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42. The method of claim **41**, wherein the sulfhydryl-reactive groups are Michael-type groups containing a carbon-carbon double bond substituted with an electron-withdrawing moiety selected from nitro, halo, carbonyl, and sulfonyl.

43. The method of claim **42**, wherein the sulfhydryl-reactive groups are selected from the group consisting of maleimido, ethyleneimino, acrylate, methacrylate, ethenesulfonyl, and α,β -unsaturated aldehydes and ketones.

44. The method of claim **42**, wherein the sulfhydryl-reactive groups are selected from the group consisting of maleimido, acrylate and methacrylate.

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45. The method of claim **1**, wherein the sulfhydryl-reactive groups are selected so as to form said gel in less than 30 seconds.

46. The method of claim **45**, wherein the sulfhydryl-reactive groups are selected so as to form said gel in less than 15 seconds.

47. The method of claim **1**, wherein a fibrous tensile strength enhancer is incorporated into the admixture in step

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10 (a).

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