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A bacteria-free monoxenic culture of *Paramecium bursaria*: its growth characteristics and the re-establishment of symbiosis with *Chlorella* in bacteria-free conditions

Gen OMURA^{1,2}, Masaki ISHIDA³, Mikihiko ARIKAWA^{1,4}, S. M. Mostafa Kamal KHAN¹, Yasutaka SUETOMO¹, Soichiro KAKUTA¹, Chisato YOSHIMURA⁵ and Toshinobu SUZAKI^{1,*}

¹Department of Biology, Faculty of Science, Kobe University, Kobe 657-8501, Japan, ²Biological Institute, Universität Stuttgart, D-70569 Stuttgart, Germany, ³School of Science Education, Nara University of Education, Nara 630-8528, Japan, ⁴Graduate School of Human Culture, Nara Women's University, Nara 630-8506, Japan, and ⁵Center for Environmental Management, Kobe University, Kobe 657-8501, Japan.

SUMMARY

A bacteria-free monoxenic culture of *Paramecium bursaria* has been established. *Chlorogonium elongatum* was used as the sole food source and large numbers of easily maintained *P. bursaria* were obtained. Additional enhancement of the growth of *P. bursaria* was achieved by supplementing the culture medium with soybean lecithin. The ability of monoxenically cultured *P. bursaria* to re-establish its symbiotic relationship with *Chlorella* in bacteria-free conditions was examined.

E-mail: suzaki@kobe-u.ac.jp

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Bacteria-free, monoxenic, *Chlorella*-free (white) *P. bursaria*, and axenic isolated symbiotic *Chlorella* cultures were established from bacteria-free monoxenic cultures of *Chlorella*-bearing (green) *P. bursaria*. When the white paramecia and isolated *Chlorella* were mixed in bacteria-free conditions, they re-established a symbiotic relationship, and normal green paramecia were reconstructed. This newly developed bacteria-free monoxenic culturing of *P. bursaria* will be useful in the study of protozoan symbiosis, as this method provides us with large numbers of cells that possess the ability to re-establish a symbiotic relationship with *Chlorella*.

INTRODUCTION

The ciliate *Paramecium bursaria* harbors many symbiotic cells of the unicellular alga *Chlorella* (Chlorophyta) in its cytoplasm. *P. bur-*

^{*}Corresponding author

Tel: + 81 78 803 5722

Fax: +81 78 803 5722

saria can be freed of its symbiotic Chlorella by cultivation in prolonged darkness with an excess food supply (Siegel, 1960), or by treating cells with photosynthesis inhibitors such as DCMU and methylviologen (Reisser, 1976; Hosoya et al., 1995) or with the antibiotic cycloheximide (Weis, 1984). Symbiotic Chlorella can also be isolated from host P. bursaria (Loefer, 1936; Siegel, 1960; Weis, 1978; Takeda, 1995; Nishihara et al., 1998). Thus, under laboratory conditions, both Chlorella-free (white) P. bursaria and isolated symbiotic Chlorella can be cultured independently. They can reestablish the symbiotic relationship when mixed, resulting in reconstruction of green paramecia (Siegel, 1960; Karakashian, 1963; Bomford, 1965; Karakashian, 1975; Weis, 1978; Weis and Ayala, 1979; Görtz, 1982; Reisser et al., 1982; Meier and Weissner, 1988; Nishihara et al., 1996; Takeda et al., 1998). Additionally, the white paramecium can be artificially infected with other microorganisms such as Scenedesmus (a unicellular alga), yeasts, and bacteria (Bomford, 1965; Görtz, 1982). The mechanism of the infection by microorganisms and subsequent establishment of a symbiotic relationship is still not understood. In particular, investigations of the molecular basis of symbiosis have not been possible because of difficulties in preparing the large numbers of P. bursaria cells essential for biochemical and molecular biological experiments.

Axenic cultures of *P. bursaria* have been described in the literature, although they only grow slowly (Loefer, 1936), or need time-consuming and rather elaborate preparations such as using glutaraldehyde-killed bacteria in the culture medium (Weis, 1975). *P. bursaria* has therefore been mainly cultured in non-sterile hay or lettuce infusions that are inoculated with food bacteria in advance (Sonneborn, 1950). Although cultures including living bacteria as a food source can provide a good cell harvest, such cultures can be easily contaminated. Especially in cultures of white *P. bursaria*, cells are more vulnerable to accidental

infection by undesirable microorganisms (Görtz, 1982). Therefore, a relatively easily maintained, bacteria-free culture has long been needed for the cultivation of *P. bursaria*.

In this study, we succeeded in establishing a bacteria-free monoxenic culture with the flagellated unicellular alga, *Chlorogonium elongatum* (Chlorophyta), as a sole food source. We have characterized some features of this novel culture method, and further examined the ability of *P. bursaria* to re-establish its symbiotic relationship with *Chlorella* in bacteria-free conditions.

MATERIALS AND METHODS

Conventional culture of P. bursaria

Paramecium bursaria (neither syngen nor mating type identified) collected from a small pond on the campus of Kobe University (Kobe, Japan) was pre-cultured in 0.01% Knop medium (0.24 mM Ca(NO₃)₂, 0.14 mM KNO₃, 0.06 mM MgSO₄, 0.10 mM KH₂PO₄) with 10 mM HEPES-KOH (pH 7.0) at 23°C under a 12:12 h light : dark cycle, and *C. elongatum* was added as a food source. *C. elongatum* was routinely cultured in an axenic medium (*Chlorogonium* medium (CM): 1.36 mM CaCl₂, 0.24 M sodium acetate, 0.02% polypeptone, 0.04% tryptone and 0.04% yeast extract) at 20°C under continuous light (Sakaguchi and Suzaki, 1999).

Establishment of a bacteria-free monoxenic culture of P. bursaria

Paramecium bursaria that had been precultured as described above was washed by transferring cells with a fine-tipped Pasteur pipette through about 15 ml of sterilized 0.01% Knop with 10 mM HEPES-KOH (pH 7.0) (KH) in successive Petri dishes. About 20 cells were chosen from the pre-culture, washed, and finally transferred to a dish that contained sterilized KH with antibiotics that was then sealed with Parafilm. The optimal concentration was determined for the antibiotics penicillin, kanamycin and streptomycin. P. bursaria was able to increase in number, consuming C. elongatum, in KH that contained penicillin at concentrations less than 800 µg/ml. Kanamycin or streptomycin, even at concentrations less than 50 µg/ml, inhibited the proliferation of P. bursaria significantly. Therefore, 800 µg/ml penicillin was used in the experiments. The dish with penicillin and washed P. bursaria was incubated for several days to allow P. bursaria to increase in number sufficiently for the next washing procedure. Cells were washed again in sterilized KH and incubated with penicillin as described. After each incubation with penicillin, the dish was observed with an inverted light microscope, and the procedure of washing and incubation was repeated until no contaminating bacteria were observed in the dish. A part of P. bursaria was thereby sterilized, and was finally transferred to a penicillin-free medium consisting of 0.01% Knop and 20% CM. An adequate amount of axenically grown C. elongatum was added as a food source for the P. bursaria. The culture was incubated at 23°C under a 12:12 h light : dark cycle (light intensity, 2,000-3,000 lux), and subcultured weekly. The rest of P. bursaria was again subjected to the washing procedure, and a part of the culture was successively transferred to another penicillin-free culture medium. Cultures were routinely checked for sterility by spreading a drop of the culture medium onto an agar plate (2% agar in culture medium) and checking for contamination after the plate was incubated. When any contamination was found, the culture was discarded. To enhance the final harvest of P. bursaria, the medium composition was modified by increasing the concentration of CM or adding soybean lecithin (see details in Table 1). The axenic culture medium for P. multimicronucleatum used by Fok and Allen (1979) was also tested as an alternative medium, without added C. elongatum. To do this, P. bursaria from an aged culture, in which all food C.

elongatum was consumed, was inoculated directly to the axenic medium, and then incubated at 25°C under 12:12 h light : dark cycle.

Establishment of a bacteria-free culture of white *P. bursaria* and an axenic culture of isolated symbiotic *Chlorella*

A photosynthesis inhibitor, methylviologen (1, 1-dimethyl-4, 4-bipyridinium dichloride, Sigma) was aseptically added through a syringe fitted with a disposable sterilized filter (pore size: 0.45 μ m) to culture medium (0.01% Knop + 20% CM) in which green P. bursaria had been incubated for 7 days. The concentration of methylviologen that is enough to remove all the symbiotic Chlorella was preliminarily determined to be 10 µg/ml. At this concentration, no symbiotic Chlorella cells were observed in the host P. bursaria after the paramecium was exposed to the reagent for 10 days. This Chlorella-free (white) P. bursaria was subcultured in the same culture medium as that used for green P. bursaria. To isolate symbiotic Chlorella, green P. bursaria in an aged culture where all food C. elongatum had been consumed was sonicated aseptically in a small sterilized test tube, and transferred directly to an axenic culture medium for green algae (CA medium; Nishihara et al., 1998). Symbiotic Chlorella thereby isolated was subcultured weekly in CA medium and grown at 25°C under continuous light.

Assessment of the ability of white *P. bursaria* to re-establish the symbiotic relationship with *Chlorella* in bacteria-free culture

White *P. bursaria* was taken from a monoxenic culture in which all food *C. elongatum* had been digested. This corresponds to the 7th or 8th day of culture as shown in Fig. 2. At this stage, the white *P. bursaria* was starved but still actively swimming. Isolated symbiotic *Chlorella* were prepared from an axenic culture in its early stationary phase. White *P. bursaria* was centrifugally (200 g, 5 min) washed twice in sterilized KH, as was symbiotic *Chlorella* (3,000 g, 5 min ×2). They were then mixed well in a tube and incubated at 20° C under continuous light. The final density of *Chlorella* cells in the mixture was 10⁶ cells/ml, and the ratio of *Chlorella* to *Paramecium* was 10,000:1. After 24 hr, the mixture was washed with sterilized KH by passing the cells through a nylon mesh (11 μ m pore size) to remove free *Chlorella* cells. *P. bursaria* cells retained on the mesh were recovered and transferred to 0.01% Knop + 20% CM with added *C. elongatum*. The culture was then incubated at 23°C under 12:12 h light : dark cycle. All procedures (including centrifugation, washing and transfer of cells) were carried out aseptically.

Cultures were routinely checked for sterility by spreading a drop of the culture medium onto an agar plate (2% agar and culture medium), and checking for contamination after the plate was incubated under an appropriate condition.

RESULTS

Green *P. bursaria* was readily sterilized by washing and penicillin treatment. Sterilized *P. bursaria* was inoculated, with food *C. elongatum*, into culture medium consisting of 0.01% Knop + 20% CM, and subsequently subcultured in the same medium. In this culture medium, *P. bursaria* was able to increase in number by consuming *C. elongatum*, and reached peak density after about one week. *P. bursaria* grown in this bacteria-free monoxenic culture retained several hundred healthy -looking *Chlorella* in the cytoplasm of each cell (Fig. 1). No contaminating bacteria or fungi were observed either in the culture solution or on solidified medium enriched with organic components to facilitate their growth.

In the bacteria-free monoxenic culture, peak cell density was observed first for *C. elongatum*, followed by free-living *Chlorella* cells, and then *P*.



Fig. 1. *Paramecium bursaria* grown for 1 week in a bacteria-free monoxenic medium consisting of 0.01% Knop with 20% CM. Scale bar = 50 μ m.



Fig. 2. A growth curve of *P. bursaria* in a bacteria-free monoxenic medium consisting of 0.01% Knop with 20% CM. The profile and the time shift of the growth curve of each population are similar at each subculture.

bursaria (Fig. 2). The populations of *C. elongatum* and free-living *Chlorella* were only transient; they disappeared as the growth of *P. bursaria* proceeded. The population of *P. bursaria* remained at a plateau level for at least a few weeks even without any additional food supply, and the population of free-living *Chlorella* gradually increased again. The retention of the plateau level of *P. bursaria* was dependent on the illumination conditions (Fig. 3),

Medium composition	0.01% Knop with			
	20% CM (a)	30% CM (b)	40% CM (c)	20% CM + 0.125 mg/ml soybean lecithin (d)
Cell density	1,500	2,000	2,500	5,000
Accumulation of Chlorella	+	++	+++	+

Table 1. Cell density (cells/ml) of P. bursaria in the media of different compositions.

Final cell densities were determined at 7 days post-inoculation for a–c and 11 days for d. The relative amount of accumulated free-living *Chlorella* in the medium is indicated by numbers of "+" marks (+, $\sim 10^4$ cells/ml; ++, $\sim 10^5$ cells/ml; +++, $\sim 10^6$ cells/ml).



Fig. 3. A population profile of green *P. bursaria* in the dark. The medium consists of 0.01% Knop with 20% CM. From day 8 after inoculation, the culture flask was incubated in the dark.



Fig. 4. Light micrographs of green *P. bursaria* taken from the culture shown in Fig. 3. A: day 7. B: day 14. C: day 20. Scale bar = 40μ m.



Fig. 5. Growth curves of *P. bursaria* in the complete axenic medium for *P. multimicronucleatum* at full and half strength. In the full-strength medium (closed circles), the cell density reached a maximum of 2,500 cells/ml at 12 days after the inoculation, while smaller numbers of cells were harvested in half-strength medium (open circles).



Fig. 6. White *P. bursaria* grown for 1 week in a bacteria-free monoxenic culture medium consisting of 0.01% Knop with 20% CM. Food *C. elongatum* had been completely digested and the cells were slightly starved. Scale bar = 50 µm.

indicating that photosynthesis of symbiotic *Chlorella* contributes to survival of the host cell in this bacteria-free culture medium. Microscope observations on *P. bursaria* kept in the dark showed that the host paramecium gradually lost its symbiotic *Chlorella* (Fig. 4, A-C), suggesting that the symbiotic *Chlorella* was digested as an innate food source.

The peak cell density of green *P. bursaria* was increased by raising the concentration of CM in the culture medium (Table 1). The higher the concentration of CM, the more the growth of *C. elongatum*, providing more food for *P. bursaria* and resulting in higher peak cell densities at 7–8 days after inoculation. At concentrations of CM above 30%, increased death of *P. bursaria* was observed during its growth phase (data not shown), along with an accumulation of free-living *Chlorella* cells in the medium after the growth of *P. bursaria* reached its plateau level. In this situation, the culture medium appeared green due to the accumulated *Chlorella* cells, and the survival period of *P.*

bursaria was much shorter (data not shown). The optimum concentration of CM is therefore 20%.

Addition of soybean lecithin to the culture medium facilitated the growth of *P. bursaria* (Table 1). Although a few additional culture days were required to reach the peak cell density, *P. bursaria* remained at the plateau level for a few weeks as it did in the lecithin-free medium. In the presence of lecithin, however, accumulation of free-living *Chlorella* cells was not observed during the plateau phase. The opaque appearance of the culture medium due to the added lecithin gradually faded through the incubation period, and the medium cleared completely 1–2 days after all food *C. elongatum* were taken up by *P. bursaria*.

Further improvement of cell harvest was expected in axenic culture conditions already developed for other species of the genus *Paramecium* including *P. multimicronucleatum*. *P. bursaria* increased in number in the axenic medium developed for *P. multimicronucleatum*, and the cell density of *P. bursaria* in this medium finally reached





Fig. 7. A growth curve of white *P. bursaria* in a bacteria -free monoxenic medium in 0.01% Knop with 20% CM. In contrast to the *Chlorella*-bearing normal *P. bursar*ia shown in Fig. 2, the cell density of *P. bursaria* gradually decreased after it reached its peak at 7–10 days after inoculation. The profile and the time shift of the growth curve of each population are similar at each subculture.



Fig. 8. Isolated symbiotic *Chlorella* grown in CA medium. Scale bar = $50 \ \mu m$.

about 2,500 cells/ml 12 days after inoculation (Fig. 5).

Chlorella-free (white) *P. bursaria* was prepared aseptically by exposing green *P. bursaria* cultured in sterile monoxenic medium to the photosynthesis inhibitor methylviologen. During the exposure period, the paramecium gradually lost its

Fig. 9. Growth of white *P. bursaria* that was incubated with *Chlorella* for 24 h. The medium consists of 0.01% Knop solution with 20% CM.

symbiotic Chlorella cells and, 10 days after the treatment, no symbiotic Chlorella at all was observed in the host cells. P. bursaria thereby freed from symbiotic Chlorella was cultured with food C. elongatum in the bacteria-free monoxenic medium used for green P. bursaria. In this culture, no Chlorella was observed either in the host cell or in the surrounding medium through successive subcultures, indicating that the paramecia were completely deprived of their symbiotic Chlorella (Fig. 6). The population density of white P. bursaria increased and reached its peak cell density 6-7 days after inoculation, and gradually decreased following a stationary period of about 2 days (Fig. 7). The resulting peak cell density was almost identical to that of green P. bursaria (Fig. 2). An axenic culture of isolated symbiotic Chlorella was also successfully established directly from sonicated green P. bursaria (Fig. 8). The population of isolated symbiotic *Chlorella* reached about 7×10^6 cells/ml within 2 weeks under continuous light.

The ability of white *P. bursaria* to reestablish symbiosis with *Chlorella* was assayed in bacteria-free conditions. White *P. bursaria* that was fed on *Chlorella* cells for 24 hr also increased in number in the bacteria-free monoxenic medium



Fig. 10. Light micrographs of *P. bursaria* taken from the culture shown in Fig. 9. A: day 0. B: day 8. C: day 14. Scale bar = $40 \mu m$.

(Fig. 9). The population of *Chlorella*-fed white *P. bursaria* increased and reached peak cell density in a similar manner to both green and white *P. bursaria*, and afterwards did not decrease, but retained a plateau level. Light microscope observations on *Chlorella*-fed white *P. bursaria* were made during the culture period. On day 0, just after the 24-hour incubation with *Chlorella* finished, the cytoplasm of the paramecia was filled with abundant ingested *Chlorella* cells. Many of the *Chlorella* cells were being digested, and the paramecia appeared brownish (Fig. 10A). The paramecia indeed ejected

mixtures of digested (brown) and apparently healthy (green) Chlorella cells during observation. On day 8 after the inoculation, all food C. elongatum were consumed, and the cytoplasm of the paramecia had cleared, leaving many healthylooking green Chlorella cells stabilized in the peripheral region of the host paramecia (Fig. 10B). On day 14, after the population of Chlorella-fed white P. bursaria reached a plateau level, many green Chlorella cells were still observed in the paramecia (Fig. 10C). This Chlorella-fed white P. bursaria was successively subcultured in the same medium. The growth curve of established Chlorella-fed white P. bursaria was identical to that of green P. bursaria, and no white paramecia emerged in the culture medium even after prolonged subculturing (data not shown).

DISCUSSION

In this study, bacteria-free monoxenic cultures of P. bursaria was established, using C. elongatum as a food source. Peak cell density was reached first by C. elongatum, followed by Chlorella growing free in the medium, and then P. bursaria reached its peak as the other two populations declined. The profile of the growth curve was identical for green and white P. bursaria. This indicates that, at least in the presence of sufficient external food, the growth of P. bursaria is not influenced by factors derived from its symbiotic Chlorella. Similar growth profiles for P. bursaria have been reported earlier (Karakashian, 1963; Pado, 1965; Karakashian, 1975; Nishihara et al, 1996), although they were not grown in bacteriafree conditions. After all food C. elongatum was consumed, white P. bursaria decreased in number, but green P. bursaria retained its cell density at a plateau level for a few weeks. In the dark, however, Chlorella-bearing P. bursaria decreased in number, with a gradual loss of symbiotic intracellular *Chlorella*. Symbiotic *Chlorella* releases the major part of newly-fixed photosynthetic products as maltose (Muscatine et al., 1967; Ziesenisz et al., 1981; Dorling et al., 1997), and the host paramecium appears to use it (Muscatine et al., 1967; Brown and Nielsen, 1974). After all external food was consumed in the bacteria-free culture, the survival of *P. bursaria* was dependent on the presence of intracellular symbiotic *Chlorella*, which probably provides photosynthetic products in the light, and may be digested by the host paramecium in the dark.

For the first time, the population of Chlorella living free in the surrounding medium was investigated throughout the culture cycle. Free-living Chlorella floating in the medium has been reported in an aged culture of P. bursaria in non-sterile conditions (Siegel, 1960). It is speculated that the free-floating Chlorella may have been liberated from dead host cells or released from intact host cells, although the origin of the algae was not identified. We observed green P. bursaria exocytotically releasing living Chlorella cells from the cytoproct after feeding on food C. elongatum (not shown). This phenomenon is under further study and will be reported elsewhere. In our bacteria-free culture, the cell density of free-living Chlorella first increased and then decreased markedly during the early growth phase of P. bursaria, strongly suggesting that P. bursaria took up the free Chlorella cells. Weis (1976) showed that Chlorella-bearing P. bursaria can grow by feeding on extracellular Chlorella from the surrounding medium, and about 2,000 Chlorella cells per paramecium per day are required to allow growth with a generation time of 40 hr. In our bacteria-free culture, the ratio of freeliving Chlorella cells to green P. bursaria cells was, at most, 10 at the transient peak cell density of free-living Chlorella (for example, at day 4 in Fig. 2). Therefore, in our cultures, free-living Chlorella would not contribute substantially to the growth of P. bursaria, even if they were all digested.

The composition of our culture medium was modified to improve the final cell harvest of P. bursaria. At higher concentrations of CM, the peak cell density of P. bursaria increased, although excess free-living Chlorella accumulated. This accumulation could be due to increased exocytotic release of intracellular Chlorella cells from living paramecia, but is more likely due to release from dead P. bursaria cells, which were found frequently on the bottom of the culture vessel. Concentrated CM may have direct detrimental effects on P. bursaria, or may contribute to excess growth of existing free Chlorella, which might then excrete factors fatal to P. bursaria. We did not investigate this further because we found that addition of soybean lecithin was far superior for increasing paramecium growth. When soybean lecithin was added to the medium, P. bursaria underwent additional fissions, and maintained its cell density at a plateau level without excess accumulation of free-living Chlorella. Lecithin, phosphatidylethanolamine, or phosphatidylcholine has been previously used as a lipid source in axenic media for Paramecium (Fok and Allen, 1979; Schönefeld et al., 1986). Weis (1975) grew P. bursaria using an exogenous lipid source in an axenic medium. When our culture medium was supplemented with soybean lecithin, P. bursaria was probably able to use this as a source of lipid to achieve additional growth.

We also confirmed that *P. bursaria* is able to grow without food *C. elongatum* in a completely axenic medium that was originally developed for *P. multimicronucleatum* (Fok and Allen, 1979). However, the final cell density, 2,500 cells/ml, was only the same as that obtained in our medium without soybean lecithin. Considering the elaborate preparation procedures and complicated constituents for this complete axenic medium, we believe that our monoxenic culture method, with food *C. elongatum*, is superior to the axenic method for culturing large quantities of *P. bursaria*. Different strains and species of *Paramecium* have different nutritional requirements, and the amounts of, as well as the ratios between, phospholipids and stigmasterol have been regarded as critical for ensuring optimum growth of *Paramecium* (Soldo and van Wagtendonk, 1969; Fok and Allen, 1979; Hennessey et al., 1983). Weis (1975) showed that, in the axenic medium, *P. bursaria* requires a certain ratio between TEM-4T (replaceable with phospholipids) and stigmasterol for optimal growth. Therefore, further modifications to both the axenic and our monoxenic medium would possibly promote better growth of *P. bursaria*.

Using a bacteria-free monoxenic culture of white P. bursaria and an axenic culture of isolated symbiotic Chlorella, the ability of white P. bursaria to re-establish a symbiotic relationship with its original symbiotic Chlorella was assayed in bacteria-free conditions. We employed two criteria to judge the success of re-establishment: the morphology and the growth curve of Chlorella-fed white P. bursaria. In normal P. bursaria, symbiotic Chlorella cells are stabilized in the peripheral region of the host cell (Karakashian et al. 1968; Weis 1976), and Chlorella thereby appears to escape the host's digestive process (Karakashian and Rudzinska, 1981; Karakashian and Karakashian, 1973). The peripheral region of P. bursaria cells is, however, also able to harbor some species of bacteria and fungi that do not provide the host cell with any benefits (Görtz, 1982). Therefore, the retention of ingested Chlorella in the peripheral region of the host cell seems not to be the result of reestablished symbiosis, but is a prerequisite for it. Confirmation of the symbiotic relationship should be possible by observing characteristics that occur only in Chlorella-bearing P. bursaria. In our bacteria-free monoxenic culture medium, Chlorellafed white P. bursaria accumulated many Chlorella cells in the peripheral region, and maintained its cell density at a plateau level as green P. bursaria does. This implies that photosynthetic products from established intracellular symbiotic Chlorella

are being used by the paramecium, indicating that a symbiotic relationship was successfully reestablished between white *P. bursaria* and *Chlorella*. This result also demonstrates that the symbiotic relationship between *P. bursaria* and its *Chlorella* does not involve any other organisms, such as co-existing bacteria.

We conclude that our bacteria-free monoxenic culture method for *P. bursaria* can provide enough cells that are able to re-establish and maintain a symbiotic relationship with *Chlorella* to enable further studies on the molecular mechanism of the symbiotic relationship between *P. bursaria* and *Chlorella*.

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