

when I came to Detroit that I would not accept an office of any kind. He wanted to know why, and I said because I have so much business in my own State that I do not see how I can do justice to the work. I think the members of the Association should be a little more lenient with the Chairman, as it is hard work to get papers as it means a lot of worry, and if the worry was taken away it would be a pleasure. I am going to try to see if I cannot get a little assistance from the start so that a little worry can be taken off my mind, and if that can be done I think the work will be pleasure instead of a pressure, because the Chairman has to work very hard. I put out 200 invitations for papers and received three replies. I trust that some of the members will make promise of a paper. I will do everything I can to make this Section a success next year.

Mr. Osseward then introduced Mr. Becker as Secretary.

Mr. Becker spoke as follows:

I feel that a few words in defense of my position is necessary. I came here also with the intention of not taking an official connection with any of the Section. The principal reason for my not wanting to serve, was because I feel that my services are very inadequate because of the very poor results obtained from my efforts. I do not conduct successfully the section of work assigned to me. In regard to papers, I think that one plea is sufficient for a gentleman. I will try to do the best I can as Secretary.

Mr. Osseward then introduced Mr. Jones as Associate.

MR. JONES:—I do not know that I can be of any service to the officers of this Section, and I do not know what you intend that I should do, but I do consider it an honor to be appointed as Associate to such worthy gentlemen as Mr. Osseward and Mr. Becker.

MR. NITARDY:—The Associate is the apprentice and the object is that he will become acquainted with every part of the work so that when he becomes Secretary he will make an energetic, hard-working Secretary and later when he becomes Chairman, he will make a hard-working and energetic Chairman.

MR. WILBERT:—I move a hearty vote of thanks to ex-Chairman Nitardy.

Motion approved by rising vote.

Motion to adjourn. Carried.

C. OSSEWARD, Secretary.

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## ON THE PREPARATION OF FLAKE AGAR-AGAR.

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F. W. NITARDY, PH. C.

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Agar-agar has recently come into favor with the medical profession as an evacuant. Its value is based on the formation of a soft, bulky indigestible jelly in the intestines, which, it is claimed, promotes peristalsis by supplying the necessary residue frequently lacking on account of our present-day highly refined foods, and softens the feces by virtue of its water absorbing and holding power.

In its natural form agar-agar is hardly available for this purpose as the long shreds are difficult to administer. The powdered agar-agar, it is claimed, will be digested when taken. Its most desirable form for administration is therefore in flakes, in appearance quite similar to flake breakfast foods and usually prescribed to be eaten with or as such cereals.

A simple and easy method of preparation is as follows:

Soak and rinse a suitable quantity of agar-agar in water, drain well, grind through a meat-chopper and spread out in thin layers on cheese-cloth trays to dry in a dust-free airy place. When dry collect and store in suitable vessels. This product is usually prescribed in doses of one to four heaping teaspoonfuls (1 to 4 gm.).

If it is desired to medicate the agar-agar, the required amount of medicament for each 500 gm. is dissolved in water so as to form 1000 cc. of solution. This solution is mixed with the flake agar-agar and as soon as it is evenly and completely absorbed, the product is again spread out to dry.