

We venture to state that the honest doctor is suffering in this way. He refuses to grant orders, and these people go to some one else. Thus it is that one doctor may give only one or two orders in a day, or for days none at all, while some other doctor may grant a large number. Another feature that calls for condemnation is the "spotter." There are those who are going about trying to catch the doctor. There should be some other system.

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### THE TREATMENT OF CHRONIC CONSTIPATION.

Agar or Japanese "isinglass" is the same substance as the agar-agar so commonly used in bacteriologic laboratories. It has been prescribed, with success, for several years in the treatment of chronic constipation. Latterly its use is becoming more general in this country. The chief objection to the substance is its lack of flavor. To meet that objection our pharmaceutical experts have developed Chocolate Agar, which is really a very agreeable product that is eaten without hesitation, even by children.

Agar is not digested or dissolved in the gastrointestinal canal. It has no physiological effect upon the tissues or secretions. It absorbs water freely, softens and swells, becoming gelatinous in consistence, and in that form is intimately mixed with the fecal mass, thus increasing the volume or bulk of the colonic contents. In short, Agar acts by filling the bowel, which is stimulated to expel the material within it.

Medical authorities have found that functional torpor of the large intestine is often due to the fact that a scanty residue remains after the digestible and soluble portions of the food have been absorbed. Our diet consists too largely of freely digestible starches and sugars, albumen, casein, etc. It does not contain enough residue—coarse fibrous vegetable matter. In cases of constipation in which it is found that the coarse vegetables disagree with the patient, Agar, or preferably Chocolate Agar, supplies the deficient element.

Chocolate Agar is a dark-brown coarse granular powder. It is supplied in quarter-pound and pound packages and is given in doses of one to two heaping tablespoonfuls, morning and evening. It may be eaten dry, or it may be mixed with milk or cream or any of the cereal breakfast foods.