

## APPENDIX G.

## NICARAGUA.

**A FEW FACTS CONCERNING SANITARY CONDITIONS IN NICARAGUA.**

By DR. D. ROMÁN.

The Government of Nicaragua, the people of Nicaragua, ever ready to keep abreast with modern civilization, have accepted the honor of cooperating at this conference with the nations here represented, not only with earnest interest, but with confidence in the fact that the learned deliberations of this convention will bring forth the most beneficent results, not only to the nations of the Western Hemisphere, but to the world at large.

Sanitary regulations in Nicaragua are entirely under Government supervision and are as complete and thorough as conditions peculiar to that country demand. Police agents, inspectors of boards of health, etc., meet promptly and efficiently all requirements in the maintenance of hygienic conditions.

Nicaragua is peculiarly free from epidemic and pestilential diseases, and it can be said positively that Nicaraguan ports are neither sources of contagious diseases to other nations nor the recipients of infection from other ports. While it is true that isolated cases of yellow fever are on record as having been brought to our shores, a true epidemic outbreak has not been known within recollection of many generations; and the very fact that isolated cases have never culminated in the development of a general epidemic infection shows, with much weight, that Nicaragua is not a home for yellow fever; furthermore, in the presence of the latest scientific contribution in the researches inaugurated in Cuba, we can infer that Nicaragua is not the home for the mosquito which plays so important a rôle in the transmission of the disease.

The bubonic plague and Asiatic cholera, are not brought to our shores, and the scourges of smallpox have had in years past but a transient foothold, thanks to the high favor and universal acceptance which is made by Nicaraguan people of the prophylactic virtues of vaccination.

Apprehension, superstition, and ignorance, if you please, oftentimes result in wisdom, and so it happens that among the poorer classes, generally the foci of infectious diseases, the prevalent dread for the filth of the contagious type of maladies leads to the ready acceptance and popularity of scientific means of prevention. For this reason we find in Nicaragua that pulmonary tuberculosis is rare, and that such individuals as suffer from the disease are not in touch with the community, but almost totally isolated in their own homes, the esputa of such patients being destroyed by fire and a complete separation made of everything pertaining to the necessities of such case.

The epidemic infectious fevers, such as typhus and typhoid, occur in sporadic and mild forms, so that in years no cases have been recorded. The miasmatic fever, the true malaria, and its characteristic phenomena, seldom occur in Nicaragua, and that such conditions simulating the malarial paroxysm are found upon thorough analysis to be either cases of auto infection with septic cholangitis or else true cases of ankylostomiasis. We can ascribe such antimalarial conditions as exist in Nicaragua, first, to the sandy soil of the low regions, to the trade winds which sweep over the coasts; second, to the numerous and large lakes in the interior of the country, which subdue the severity of tropical heat.

In the vicinity of certain rivers and "clay regions," the "clay eater" often seen in the western portions of the country, manifest typical ankylostomiasis. From the earliest days of the colonization Nicaragua enjoys a well-known reputation as a garden of health. The most competent and painstaking observers, both from Europe and America, have at different periods made exhaustive investigations of the sanitary conditions of Nicaragua, with results which merit uniform praise for Nicaragua.

In conclusion, it is the desire of the Nicaraguan Government that such measures be adopted at this conference as will further the rapid extermination of all diseases which have heretofore threatened humanity far more than wars.