

IODINE AS A SUBSTITUTE FOR QUININE.

The power possessed by iodine over malarial troubles seems to have been known many years ago, but the knowledge was evidently confined to few, and not appreciated as it ought to be. Recently several physicians have recorded their experience with this drug, and among others Dr. Wm. Anderson, who gives a highly favorable account of it in the *Proceedings of the Medical Society of the County of Kings*.

Dr. Anderson's experience with the remedy dates back about five years, when, meeting a statement that iodine was a reliable remedy in intermittent fevers, he resolved to give it a thorough trial. He therefore prescribed it in the form of the simple tincture to a number of patients. After watching the results very carefully, he became thoroughly convinced that he had a valuable remedy, and from that time to this he has invariably, with a few exceptions, prescribed iodine in all his cases of intermittent fever, both in private and dispensary practice. He states that up to the present time he has treated at least 800 cases in this manner, and with almost invariable success. The time required to effect a cure naturally varied. In a large number there was no paroxysm after the first dose; frequently it took two or three days before any mitigation was observed. Iodine is so seldom prescribed internally that most physicians look with suspicion on the idea of substituting it for quinine, and think that the stomach would not tolerate it. Dr. Anderson says that this mistaken notion is merely the result of inexperience; he has had but one patient who could not retain it, but neither could she retain quinine. He has found that children take it readily, and in giving it to such patients he has not had a fraction of the trouble that he formerly experienced with quinine. Although he formerly used simple tincture of iodine in sirup and water with good effect, he has recently found it advisable to add iodide of potassium to the mixture to prevent precipitation of the iodine. For adults he prescribes 12 to 15 minims of this compound tincture, freely diluted, to be taken three times a day after meals, and regardless of fever. For children, 5 to 10 minims usually suffice. The author's favorite prescription in private practice is: Tincture of iodine comp., 6 drachms; sirup of acacia, 18 drachms. Mix. Dose: teaspoonful in wineglassful of water three times a day, after food. Dr. Anderson states that he has never as yet observed any injurious effects from the internal exhibition of iodine, especially the symptoms designated as "iodism."

Why this drug should act so beneficially must remain an open question till we know more about the disease itself. It is worthy of note, however, that the remedies usually employed in malarial troubles have marked antiseptic properties, and this is a prominent trait of iodine. To the American physician, indeed to the inhabitants of all countries cursed by malarial fevers, this is a subject of unusual importance. It would be a national blessing to have an effective, safe, and cheap substitute for quinine; for, although the government has recently removed its protection from the latter, this action will affect not so much the pocket of the patient as that of the apothecary.
