



Medicinal Kung Fu

John Dudgeon

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Besides a system of gymnastics and charms in Chinese Medicine, there are other systems, one of which deserves a passing notice. Numerous works exist on all such subjects. There is one on the Art of procuring Health and Long Life, without the aid of physicians and by means of regimen and general hygienic measures. Such things are inculcated as the regulation of the heart and its affections; and rules are laid down with regard to dietetics, business, and rest, containing many wise, useful, and quaint precepts, which, if attended to, would certainly conduce to health and longevity, but which, being persistently neglected, the constitution is ruined and loaded with infirmities, life is shortened, and the body is sorely burdened with disease.

It is the object of Kung-fu to make its votaries almost immortal; at least, if immortality be not gained, it is claimed for it that it tends greatly to lengthen the span of life, to increase the body's power of resistance to disease, to make life happier, and to make the muscles and bones insensible to fatigue and the severest injury, accidents, fire, etc. The benefit, too, the soul derives from such exercises and the merit accruing to the individual are not to be lightly esteemed

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