

THE ACADEMY OF TRADITIONAL CHINESE MEDICINE

TOUR OF CHINA 1999

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3. 1999 CHINA STUDY TOUR

The China trips are initiated and led by Professor Wong-Lun and organised by Ms. Glenys Savage, Principal and Vice Principal respectively of the former Academy of TCM Australia, to assist the ongoing work of contributing to the standard of TCM (Traditional Chinese Medicine) in China and the world. Professor Wong-Lun is an acknowledged master of the classics of Chinese Medicine with voluminous commentaries, lectures and publications to his credit; he has been in clinical practice for more than 60 years. The purpose of these trips is to visit the major institutions of TCM and places of historical significance relating to TCM. Professor and his students have participated in information exchanges and conferences and visited major hospitals, colleges and universities of Beijing, Xian, Guangzhou, Lanzhou, Guilin, Tibet, Hong-Kong, Japan, and Taiwan. In all of these places Professor Wong is held in high esteem and the senior staff greet him and gather to hear what he has to say. Many ask him for advice concerning their difficult cases, some ask for personal consultations. When he presents demonstrations he always receives complicated cases. Professor has lived in Australia for the past 26 years and has built up the Academy of TCM (Aust.). The Academy is a busy medical clinic seeing thousands of patients every year and is a teaching institution for a five-year Advanced Diploma of TCM course based upon curriculum from the modern Chinese model.

Our travel throughout China has been complicated by the fact that Professor (and his entourage) has on several occasions been delayed at border stations, checkpoints and held up while identity is checked. Sharp officers (despite a personal letter from the Chinese minister of health) notice that his passport age couldn't belong to someone looking so young!

This year's China tour took our troupe of 12 through 7 cities in 14 days. Our tour seemed to be pursued by Typhoon. These "devil winds" were either about to fall upon us or found us escaping by hair's breath. We flew from Hong-Kong on the last flight out before all planes were grounded and almost the same story in Guangzhou. We were safe further north in Lanzhou city at the same time when these same great winds struck Hong Kong and south China. They decimated sections of Taiwan causing carnage, death and created worldwide news. Returning to Guangzhou days latter after the worst was past, still found us unable to move about freely due to heavy rain.

Typhoon throughout this region evokes primal fear. No place more so than Hong Kong with its rocky slopes and steep inclines. The pelting heavy rain and wind lash vertically these slopes; in the past whole groups of population have been wiped out by landslides.

Our second day in the ex-colony found us waking to a sky blanketed by cloud and darkened by rain with Typhoon warning at level 8. At Typhoon warning 10 all vehicles leave the streets and no one goes out. Professor mentioned to us at breakfast that the thick low cloud and heavy rain would dissipate the wind. Being so, a few of us decided it was safe enough to take the sophisticated underground train service from Kowloon (on the mainland where our Hotel was) under the sea to Hong Kong island to lunch at the famous Mandarin Hotel. The Hotel windows and doors were all covered by heavy metal shutters against the possibility of typhoon thereby presenting the eerie sensation of being completely closed in. Such is the seriousness of Typhoon in this part of the world. Professor was right; the warning did not rise above 8.

GUILIN

China's most "Chinese scenery" subject of thousands of paintings is found in Guilin. "The finest mountains and rivers under heaven" are so inspiring that poets, artists and tourists come from all over the world - "even when the heavens pour with cascades of rain that hide the hills".

Guilin's climate is sub-tropical with an annual rainfall of 1900mm - 75 inches. Many tribes populate the region. Guilin is part of the Guangxi Zhuang Autonomous region and borders Vietnam. Here is a proliferation of Muslim restaurants explained by the presence of thousands of members of the traditionally Muslim Zhuang nationality that is China's largest minority group.

The history of Guilin began more than 2000 years ago when the *Ling* canal was built effectively linking the great *Yangtze* and Pearl rivers. This was at the time one of mankind's most ambitious engineering projects, otherwise little was heard about the town. **Famous political leader Dr. Sun Yat Sen visited in 1905**, endearing him-self to the local population by encouraging local enterprise and setting up a military establishment. During the Japanese invasion in the 1930's many people retreated south to Guilin believing it a bastion of safety and out of reach from the enemy advance. Due to a profusion of caves to hide in, Guilin also became a centre for resistance during this conflict. Unfortunately the Japanese advance was not halted as expected and Guilin was reduced to rubble.

Our group moved out to experience what is said to be "the **transcendent tourist experience of Guilin**" and maybe of all China - a four-hour boat trip on the *Li* River. Our jet powered shallow draft river cruiser catered for around 100 people. We were free to walk and view the surrounds from the top deck to witness the fascinating life along the river.

Washerwomen squatting on the shore, water buffalo ambling down for a dip, the captive tame Cormorants, necks ringed, perched upon spartan bamboo rafts awaiting orders to go fishing.



Guilin, China's most Chinese scenery



Before us the many peaks that romantics have endowed with animal or supernatural identities. These volcanic peaks, moody mountains and caves are said to have erupted from the earth after being under the sea for several hundred million years. A large, ancient village lay on the left bank - Dragon Gate village is noted for the production of water Chestnuts

and 1000 year old Banyan trees. We sampled the local fare for lunch, roasted water Chestnuts, river crabs and fried Chicken - delicious! As we cruised the river unfolds the kind of scenery described by a Chinese poet more than 1000 years ago; " the river is a green silk belt, the mountains emerald hair pins". Peaks and pinnacles crowd the river; white Goats pose on steep mountainsides as eagles soar above the cliffs. Truly we saw nature at her majesty in union with her people.

As beautiful as these sojourns are, distract only slightly from our overall purpose. Our visits are primarily to visit the major centres of TCM education and to participate in information exchanges, visit Hospitals, see sites of TCM historical significance. Also to discover a sense of the broad sweep of an ancient and distinguished culture.

Guilin University afforded us the opportunity to see a large-scale institution at work. The physical layout is not unlike our own campuses with faculty buildings, sports facilities, student quarters etc. One obvious difference from our own institutions were the platoons of army green clad students practicing military drills on the parade ground. Present Government policy in China dictates that the first 6 months of any University course is spent in full time Military training. We were greeted by a senior Professor of TCM history and he spoke generally about the longevity of this Medicine, then more specifically about the recognition of TCM efficacy in China's medical fraternity. He stated that TCM treatment of chronic conditions was becoming a preferred option - or at least used in conjunction in a great majority of common disorders. He stated that this was a growing awareness throughout China's Medical community both traditional and Western.

We learned that in today's China, Western Medicine and TCM education are interconnected as students of each discipline are required to study a minimum of two years of the other. Both systems have recognition and financial support from Government. This being so allows greater communication between the disciplines and easier acknowledgment of successful methods of treatment. Modern Western Hospitals have TCM access and visa-versa. This idea regarding TCM efficacy was recently affirmed in Australia (from a lecture given at the Academy of TCM) by visiting distinguished Professor *Shi-Dian-Bang*. He studied TCM under tutelage from his own father who was famous as a TCM scholar. After doing so and at the age of 26, he was requested by the health ministry to study and practice Western Medicine, to then compare the two and define then report the distinct advantages and disadvantages of each. This quest evolved into a lifetime's work. Now at an age of 60-70 years and one of China's most senior physicians, he reported glowing recommendations for TCM efficacy in mainstream health care. I.e. TCM was preferred where possible for flue and common cold, chronic conditions, stroke and many disorders.

A senior lady Doctor also sat with us during the Guilin information exchange and she asked Professor Wong to explain *Xing Shen* medicine.

Professor Wong talked about *Zhong Xing Shen Yi Xue Zhi-Lao*, (physical and spirit life medicine treatment method), and *Wu Da Liao Fa* (the 5 integrated methods of Traditional Chinese Medicine), he referred to historical precedents from the classics of TCM literature for combining the 5 methods of TCM for a greater therapeutic affect and the importance of the balance between Xing (physical) and Shen (spirit).

Our next visit was to the **Guilin TCM College and Associated Hospital**. Here we shared a unique experience. This visit was unplanned and the staff seemed to think of us more as a tourist group rather than a group of practicing professionals. We were offered a demonstration of modern TCM that was led by two young Doctors who were *Qi-Gong* exponents. They began by each gripping the exposed ends of an electrical probe attached to a 220-volt electrical power wall outlet. Holding a standard light globe in their other hand, they were able to bring it to illumination. They then requested volunteers for a *Qi-Gong* massage. Our intrepid participants oohed and aarred while these young men gripped the probe with one hand and massaged neck, shoulders and back with the other. Our volunteers said it was like feeling electricity not unlike a strong tens muscle stimulator. We could observe that their grip on the probe was always timed when the other hand was either touching the patient, or in the globe's case, the polarity points. This apparently creates a circuit where the electricity is channelled through them into an earthed subject and not into themselves.

Still, not to be tried at home! This college hospital also employed traditional or **barefoot Doctors** from the old way of learning. I.e. taught by parents or masters in their own clinics. One gentleman used cups to relieve Rodney's neck ache. An ancient method using latest technology - the cups-had hydraulic plungers to control pressure! Two lady barefoot Doctors that were specialists in pulse diagnosis then came in. We were impressed by their apparent accuracy as they stated their findings and they recommended herbal formulas for us. Interesting to note, what appears to be a current trend in China today. To present pre-packaged herbal formulas in pill form then to market these aggressively as the latest breakthroughs accompanied with glowing patient testimonies regarding efficacy. Definitely a ring of worlds best marketing strategy about the whole presentation obviously designed for us to order quantities of these formulas. This information exchange was bought abruptly to a close when our group didn't purchase, even after the offer of cheaper for \$US.



Guilin TCM College and Associated Hospital

Our final day in Guilin found us visiting a vast underground cave network and the local zoo to see Panda and Tigers. Also a magnificent lotus covered lake whose leaves spread up to a meter in diameter displaying glorious red and white flower blooms upon stems reaching for the sky. For our next stop a visit to an art gallery displaying contemporary and traditional styles from local and national distinguished artists. The same evening we enjoyed a theatre show with traditional dancers dressed in all variety of colourful costumes performing stories from Chinese folklore.

XIAN

When ancient Peking (Beijing) was just a remote trading post, Xian was the capital of the middle kingdom and one of the world's biggest and richest cities. Palaces, pavilions and pagodas crowned the skyline. Artists, poets - and of course chefs catered to the most demanding of imperial tastes. And since this was the starting point of the famous **Silk Road trading route**, the most outlandish foreigners have historically congregated here. There is no avoiding the past in this treasure house of Chinese civilisation. Xian and its countryside hold the hoards of eleven dynasties.

On the way to any of the archaeological sites you get to look upon the strange wind whipped land of the *Wei* river valley. Militarily and economically strategic since prehistoric times, the area comprises rich fertile cotton and wheat fields, fallow plains and bizarre terraces of loess and is riddled with caves that provide housing even to this day.

Our sightseeing took us first to the rectangular city wall surrounding inner Xian. The wall has a 14 km. circumference and is so thick that two-way traffic can move along the roadway on top. This wall has helped to defend the city and was last used for this purpose in the early 1900s when a large opposing force with cannon and firearms was held at bay by a much smaller force. One can still see the cannon and bullet damage to the outer wall and could well imagine the difficulty of the attacking General's against this mighty structure and the surrounding moat

The inner city itself is a modern bustling metropolis not unlike any rich city. Pockets of traditional architecture and Chinese style streets can still be found hugging the base of the wall. We delighted ourselves with souvenir and present shopping here.

Close by, one can step out of the modern world and enter the past. **The Forrest of Steeles** is a library of inscribed stone slabs collected throughout antiquity, including half a million words from Confucius carved in the ninth century. This library documents the history of Chinese culture and of calligraphy. A Mecca for scholar's who have travelled the length and breadth of China to visit here for study. Standing before these timeless works one appreciates the evolution of the written language over thousands of years. The art of calligraphy is exalted here as nowhere else in the world. The living experience reveals the almost mystical ability of the word to capture high meaning, record subtle insight, share hidden and known truths concerning human kind and our relationships with life.

Modern Chinese Communist Government policies retire people at 60 years of age. Though these people receive good remuneration, one is led to question about the affect upon society. Particularly regarding Medicine, where wisdom and precision are obviously enhanced by experience. Throughout China's history (and indeed many ancient cultures) age has been purposely revered. For example, the ancient teachers of the Dao advised that people should not do teaching of the higher and more intensive education levels unless they are older. Sixty has often been said to be the ideal age. This principal allows an adept to work and study in company of a person who has travelled the stages of evolution tempered not only by the particular academic or practical requirement, but also by time. The elder is more able to guide youth though the various pitfalls and allow them to be safely exposed to the best of attainment gained by a full life of experience. Thus allowing youth to begin at the point reached by the preceding generation and therefore to continue the vigour of human development from the strongest possible foundation. One cannot help wonder whether the weakening of principals like these contributes to the malevolent ever increasing mental problems or the stress and loss of confidence in modern society.

New technologies and industries require vast institutions to adjust quickly and in an economically sustainable way to a changing world and as such have become the major sites of learning. As such our "elite" within the

modern world are often people without lasting mentors and still relatively young. Quite common today is the acceptance that - making a quick buck is clever. Surely, one consequence of age is the development of a more refined moral principal. Today's China has become a paradox of capitalism and communism, of the ancient and the new. Thus, it was fascinating for us (particularly considering we came from a private college with a large component working alongside a master practitioner in his clinic) to visit the privately owned, **Xian College of TCM**, formed by a group of retired Professors and led by 82 year old Prof. *Shi Lu Dan*.

We were warmly welcomed by Professor *Shi* and senior staff and toured the campus set up to provide degree education for 100 students. As we passed the student quarters we were told that students from Australia would be welcome to come for study. We had a clear sense that the very essence of these distinguished persons long experience would be separated out from standard curriculum and taught here. That personal interactions and relationships would grow, were easily assessable and encouraged. Being so, this school presented a fascinating alternative that contrasts the large Government institutional style we had seen and grown up with.

LANZHOU- GANSU PROVINCE

Lanzhou is the capital of Gansu Province - population around 25 million. Gansu extends from the farmland of the Yellow River basin through the narrow Gansu corridor, which has steep rocky mountains extending to China's far west of vast deserts and oases. Topography is complex, marked by many gullies and mountains. This province is dry and short of rainfall. Gansu is inhabited by many nationalities. Apart from the Han Chinese, there are 10 nationalities living in compact communities. 30 or so minority nationalities live in scattered groups. To the north is Inner Mongolia, the southwest Tibet.

Lanzhou city lies between two hills running from north to south. The *Huang he*, Yellow River flows through the city centre. This river is one of two legendary thoroughfares that pass through the city. The ancient trade route the Silk Road is the other. Xian is the origin of the Silk Road and winds its way 7000 km. through central Asia and concluding at Rome. Traffic, usually camel caravanserai began to travel the road in the 2nd. Century BC. Throughout a span of 1700 years the Silk Road became and remained the main thoroughfare for economic, social and cultural exchange between China and the rest of the world. This route extracted the ultimate price from many souls due to great sandstorms and terrific heat, so gradually declined with the development of sea transport around the 2nd. Century.



Lanzhou College of TCM

Our tour group was welcomed at the airport by the President of the Academy of TCM Australia's sister clinic in Lanzhou, Professor *Xu* and his two sons, whom accompanied us to the hotel. We were at the business end of our journey and stayed up late preparing for the following days presentations at the **1999 International Conference of TCM and Acumox**.

CONFERENCE HIGHLIGHTS

As our TCM contingent arrived at the Lanzhou College of TCM, it was to those whom had been before like being greeted by extended family, familiar faces behind smiles and warm welcome's as it was for some in this tour their 5th visit

Head of school Prof. *Zhang-shi-Qing* began with welcomes. He then introduced Prof. Wong-Lun from Australia and presented him as the honorary chairman of the conference. He then invited Professor Wong to present the opening address. Westerners were provided with translations in the form of a summaries given at the completion of each talk, being so, only excerpts from these summaries is recorded in the reports below.

Opening address, Professor Wong Lun, President Academy of TCM (Aust.) Honorary Chairman, 1999 International Conference of TCM and Acumox.

TCM has a long and distinguished history and is a magnificent gem of Chinese heritage from ancient times until now. TCM has and will continue to play a profound role in the prevention and treatment of diseases.

We live in days of developing and highly developed countries with advanced industrial and technological achievements. The intense pressure of welcomed advances within western medicine challenges every TCM scholar. The challenge upon scholars concerned with the TCM cause is whether or not TCM can expand outward into the world at large to position itself alongside western medicine, and how to achieve this now.

Present condition of TCM abroad.

In the early ages traditional medicines flourished in three main regions, ancient Babylon, India, and China. The origins of the former two were earlier than TCM but only TCM remains completely prosperous and growing in the modern age. TCM not only supports the health of China's population, it is producing a remarkable demand in other countries such as greater Asia, Europe, Australia and the USA, etc. Starting in the 1970s, intense popular interest worldwide increased dramatically.

This coincided with China's policy of reforming and opening TCM. It is reported that around one third of the world's population now accept herbal medicine, acupuncture, moxibustion, massage and other Chinese treatments. World wide academic exchanges have rapidly progressed from past non-government interest, to today's environment of government-to-government co-operation. So far, 30 countries have signed contracts with China for exchanges and co-operation regarding TCM and acupuncture.

Developing prospects for TCM abroad.

It is inevitable that the reputation of TCM efficacy will move outward from China's shores. Throughout the last century and into this one, it is increasingly acknowledged that western medicine has some exposed weaknesses. While being rapidly improved this does highlight some of the real significant advantages of TCM, namely, obvious curative effects, relatively small side effects and cheap cost.

To support TCM's movement on to the world stage, I would like to present four points of view at this conference.

- (1) Strengthen international co-operation for comparison studies into western medicine and TCM
- (2) Quality control for production and packaging of export medical products especially herbal medicines.
- (3) Enlarge the external student exchange program and build relationships between the strongest educational, hospital, and clinical institutions.
- (4) Train persons who are not only specialists within a particular TCM field, but competent within many fields and can excel at foreign languages.

All in all the prospects for the future of TCM and its position with regard the presentation of the best possible treatment for human health to all people is excellent.

I declare this conference open!

Headmaster of Lanzhou College of TCM, Professor Zhang-Shi-Qing, reads from a journal titled Xing-Shen Medicine.

Xing (physical) *Shen* (spirit) medicine embraces the understanding that psychosomatic illness is not a separate theory from mainstream TCM therapy. Ancient China's understanding of the relationship between body and spirit is very clear, offering practical explanations for the way these diseases occur and further, how vital it is to understand fully how the psychological state affects the physical body, and how the physical body affects the psychological state.

In 1997 Prof. Wong Lun and I had the idea to present to the modern Chinese TCM community a contemporary view of the ancient meanings of these principals. With this in mind we decided to establish and issue the International Journal of *Xing Shen* Medicine.

Concept of Xing-Shen Medicine

Basically, *Xing* represents the physical - physique, or body. *Shen*, the subtle body, consisting of all the mental activity of the mind and all emotional feelings, here for simplicity, termed spirit. Regarding the inter-connectedness between body and spirit, references can be found within the earliest medical works, For example, the *Huang-Di-Nei-Jing* has expounded this relationship. It states that the body is the home of the spirit. The spirit is the master of the physical. The spirit attaches itself to the body and the biological and physiological phenomena are the signs of the *Shen* (spirit,) manifesting itself.

Physiological Basis Of Xing-Shen Medicine

In TCM great attention has always been paid to the close relationship between mental and emotional activities and physical health. The theory espouses that unity of *Xing* and *Shen* (spirit and body) together make up holistic health. To strengthen the body, one must strengthen the spirit. Further, great emphasis is placed upon the essential guiding role played by the regulation of spirit.

Huang-Di-Nei-Jing further states, in the quest for health and longevity, one can be healthy and free from diseases only when one consciously cultivates physical essence, (the foundation of the bone marrow, each organ is also said to have essence) and uses *Qi*, vital energy wisely and takes good care of the mental emotional state of the spirit. Thus can one be full of vigour with every physical organ and associated system being vibrant, henceforth able to function properly over a long natural life span.

On the other hand an imbalance within spirit may result in a variety of diseases. As again stated in the *Huang-Di-Nei-Jing*, it is known that all

diseases arise from an upset of Qi (reckless movement or stagnation of the internal energy dynamic). Anger forces the Qi to rise, joy brings the Qi down, terror confuses and anxiety causes Qi to stagnate. Anger harms the liver, excess joy or sadness harms the heart, anxiety harms the spleen, grief harms the lung, and fear harms the kidney. In brief, loss of harmony-balance within *Shen* (subtle body) causes deleterious movement of the Qi (internal energy) greatly affecting ones *Xing* (physical) health.

Applying Principals Of Xing-Shen Medicine For Treatment Of Diseases

TCM suggests that the prevention of disease is more important than the treatment of disease. According to *Xing-Shen* medicine the following principals and methods are vital for the prevention of disease.

- (1) Adjusting the mental emotional activities to nourish the heart and promote tranquillity.
- (2) Living life with a sense of regularity, setting up a proper balance between work and rest.
- (3) Participating in physical activities, taking part in appropriate physical training according to age and temperament.
- (4) Adopting self-massage techniques, breathing exercises and Qi building exercises for health care.
- (5) Careful attention regarding diet.

Paper titled The 3rd. State - A Modern Day Disease Endangering Human Health. Presented by Professor Xu-Hong, President of Lanzhou Specialist TCM clinic

The 3rd. state can also be termed a sub-health state or grey state. When a person is not actually ill but does not feel healthy, neither being healthy nor ill. In recent years many countries have become aware of and given study to this phenomenon. This conditions fullest manifestation is known in the west as **Chronic Fatigue Syndrome**.

This paper discusses aspects common to this condition and reports suggested treatment methods based upon Professor *Xu-Hongs* successful clinical research supported by case studies.

- (1) These syndromes mainly present as fatigue, weakness and depression.
- (2) According to TCM theories the 3rd. state belongs to the syndromes showing deficiency of vital energy and internal vacuous heat i.e. Qi and Yang Xu, Xu Re.
- (3) Treatment includes strengthening the body through appropriate physical training, regulation of diet, therapeutic massage, stress reduction techniques and herbal medicine as axillary therapy.

Professor Xu spoke at length on this subject and presented a concise case study of a 62-year-old teacher who became well. Professor also stated specific advantages TCM has for the treatment of the 3rd. state in comparison with western treatment.

Diagnosis and treatment of Acquired Immunodeficiency Syndrome (Aids), presented by Professor Wang Jing, TCM Institute of Haematology, Lanzhou Medical College.

Acquired Immunodeficiency Syndrome (Aids) is a worldwide fatal infectious disease. Since its discovery in 1981 no cheap and definitive drug has been found for its treatment. TCM has its own theory on disease states and has accumulated abundant experiences for the prevention and treatment of difficult and complicated diseases. Many research conclusions have shown that TCM has the capacity to improve the body's immunological ability to suppress viral infection. Many Aids experts have expressed hope that TCM can produce achievements in the prevention and treatment of this disease. Research on this task began in our country in 1983 and firm viewpoints have been advanced from TCM theory regarding aspects of clinical diagnosis and treatment

Preliminary therapeutic effects have been achieved. Besides abundant experience for the prevention and treatment of difficult and complicated diseases, TCM treatment is cheap, safe and has few side effects thus protecting the patients overall vitality. Being there is no cure for Aids means long term or life management. This helps greatly to reduce the heavy economic burden for both the patient and society.

In this presentation the cause, mechanism, diagnosis and treatment of Aids is discussed in detail utilising TCM theory. Anyone interested in pursuing further detail is encouraged to contact Professor *Wang Jing* at the college.

Sub-Headings within this comprehensive presentation included

Theory of traditional Chinese Medicine on the causes of Aids

The invasion of the pathogen

Failure of Kidney to store the essence

Mechanism of the virus

Diagnosis and treatment

Differentiation of pathogenic factors - 24 sub-headings

Of the many papers presented several were from professor Wong's practicing Australian Graduate students. These were presented in English with a summary repeated in Mandarin. All medical terms used in these presentations are the traditional terms of Chinese Medicine. Professor Wong's students are all taught to speak and use the traditional Pinyin terms of Chinese Medicine and students of all schools are encouraged to do the same. This keeps continuity of meaning, also reducing the

possibility of diluting the original understanding and allows the worldwide community of TCM practitioners to communicate clearly with each other. This point was highlighted when Professor *Shu* repeated the same treatment conclusions back to me (adding very good) after my paper. Showing even if he couldn't understand the bulk of the content, he certainly was able to follow the graduations that led to the conclusion, all of which was pure Chinese Medical language.



Conference presentation Lanzhou College of TCM

Professor Wong was to give the closing paper on the final morning. The evening before I asked him what he was going to present. He replied that he hadn't prepared anything and I thought perhaps we would have an early close. Next morning came and with pens poised, a bare table in front of Professor he opens with something dramatic, "please could everyone take their own pulse, and anyone with a Xi pulse (inhibited-weak) on the left Cun position (Lung) come forward". Three people did so. Prof. asked Prof. *Jiang* and others to check that it was so. He then announced that he would correct the *Xi* pulse to a normal *Huan* pulse using the principals from *Wu Da Liao Fa*, (the 5 integrated methods of TCM) and *Xing Shen, Yi Xue* theory. It needs to be noted that this was highly unusual. To cause a pulse to go faster or slower is obviously simple as this won't change its character - nature. To change the character of a pulse requires affecting the deeper internal. To notice substantial change would normally take some time (though a very good Acupuncture treatment can be quicker) and even then only if a particular

treatment was completely effective. For chronic or serious conditions one expects change over a much longer period of time.

He then went ahead and did so with all 3 people and all within half an hour. This occurred without the application of either Acupuncture or herbs. The same people who had checked before were asked to check again. It was confirmed; the pulse of all three had changed to a normal *Huan* pulse. At this point it's worth remembering that this room was filled with seasoned and grizzled medical professionals. The most senior people at the largest college hospital in Gansu province and thus charged with the care of around 21 million people.



Conference presentation Lanzhou College of TCM

They were all transfixed with attention and holding on to every word, also animated and asking questions. Prof. didn't stop. He described in detail the treatment method. Using the "patients" as his models he pointed here, touched there, having this one raise an arm then bending at a particular angle for the purpose of demonstrating regions of over-development and contrasting this with regions of under-development. Illustrating how lifestyle habits create a variety pressures upon anatomical structure. He enunciated how muscle and skeletal form can inhibit the meridian channels, blood vessels, compromise the joints, finally affecting the organs. How unregulated strong emotion or thinking too much, or overwork can drain the physical allowing physical structure to "collapse" upon itself according to the individual's own physiological and emotional makeup. He explained how appropriate physical training and

correct understanding of mental/emotional states would balance the excess or deficiency caused by the inevitable demands of a busy life. He pointed out the necessity of good food at the right time as a tonic for the blood, to warm the internal and as a support to maintain strong digestive function.

Another two hours passed without pause and I could see that these people were enlivened. I made a note in my journal, Professor Wong wins the hearts and minds of people and inspires to greater efforts. Another hour passed and we needed to wind up. People had gathered around Professor Wong surrounding him. We had to extract him by insisting on group photos. Even still we weren't allowed to go. The head of the physical arts school spontaneously gathered her students for a demonstration of *Tai-Qi* and *Qi-Gong* for us in the courtyard. During the demonstration Prof. attended to a man with Lung cancer. With happiness all around we finally made the coach to go for a very late lunch. So much for an early finish!



Traditional Chinese Play

By James Middleton,

Reference and study aids.

- The medical education disseminated by Professor Wong Lun and the Academy of TCM including the lectures concerning Nature Dao (study of nature) and the physical Arts.

- Folio Society, A History of Chinese Civilisation.
- Lotus Publishing House, The Peoples Republic of China, 1990.
- Polyspring Co Ltd. Ten Major Museums Of Shaanxi
- Lonely Planet, China Guide, 2002.



On behalf of all Professor Wong Lun's children, in the sense of the multitude of students and patients he has guided over the years, I would like to thank him from all our hearts. His patience, perseverance and fortitude throughout our struggles to grow in the wisdom he has ceaselessly shared, is an inspiration. His is a guiding light in an often-dark and stormy sea. Let all know he has gained the respect and love of countless people in his life of service.

Many people wonder about the future now retirement has come. Professor has stated that part of his legacy was to prepare the next generation of TCM practitioners and the physical arts teachers; he has been ceaseless in this pursuit over many years. He has openly expressed faith in his graduate practitioners and has fully enabled them to carry on his work and the work of the traditions he represents. He recommends to those seeking continued support to not hesitate and place their trust in these people.

The Academy of Traditional Chinese Medicine Senior Clinical Practitioners.

- Glenys Savage, Beijing Chinese Medicine Specialist Clinic, 698 Nicholson St. North Fitzroy 3068. Tel. (03) 94868998
- Raffaele Vavala and Joe Tuccio, Thornbury TCM Centre, 4a, Mitchell St. Northcote. Tel. (03) 94894483
- Gabrielle and Fiona Aspromonte, TCM Clinic, 78 Lower Plenty Rd. Rosanna. Tel. (03) 94590122
- James Middleton, South Melbourne Chinese Medical Centre, 176 Napier St. South Melbourne. Tel. (03) 96903285. Website, www.jamesmiddleton.net

For Professor Wong's other graduate TCM practitioners,

See a listing in the acupuncture section of the yellow pages under TMCSA Society, or go to the website at www.tmcsa.com.au to find a member close to you.