

# In the great plague, why did developed countries have higher infection rates and higher death rates than developing countries?

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People always want to learn from history, but in fact history is always surprisingly similar.

The biggest similarity between COVID-19 and 1918FLU is that the plague is more prevalent in developed countries than in developing countries and the rich country has a higher fatality rate. So far, the infection rate and fatality rate of COVID in African countries are the lowest in the world<sup>1</sup>. The vast majority of deaths in 1918 FLU occurred in Europe<sup>2</sup>, which was the developed region of the world at that time.

Why is this happening?

No one ever asked. I have not seen any research papers on this issue. Experts are busy rescuing patients and developing vaccines, and more people are busy with political debates.

The reality that people in rich countries are more likely to get sick and die in the plague is actually a wake-up call to human civilization. Although most people did not hear the bell, because it violated people's common sense that everything is better in advanced countries.

The alarm bell is clearly telling people that modern civilization is heading for a dangerous path that will destroy people's health.

The fundamental way that modern civilization destroys people's health is to artificially create an over-clean living environment, so that people's immune systems have nothing to do and get gradually weakened. The weakened immune system eventually loses its basic ability to deal with pathogens. Researchers have long discovered that the immune system of wild mice is much stronger than that of laboratory mice<sup>3</sup>. The immune system of mice in the wild is like an army, fighting every day and getting rich experience. But the mice in the laboratory live in a clean environment, the immune system is doing nothing all day, and there is a serious lack of experience in fighting pathogens. Once it encounters a major event, it will be a complete failure. The immune system of people in developed countries is like the immune system of laboratory mice, which has been severely degraded. In the face of the great plague, it is already vulnerable. The immune system of people in developing countries is like the immune system of mice in the wild, fighting pathogens every day, very powerful. Shows an advantage in the great plague.

Another major way that modern civilization destroys people's health is the widespread prevalence of basic diseases caused by overnutrition, such as hypertension, cardiovascular disease, and diabetes. These basic diseases are the biggest accomplices of the pandemic. In fact, only 9% of deaths are caused by COVID-19 alone<sup>4</sup>. These basic diseases are actually the so-called pet diseases, which are mainly caused by excess food and people's lack of active control. The prevalence of underlying diseases also shows that most people lack the ability to self-control when facing food. In the same country, why some people groups have a higher infection rate and death rate in the great plague, maybe we can find some clues from here.

It can be clearly foreseen that in the next pandemic, there will still be higher infection rates and higher death rates in developed countries.

1. <https://coronavirus.jhu.edu/data/mortality>
2. <https://pubmed.ncbi.nlm.nih.gov/19453486/>
3. <https://www.nature.com/articles/ncomms14811>
4. <https://www.healthleadersmedia.com/covid-19/new-cdc-report-shows-94-covid-19-deaths-us-had-contributing-conditions>