



(RESEARCH ARTICLE)



The health work of Capodistrias – historical retrospection of the work and organization of the health care management of the newly established Greek state by its first governor

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International Journal of Science and Research Archive, 2024, 13(02), 1447–1454

Publication history: Received on 16 October 2024; revised on 22 November 2024; accepted on 25 November 2024

Article DOI: <https://doi.org/10.30574/ijrsra.2024.13.2.2303>

Abstract

The present paper aimed to collect and highlight one aspect of the work of Ioannis Capodistrias in an area that has been little explored, the healthcare planning of the newly established Greek state. An overwhelming percentage of the literature referring to the multifaceted personality of Ioannis Capodistrias studies

- His activity in Italy where he studied Medicine and came into contact with modern knowledge, new ideas and trends,
- His work as a doctor upon his return to Corfu after the end of his studies,
- His activity in the political arena of the newly established State of the Ionian Islands,
- His later life in Russia and then his activity as a diplomat and as Minister of Foreign Affairs of Russia,
- His role in the struggle for National rebirth and finally,
- His work as the first Governor of Greece.

His achievements in the European diplomatic arena and his contribution to key issues (such as the Swiss and French issues) aiming at peace on the European continent, his vision for a free Ionian state at the beginning of his diplomatic career and a free Greek state thereafter, are able to give a global picture to the modern scholar of the dynamics of Ioannis Capodistrias as the multifaceted personality he was. The assignment of the governance of the newly established Greek state to Ioannis Capodistrias set the newly established Greek state, impoverished by the war, on a path of development that could stand in Europe together with the important powers of Epirus. However, his assassination violently halted this dynamic of development, constituting in essence the murder of the newly established state of Greece.

Keywords: Greece; Healthcare system; Research; Greek state

1. Introduction

Ioannis Capodistrias, the first governor of Greece, was a special personality with an international reputation in the European political scene. As a politician, apart from his diplomatic successes at international level, he contributed significantly to the national rebirth, which resulted in the creation of the Greek state. As the first governor, he tried to organize the state and its services according to European standards, as well as to deal with the problems that plagued the Greek population by dedicating his life to this purpose. However, his assassination, as a result of the reactions of domestic factors to his work, interrupted his work.

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The activity of Ioannis Capodistrias has occupied both Greek and foreign historians since his death and has been reflected both in biographies and in academic works and studies. The vast majority of biographies and studies on Capodistrias are based on the study of the four-volume collection of Capodistrias' correspondence, as published by Betant, and on the summary of his political career as published by the Russian Academy in Petrograd. These biographies were interspersed with the personal perceptions of the authors and as a result they either showed excessive zeal for his work or criticized it severely.

One of the most important biographies is that of Galatopoulos (1) in the newspaper Estia, in the form of articles, with which he filled in and shed light on many gaps in Capodistrias' life, concluding that "Ioannis Capodistrias remained Greek from head to toe".

The consolidated volume of these articles, published in 1932, is one of the most important biographies of Capodistrias' time, in which the biographer tried to summarize the work of Capodistrias and his "feats of his services", as he says, away from the distortions of foreign biographers of the time, who were influenced by political rivals, and Greek dissidents – agents of foreign powers gave the wrong image of the Governor.

The study of the biographies and letters of Ioannis Capodistrias gives the scholar a clear vision and goals for the Greek state. Among the actions for the reconstruction of the Greek state, Ioannis Capodistrias, as a doctor himself, made significant efforts to organize the health sector. However, from the first day of his arrival in the Greek state he faced great difficulties, which Gatopoulos characteristically summed up in three words "pestilence, famine and sinking".

The plague epidemic that had reached Greece by Ibrahim and his army (2), the hunger and misery of the Greeks, the starving orphans of war, the destroyed and hygienic cities of the Greek state and finally the miserable economic situation hindered the organization of the health sector. Tackling the plague was made a priority. At the same time, the gradual effort to clean up Greek cities began, starting with the capital of Nafplio. The reconstruction of Nafplio and the formulation of the health policy that would apply in its city would be the model on which the reconstruction of all the cities and towns of the Greek state would take place.

However, his assassination put a definitive end to the planning of the health system of the Greek state, which, despite the enormous difficulties of organization and implementation it faced, while Ioannis Capodistrias was alive, was progressing with positive steps.

2. Literature Review/Methodology

For the purpose of the research, an electronic bibliographic search was carried out on Google scholar. Full-text papers were sought in Greek and English with keywords such as: Ioannis Kapodistrias, health in the newly established Greek state, medicine in the newly established Greek state, Kapodistrias and health in both Greek and English. At the same time, a search was made in bibliographic references that existed in published articles found during the bibliographic search. Biographies related to Ioannis Capodistrias were searched. Four of them were used in this paper. Archives from the Kapodistrias digital archive kapodistrias.digitalarchive.gr the website of the Kapodistrias Museum were studied. Finally, letters of Governor Capodistrias from the day of his arrival in the Greek state as governor until his assassination were studied, in Greek as well as in translation.

3. Results and Findings

Ioannis Kapodistrias was born in Corfu, under Venetian occupation, in February 1776 (3). He was the sixth of nine children born to the Vittori family, who hailed from Capo d'Istria. However, the designation of the family's place of origin prevailed as its surname. Ioannis Capodistrias' parents were of noble origin. His father, Antonios Maria, who studied in Italy, was one of the most remarkable lawyers of Corfu, while at the same time he played an important role in the political events that determined the history of the island. His mother, Adamantia Goneni, came from a noble family of Cyprus, which fled to Corfu after the occupation of Cyprus by the Ottomans. As a result, the education he received was not limited to that received in Corfu, but continued at the University of Padua where he studied medicine and was awarded a doctorate (1797). At the same time, as a restless spirit, he attended lectures on legal, philological and philosophical studies (3). As a carrier of ideas of social justice, equality of all people regardless of social class, of which he became a partaker during his studies, he returned to the island of Corfu in 1797. There he practiced medical science. According to Viazis and Galatopoulos, (as reported by Tzima, 2022 (4)) he was distinguished for his selfless contribution, his kindness of character and patience, as well as his successful diagnosis of diseases. In 1801 the Ionian Islands were recognized as an autonomous state, the "Septinsular State" after the signing of a treaty between Turkey

and Russia. The Portal appoints Capodistrias as responsible for implementing the constitution that had been enacted. In 1803 he was appointed secretary of the State of the Ionian Islands and began its reorganization while aiming at raising the educational level of citizens, which he considered as a key element for the preservation of freedom and the progress of the state of the Ionian Islands (5).

Thus, it proceeds to the establishment of elementary schools in all the Ionian Islands and makes basic education compulsory. At the same time, he founded the school of Tenedos in Corfu, with the aim of training state officials, whose attendance was compulsory. In 1807 he was called to serve as a military commander on the island of Lefkada, where he managed to unite various classes of Greeks and with the help of Russian allies fought against Ali Pasha. During this struggle he met important Greek chieftains and came into contact with the spirit of the Greek revolution (3,5). When the Treaty of Tosit ceded the Ionian Islands to the French, following the conclusion of an alliance between Russia and France, Kapodistrias initially returned to Corfu and then took up service in the diplomatic corps of the Russian Foreign Ministry. From 1809 to 1822 he served in the diplomatic corps of Tsarist Russia (1).

At the same time that he is climbing to the diplomatic level, he addresses releases to help Greece's struggle for its liberation, while with his assignment to the Russian embassy in Vienna he continues to work for the liberation of Greece (5).

Perhaps the most important moment in his diplomatic career was his assignment to Switzerland, with the aim of organizing the Swiss cantons, revising the Swiss constitution, and achieving the country's neutrality and independence. He created the federal constitution of Switzerland, and achieved the inviolability of its borders. At the same time, he continued his struggle to raise awareness of the Greek issue (1). After the Congress of Vienna, the Tsar of Russia entrusts Russia's foreign policy to Ioannis Capodistrias.

The defeat of Napoleon brings Capodistrias to the Congress of Paris, where he convinces the four allied powers not to act punitively against France, in order to ensure peace in Europe. As mentioned in the history of the Greek nation, Capodistrias was characterized as the "architect of the European Peace of 99 years", from 1815 to 1914. In 1915, after his tireless diplomatic efforts, the Treaty of Paris was signed, recognizing the Ionian Islands as a "free and independent state under the protection of Great Britain". At the same time, in the Russian Foreign Ministry he is working on the Greek issue and the relief of Greeks (5).

Another important moment in his diplomatic career of particular importance for the Greek question was his memorandum to the Aachen conference, where he declared that it was necessary to protect Europe from the use of force and that the expansionist ambitions of the great powers at the expense of smaller ones had to be contained. According to this, smaller nations should be given the opportunity to resolve their national issues with the cooperation of the great powers, but without them imposing their decisions. Thus, the Greek nation could raise its question at the right time (1,3,5).

In 1820 he refused the leadership of the Society of Friends, knowing that this would deprive him of the possibility of being more useful in the Greek question and the Greek struggle through his key position in the Russian Foreign Ministry (1). At the same time, he knew that the international climate was not appropriate, as both the great powers were opposed to the revolutionary movements, and the tsar would not assist the Greek revolution. Indeed, when the Greek liberation movement led by Ypsilantis broke out, Capodistrias managed to prevent an intervention by the European powers in order to suppress it, presenting it as an isolated event. At the same time, he tried to reverse the negative climate, stressing Ottoman oppression, economic impoverishment and the need to protect the Christian population of Greece from Muslim persecution (5).

However, when in 1822 the Greek revolution had broken out and despite the fact that philhellenes and supporters of the struggle began to increase in Europe, the negative attitude of Tsar Alexander towards the Greek struggle led Ioannis Capodistrias to resign. Before his departure from Russia and his settlement in Switzerland, Capodistrias analyzed in detail the European attitude and policy towards the Greek revolution, which was negative, advising them not to place their hopes in external aid, but to fight with their own means. From Geneva, he was active in favor of the Greek struggle, fighting for the internationalization of the Greek issue and pressuring European governments through prominent philhellenes. At the same time, he disposed of most of their property for the purposes of the struggle, neglecting even his health (1).

As secretary of state of the newly established state of the Ionian Islands, one of Ioannis Kapodistrias' first concerns was the creation of Collegio Medico, the first scientific association in Greece. Capodistrias soon realized the need for professional training and certification of doctors in order to improve the health situation in the Ionian Islands. Thus, in 1802 the Collegio Medico was established, and with the approval of the health department and the government of the

islands on June 8, the association took into its own hands the public health of the citizens and the then lay doctors (7). Its establishment contributed to the establishment of medical standards and education and strengthened medical science and the specialization of health professionals not only in the Ionian Islands but throughout Greece, as it was the first institution that regulated education and required practice in Medical Science.

More specifically, the responsibilities of the Collegio Medico included the protection of children's health, the implementation of sanitary rules, the protection against communicable diseases, mainly plague and smallpox, the control of doctors' degrees, the conduct of examinations for the proficiency of the profession, the control of pharmacies, hospitals, and pharmaceutical preparations of the time, the control of the orphanage. Finally, it became mandatory to record health incidents in order to have statistics in college and at the same time forensic opinion was made mandatory in cases of violent deaths (8). The burial of the dead at a depth of six feet was practiced in order to eliminate epidemics that broke out from the shallow burial of the dead. Also, for the first time, rules were introduced for the prescription of pharmaceutical preparations by doctors and national pricing for medicines was created.

In addition, new rules for drinking water were implemented, a national tariff for medicines was introduced and rules were introduced on prescribing by doctors with a "National Plan of Pharmacology". At the same time, the institution of the "doctor of the poor" was established, so that no citizen of Corfu or the other islands would be left without medical care (8).

The smallpox virus was one of the most important threats of the time, decimating the population, especially the children, which had higher mortality rates. For the treatment of the virus, the practice applied until then was to vaccinate healthy children with the smallpox virus, so that they become mildly ill, a practice that did not always have positive results. In 1798, however, the English physician Edward Jenner, later father of immunology, submitted to the Royal Academy of England a report on the vaccination of children with heifer serum, a practice that met with fierce opposition from scientists of the time, as well as from part of the Church and the state (7).

More specifically, Jenner introduced the strain of heiferitis, the virus of the same disease in cows from which the human body was not at risk, safely causing immunity from the smallpox virus (variola). The doctors of Collegio Medico with the support of Ioannis Kapodistrias adopted Jenner's practice and with the help of the Corfiot doctor Stamos Gagadis, who brought the heifer virus to Corfu with the first vaccine in the history of the Greek nation, from Italy, applied it to the population, but also faced opposition (8). However, with the contribution of Kapodistrias, prisoners of the prisons and then the babies of the showroom were vaccinated. Despite the fact that the children of the noble classes of Corfu were vaccinated, which could have acted as an incentive, the popular world continued to react.

That is why sixty thalers were given to heads of families who vaccinated their children. In this way, children in the Ionian Islands were vaccinated, which significantly reduced the disease (8). However, with the departure of Kapodistrias from Corfu, and while vaccination continued to be mandatory, it was not implemented diligently, a fact that some decades later (1852) cost Corfu the reappearance of the epidemic with many deaths (7).

The arrival of Ioannis Capodistrias in Greece brought him face to face with tremendous problems, both in terms of infrastructure and civil conflicts. During his tours of Greek territory, he saw for himself the magnitude of the problems as he saw destroyed cities with zero infrastructure, deserted villages, poverty and destitution. The situation he faced led him to call for a concentration of powers in his person, the dissolution of Parliament and the establishment of an advisory body, the Panellinios, which would consult and inform on the important issues that arose. However, he was unable and did not manage to implement a comprehensive health organization program, due to adverse conditions, lack of logistical infrastructure, economic hardship, along with the constant undermining of his work by his opponents (9). The magnitude of the humanitarian crisis that Capodistrias found was such that it led him to prioritize the welfare and education of Greek society (2). The issue of war orphans and their high mortality rate was one of the urgent issues that had to be managed. Care was given for the provision of housing, clothing, food, and the provision of health services. At the same time, its purpose was to train them, so that in the future there will be professional rehabilitation. The temporary orphanages of Poros, Nafplio and the orphanage of Aegina were founded (19). The capital of the newly established Greek state, Nafplio, was one of the most vulnerable to infectious epidemics, such as plague, rash typhus, dysentery, cholera, smallpox, areas of the country. The city of Nafplio was extremely unclean. The city's most important problem was the clogging of sewers. In addition, outside and west of the sea gate, a small settlement with huts had been created, with a complete lack of sanitary infrastructure.

The city of Nafplio, as the capital of the newly established Greek state, was a pole of attraction for refugees and fugitives who had flowed to it for safety and survival. It is estimated that in 1929 the population of residents living in Nafplio exceeded 5500. Their living conditions were tragic. This contributed to the fact that the plague in Nafplio was endemic

even from the first years of the second Turkish occupation. The poor health situation was also aggravated by the troops stationed in the city at regular intervals (11).

Pronia, a suburb of Nafplio, is a project of housing policy and Kapodistrias' special concern for both the eradication of infectious diseases and the rehabilitation of refugees. The area as a toponym was already known, as in it there were the inns of the Turkish occupation. However, it was a source of epidemics due to overcrowding, lack of cleanliness, miserable conditions where families lived (makeshift shacks and huts) set up without planning, in dilapidated houses and courtyards of abandoned Turkish properties (the national estates). The overcrowding was exacerbated by the concentration of refugees from unredeemed Greek provinces (Crete, Psara and other islands), as well as from Asia Minor.

Indeed, not only Cretan and Smyrnian refugees settled in the area, but also fighters from Psara, Roumeli and Epirus. Only Pronia, a suburb on the northern outskirts of the city, in June 1828 is reported to have been a settlement of 2500 inhabitants (12)

The project designed by Capodistrias for the rehabilitation of refugees had two purposes. Initially, it would contribute to the reduction of overcrowding in the city of Nafplio and mainly it would rehabilitate those who lived in shacks and conditions of poor hygiene and source of infectious diseases, with the ultimate goal of reducing the occurrence of infectious diseases. One of Kapodistrias' first moves, when he settled in Nafplio, was the registration of refugees as well as the systematic relocation of homeless families and those living in huts.

Acting on the basis of prevention, it assigned Mavromatis and Voulgaris the selection of a suitable location for their permanent settlement, with the approval of a relevant financial expenditure. The refugee settlement in the suburb of Nafplio, designed by the architect Voulgaris, was named Pronia and housed poor and homeless families with priority and then those living in huts (11, 12).

Voulgaris' proposals included the demolition of all huts inside and outside Nafplio, and the creation of houses northeast of the city, towards the village of Aria, the cleaning of the city and the repair of the water supply network. On April 10, Kapodistrias explicitly assigned him the creation of a suburb of Nafplio, Pronia (2). Already, as part of the sanitary measures to combat the plague in the area, the huts of the area had been demolished and burned and the first housing plan for enlargement had been drawn up. of the suburb. According to sources at the time when Sakellariou was recorded (13), the plague had occurred in the shacks where about 2500 people had settled (2158 people in 662 huts)."

The civil hospital of Nafplio, which operates both as a military and as a civil hospital, began its operation in 1825 and consisted of two departments, the hospital for the wounded. However, the need to create a hospital that will serve exclusively the military population was pointed out to the Ministry of Interior, as well as a plethora of foreign philhellenes.

The arrival of Ioannis Capodistrias as Governor in 1828 changed the hospital situation that prevailed until then, as for the first time separate hospitals were created for the military and civilians. The Bavarian Colonel Heideck, assistant and collaborator of Stamatis Voulgaris (architect, urban planner and officer of the French army entrusted by Kapodistrias with the reconstruction of Nafplio), made the creation of hospitals in the city a priority (2).

Two hospitals are planned: the "First National Hospital of Nafplia or Hospital of the Five Brothers' Cannon" under the direction of the Lefkadian surgeon Petros Stefanitsis and the National Military Hospital of Nafplia" directed by the German philhellene H. Treiber. The National Military Hospital of Nafplia was created in August 1828. Heideck knew as a military man the health care and care needs of militants. Its creation was considered vital as their care would boost the morale of the army, improve its living conditions and contribute to its overall combat worthiness. The hospital was created inside the castle of Acronafplia, due to its good location and good ventilation, while in the same area operated the central pharmacy. Initially, it operated with 42 beds and employed a chief physician, pharmacist, janitor, staff for nursing care, cleaning and feeding, while before the completion of its first year of operation, 16 beds had been added. Its final capacity reached 100 patients, while by 1831 it employed more than four, and perhaps more, doctors, the hospital employed nine more staff. The hospital's resources came from the deduction of a certain amount per day of treatment from the salary of patients and a small percentage of government subsidy (14). The hospital, as a purely military hospital, offered its services until June 1832, when it began to accept civilian patients.

The First National Hospital of Nafplio was used until May 1832 for the treatment of poor, orphans, convicts, undertrials, prostitutes, foreigners and prisoners of war. The financial resources of the hospital came from the special percentage tax on goods imported and exported from the customs of Nafplio, from citizens' subscriptions, a special tax imposed on craftsmen, members of the Parliament and Executive and ministers. Later, revenues from the lease of the public stater of Nafplio and Myloi were granted for its financial support (15). The operation of the two hospitals, (in parallel with the

operation of the health departments), is a sample of the health policy that Capodistrias wanted to implement in the country, as he knew the contribution they could play in maintaining public health. These two hospitals are a Kapodistrian project, as they were an inspiration, and at the same time designed, constructed and operated by Capodistrias and his associates. They were the first complete institutions of nursing care for Greeks, while the military hospital was the first full institution of nursing care for soldiers.

Capodistrias, aiming at the prevention of the diseases that plagued the country and the general improvement of public health, made sure that the inmates of the Orphanage of Aegina were trained in relevant professions. During the struggle the war orphans lived in miserable conditions, while many of them did not survive due to famine and epidemics. Capodistrias realized the extent of the problem when he visited the camps of Troizina, where many of them roamed as psychosons, and as beggars. At the same time, many girls lived with captains in order to survive (19). Its reconstruction was carried out with donations from citizens, and, mainly, fundraising donations from expatriates and European philhellenes (17).

The work of the orphanage was originally to house, feed and care for its orphans. They then attended classes to acquire elementary knowledge as well as workshops to learn some art so that they could survive into adulthood. At the same time, based on their performance, some children were sent with scholarships to higher and domestic schools to supplement their education, especially in fields that could help the nation, such as the art of pharmacy (17).

The Orphanage initially hosted 30 children. To these were added in March 1829 66 orphans who had been bought by French philhellenes from Alexandria and 160 psychosons from Poros. Gradually, the orphanage accommodated about 500 children.

During the Kapodistrias administration, the first pharmacopoeia laboratories were created by private individuals. Indeed, in this context, the government wanted to use this interest of private individuals to educate young people in pharmaceutical science. Permission to establish pharmacopoeia laboratories is requested by well-known Greek pharmacists, such as the Corfiot Nikolaos Vrakliotis, as well as foreign businessmen, among them the German chemist and pharmacist Slavav. The businessman, Adolphe Mahn, submitted to the Governor in May 1830 proposals by which he took over the management of the pharmacies of the city's public hospitals, the preparation of the required medicines, the execution of prescriptions to private individuals and the concession of all the tools of the laboratory at cost price. In fact, his proposals included training young people in pharmacopoeia (16).

In the city of Nafplio, an application for the establishment of a pharmacy that would meet the needs of the city and contribute to the education of young people in pharmacy was made by Nikolaos Zavitsianos in September 1830. Zavitsianos asked either to be appointed pharmacist at the Central Pharmacy and teach those interested in chemistry for a fee or to organize a pharmacy in Nafplio at his own expense. He applied for a house from the government in which he would manufacture all the medicines and instead of rent he would undertake the training of two young people from the Orphanage of Aegina in pharmacy and feeding them (16).

Capodistrias accepted the proposal with the ultimate goal of training orphan scholars in the practice of pharmaceutical art. At the same time, in the signed agreement, it clearly stated its interest in the introduction of pharmaceutical science at the Central School of Aegina, where apprentices would acquire theoretical and practical training. At the same time, the intention to establish a public pharmacy was evident when conditions would allow it. With the opening of the pharmacy in Nafplio, two inmates of the Aegina Orphanage began their training. Zavitsanos continued to train inmates, as stipulated by what he had agreed with Capodistrias. in accordance with what he had agreed with the Government. In this way, education in the "art of medicine" began in Nafplio within the framework of Capodistrias' long-term policy for the welfare and health of the Greek people (16).

Capodistrias was a pioneer in dealing with epidemiologically transmitted diseases and attached great importance to dealing with them, despite the fact that his decisions brought significant reactions and had huge political costs for him (20). His medical knowledge as well as his relationship with the field of medicine in Italy, which dealt systematically with the plague epidemic, allowed him to know its importance as a disease and to understand the magnitude of the threat when it reached Greece in 1828. This allowed him to design a proven response plan by taking timely and timely actions based on the implementation of quarantine, among others.

The general political instability in the wider region was the starting point for the spread of the plague. The "plague of the poor", as it was called, first arrived in Methoni in Messinia by Ibrahim's Egyptian prisoner army (soldiers died by the dozens daily) and soon appeared on the island of Hydra, where the ship Aphrodite, whose crew was carrying the infectious disease, had arrived. Kapodistrias, recognizing the immediate danger and with the outbreak of plague cases

mainly in Hydra and Spetses in May 1928, asked the Panellinion to draft a health regulation for the health protection of the country (2).

In the first instructions to the administration of Hydra, its inhabitants were asked to remain on the island, in order to contain the epidemic and not transfer it to the rest of the country. The island was quarantined and isolation was requested, separating the areas infected with the plague and those not. Capodistrias himself went to Hydra to supervise the implementation of the measures. At the same time, he appointed extraordinary health commissioners on the two islands, responsible for supervising public health, implementing health provisions, and preventing any conflicts (2, 20)

The quarantine would end in 40 days after confirmation of no infectious disease on the islands. Quarantine indicated the interval of forty days of isolation of the patient, during which the symptoms of plague appear. It had the meaning of both personal cleanliness by bathing the body, changing clothing and burning contaminated clothes, as well as cleansing the healthy part of society from infectious disease, by removing and isolating patients in special areas the quarantine centers. On the island of Hydra, politician Spyridon Kalogeropoulos (who studied medicine in Italy) was appointed Health Superintendent and implemented more intensive measures to contain the epidemic. Kalogeropoulos took drastic measures, including cremation of the dead and their clothing by a specific crew of gravediggers. The homes in which they lived were disinfected, while asymptomatic people who had been in contact with sick people were isolated for a duration of 50 days, during which time if they had been carriers the disease would have appeared. However, the extent of the disease led to additional measures being taken by imposing isolation of all residents in their homes. Places of assembly such as churches were closed, while only shops already necessary for survival remained open. Disinfection was imposed on the entire fleet and medical examination of the crews. At the same time, the entire Arab population was deported for fear of the disease, as it was believed that he carried the disease. Finally, on August 20, 1828, an official order was issued prohibiting all movement to and from all areas affected by the plague (2).

Despite the measures taken and the compliance of the inhabitants of Hydra to them, the epidemic spread to Spetses, Poros, Salamina, Chalkida, Megara, Kalavryta and the wider area of Argolida, leading Kapodistrias to impose a stricter quarantine. All of the above areas were declared no-go zones for 40 days for both people and goods. Patients were isolated in wooden houses away from residential areas and strict hygiene measures were implemented. According to sources, Kapodistrias worked daily from 7 to 11 in his office, alone or with his colleagues. From 11 to 14.00 they received representatives of the people. He then considered applications and gave orders on the affairs of the state. After lunch he would return to his office until 19.00 where he used to take a walk outside the city. Returning to his office, he continued his work until 23.00. Despite this very intense program, he did not neglect to keep abreast of medical developments in Europe. At the same time, he wrote articles, which he published, trying to inform Greeks on medical issues (5).

3.1. History of cholera's influx into Europe. (French translation)

In this article, Capodistrias translates Mr. Moros' speech on the three known cholera epidemics at the Paris Academy of Sciences in 1830. The three epidemics originated in India and were transported and spread most of the time through mobile troops. The article mentions the transmissibility of the disease as well as its regression, but temporarily, the pathogenic bacterium cholera was not yet known and so protection from it was carried out through observation of people on the move, such as traders and troops, from areas known for its epidemiological susceptibility to the disease

'On the dispute between man and other animals'

In this article, Capodistrias refers to the anatomical and physiological differences between man and ape. It emphasizes the advantage gained by man due to standing position and standing gait and emphasizes man's adaptability to various environments, both because of his movement and because of his brain. Specifically on the subject of the human brain, Capodistrias presents the most modern for his time, based on French and German bibliography on brain development and anatomy, but also on speech as a separate feature. Finally, in a series of shorter articles, he talks about the principles of proper preservation of basic foods.

4. Conclusions

Ioannis Capodistrias, both as a European diplomat and as governor of the newly established state of Greece, fought to create social bases with forces that did not exist. He used his diplomatic knowledge, powers and alliances for the good of his country and its people. He used medicine, the science he studied and never abandoned as a method of action to face the significant challenges he faced as governor of the newly established Greek state. In this context, he applied all the innovative knowledge of the science of medicine against the epidemics that plagued the state, designed and implemented the health policy of the new state, which he piloted both in Nafplio and Aegina. He trusted pharmaceutical

science and made sure that young people who attended the orphanages he created were trained in it, with the assistance of both the Greek state and philhellenes, so that they could in turn offer their services to their homeland.

He fought to educate the Greeks and remove the prejudices based on the quacks that preyed on the state. He made a significant effort to implement vaccination to combat smallpox. Despite the difficulties, difficulties and misfortunes, Capodistrias, as Gatopoulos characteristically mentions, "neither curbed nor interrupted his work, on the contrary, continuing more intensely his efforts to provoke financial assistance from the allies". Indicative of his convictions and perhaps prophetic of his end was his reply in a letter to John Gennatas: "I shake your hand without fear of the plague. The only plague which I fear is the wicked and inadequate old people!".

Compliance with ethical standards

Disclosure of conflict of interest

No conflict of interest to be disclosed.

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