

Mary Baker Eddy is the Discoverer and Founder of Christian Science— a prayer-based system of spiritual healing that people around the world have testified to as beneficial in preventing and curing both disease and contagious conditions. \*

# Contagion

by Mary Baker Eddy

Whatever man sees, feels, or in any way takes cognizance of, must be caught through mind; inasmuch as perception, sensation, and consciousness belong to mind and not to matter. Floating with the popular current of mortal thought without questioning the reliability of its conclusions, we do what others do, believe what others believe, and say what others say. Common consent is contagious, and it makes disease catching.

People believe in infectious and contagious diseases, and that any one is liable to have them under certain predisposing or exciting causes. This mental state prepares one to have any disease whenever there appear the circumstances which he believes produce it. If he believed as sincerely that health is catching when exposed to contact with healthy people, he would catch their state of feeling quite as surely and with better effect than he does the sick man's.

If only the people would believe that good is more contagious than evil,

since God is omnipresence, how much more certain would be the doctor's success, and the clergyman's conversion of sinners. And if only the pulpit would encourage faith in God in this direction, and faith in Mind over all other influences governing the receptivity of the body, theology would teach man as David taught: "Because thou hast made the Lord, which is my refuge, even the most High thy habitation; there shall no evil befall thee, neither shall any plague come nigh thy dwelling."

The confidence of mankind in contagious disease would thus become beautifully less; and in the same proportion would faith in the power of God to heal and to save mankind increase, until the whole human race would become healthier, holier, happier, and longer lived. A calm, Christian state of mind is a better preventive of contagion than a drug, or than any other possible sanative method; and the "perfect Love" that "casteth out fear" is a sure defense.

\* Testimonies of spiritual healing can be found in every issue of *The Christian Science Journal*, *Christian Science Sentinel*, and *The Herald of Christian Science*. You may also wish to explore the Bible and Mary Baker Eddy's primary work, *Science and Health with Key to the Scriptures*, as well as her other writings. All publications are available in Christian Science Reading Rooms and online at [www.spirituality.com](http://www.spirituality.com).