where he became interested in plants while working in his Uncle's herb shop. He came to Seattle to attend the University of Washington in 1925 and graduated with a degree in Pharmacy in 1929. Unable to get work in that field, Jue worked as an accountant and grocer until the early 1950s, when he was hired as a clerk in the UW College of Pharmacy. He later rose to the position of Supervisor for the Drug Plant Garden (1959). Jue finished his career at the University as part of the Washington Park Arboretum gardening staff. He retired in 1970.

Following his retirement Jue served the Chinese community in many capacities. He was president of the Board of Trustees for the Wing Luke Museum during the 1970s. He served at various times as president of the Chinese Historical Society of the Pacific Northwest and the Pioneer Association of the State of Washington. He was a founding member of AKCHO, the Association of King County Historical Organizations.

Jue was a member of the First Baptist Church and served as its Scoutmaster for twenty years. He was a popular speaker and youth leader, teaching classes on Northwest plant lore to the Boy Scouts, Girl Scouts, Camp Fire Girls, and other community organizations.

In the last years of his life Jue gave presentations to local community organizations on topics of Chinese herbal medicine, Northwest plant lore, and the early history of the Seattle Chinese community. He married Priscilla Chong, widow of Seattle artist Fay Chong, in December of 1981. Willard Jue died in Seattle, Washington, in 1984 at the age of 79.