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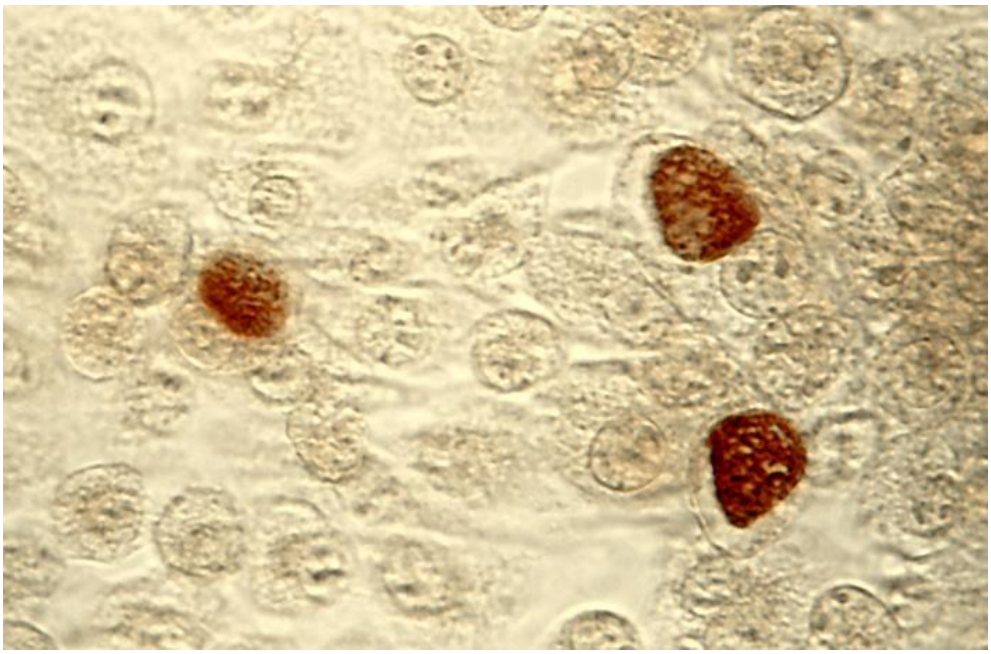

Image: Wikipedia (Chlamydia trachomatis inclusion body)

Was hygiene, not vaccination, the reason for the decline in infectious diseases?

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Critics of vaccinations, which are used against and for everything, explain that the decline of many diseases attributed to vaccinations is actually due to changed living conditions, and especially hygiene. In one case, the decline of an infectious disease through improved hygiene and medical care can now be considered certain.

Trachoma is the world's leading infectious cause of blindness and is currently experiencing historic declines. The World Health Organization (WHO) recently reported a historic milestone: For the first time since data collection began, the number of people **worldwide requiring treatment or at risk has fallen below 100 million** . Compared to 2002, this represents a **dramatic decrease of approximately 94 percent** (from 1.5 billion people affected then to about 97 million today).

What is trachoma?

The disease is caused by the bacterium *Chlamydia trachomatis*. It is a highly contagious conjunctivitis that is particularly prevalent in regions with extreme water scarcity and inadequate hygiene. Repeated infections in childhood lead to severe scarring of the inner

eyelid over the years. The eyelashes turn inwards (trichiasis) and constantly scratch the cornea with every blink, inevitably resulting in painful and irreversible blindness if left untreated.

The formula for success: The SAFE strategy

Humanity owes the fact that this neglected tropical disease (NTD) has been so effectively contained to the WHO-coordinated **SAFE strategy** :

- **Surgery** : Correction of the eyelid in advanced cases to save the cornea.
- **Antibiotics** : Mass distribution of donated antibiotics (such as azithromycin) to quickly eradicate the pathogen.
- **Facial cleanliness:** Educational campaigns to establish regular face washing among children.
- **Environmental improvement** : Sustainable expansion of access to clean drinking water and sanitation facilities.

Recent milestones and the path to eradication

The global alliance aims to completely eliminate trachoma as a global health problem by 2030. entirely realistic . Recent successes in various countries over the past few months demonstrate that this is

- **Over 30 countries trachoma-free:** According to reports from the World Health Organization, have now **31 countries worldwide** received official confirmation that trachoma has been defeated as a public health problem.
- **Historic milestones:** Recent additions to this list include historic achievements: **Egypt** (where the disease was first documented over 3,000 years ago), **Algeria** , **Australia** and, most recently, **Tunisia** have reported successful elimination.

The discussion of what is responsible for what

The historical debate about the role of improved hygiene and living conditions compared to vaccinations in the decline of infectious diseases is being intensively conducted in medicine and history.

Indeed, the example of trachoma clearly demonstrates that **hygiene and living conditions play a fundamental role.** However, there is obviously a gray area here as well, and scientific studies suggest that it is not an "either-or" situation, but rather that both factors interact.

The arguments can be categorized as follows:

Why the critics are right on this point

- **The historical decline before vaccinations:** Many diseases such as typhus, cholera or the plague were drastically reduced or completely defeated in Europe and North America **before** effective vaccinations or antibiotics were available.
- **The drivers of success:** Decisive factors included the introduction of sewage systems, access to clean drinking water (sanitary revolution in the 19th century), better living conditions, the pasteurization of milk, and a more reliable diet that strengthened people's immune systems.

- **The trachoma example:** for trachoma **To date, there is no vaccine** . As described in the SAFE strategy, the disease is primarily **improvement**) **.** combated through facial cleanliness and clean water (environmental

Why medicine still insists on vaccinations

Although hygiene drastically reduces disease, proponents of vaccination argue that it reaches its natural limits with certain pathogens. This is where vaccinations come into play as an irreplaceable tool.

- **The limits of hygiene when it comes to highly contagious viruses:** Viruses such as measles, chickenpox, or smallpox are extremely contagious and spread through the air (aerosols). Even in countries with perfect hygiene and state-of-the-art sanitation, massive outbreaks occurred regularly before the introduction of vaccinations.
- **The case of smallpox:** For millennia, smallpox was a scourge of humanity, regardless of the infected person's hygiene. It was completely eradicated in 1980 solely through a worldwide, coordinated **vaccination campaign** . Hygiene alone could not have eliminated this virus.
- **Immediate vs. long-term effects:** Improving living conditions (infrastructure, clean water for all) often takes decades and requires billions in investment. A vaccine, on the other hand, can protect a population extremely quickly from the worst consequences (such as blindness or death) within just a few years, while infrastructure is built in parallel.

Classification

The assertion that hygiene and living conditions are crucial for combating infectious diseases is **historically and scientifically absolutely correct** . However, the conclusion that vaccinations are therefore unnecessary is disputed.

Modern medical professionals say that hygiene deprives many pathogens of their breeding ground, while vaccinations specifically protect the body against those viruses and bacteria that cannot be stopped by soap and clean water alone.

Historical outbreaks triggered by vaccinations, the argument goes, were the result of **production errors in the 20th century** , in which live pathogens entered the vaccine. They cannot be equated with the regular mode of action of modern, strictly controlled vaccines. (We will leave out the case of mRNA, as it is not a vaccine in this context.)

It is disputed that the increases in autism and autoimmune diseases are causally linked to vaccinations, and only correlation is suggested. Regarding the most drastic case, the rise in autism, it is explained that several factors played a role: in particular, the expansion of diagnostic criteria, but also a massive increase in public awareness. A study that supposedly proved a causal link was subsequently exposed as fraudulent , and a study with 650,000 children, it is explained, showed no differences whatsoever between vaccinated and unvaccinated children.

Conclusion

The debate will therefore continue for a long time, not least because research is primarily funded by economic and political interests. If one study is criticized, a hundred more studies are conducted as counter-evidence. Furthermore, numerous past instances of evidence

demonstrating the harmfulness of this type of " *research* " have undermined the credibility of both "research" and politics. The treatment with mRNA substances, marketed as vaccination, during which there is plenty of deception "for the good of humanity," has led to increasing skepticism. And so, many people are reverting to good old " *faith* " or personal responsibility.