

## Conquering Contagion

### - The Bible and Science and Health with Key to the Scriptures, by Mary Baker Eddy

#### 1. Ps. 91:10

- 10 There shall no evil befall thee, neither shall any plague come nigh thy dwelling.

#### 1. SH 176:31-32

Truth handles the most malignant contagion with perfect assurance.

#### 2. Num 16:3 they, 4, 46-50

- 3 they gathered themselves together against Moses and against Aaron, and said unto them, *Ye take* too much upon you, seeing all the congregation *are* holy, every one of them, and the LORD *is* among them: wherefore then lift ye up yourselves above the congregation of the LORD?
- 4 And when Moses heard *it*, he fell upon his face:
- 46 ¶ And Moses said unto Aaron, Take a censer, and put fire therein from off the altar, and put on incense, and go quickly unto the congregation, and make an atonement for them: for there is wrath gone out from the LORD; the plague is begun.
- 47 And Aaron took as Moses commanded, and ran into the midst of the congregation; and, behold, the plague was begun among the people: and he put on incense, and made an atonement for the people.
- 48 And he stood between the dead and the living; and the plague was stayed.
- 49 Now they that died in the plague were fourteen thousand and seven hundred, beside them that died about the matter of Korah.
- 50 And Aaron returned unto Moses unto the door of the tabernacle of the congregation: and the plague was stayed.

#### 3. Lev. 13:9, 10 (to :), 12, 13, 29, 30 (to 1st :)

- 9 ¶ When the plague of leprosy is in a man, then he shall be brought unto the priest;
- 10 And the priest shall see *him*:
- 12 And if a leprosy break out abroad in the skin, and the leprosy cover all the skin of *him that hath* the plague from his head even to his foot, wheresoever the priest looketh;
- 13 Then the priest shall consider: and, behold, *if* the leprosy have covered all his flesh, he shall pronounce *him* clean *that hath* the plague: it is all turned white: he *is* clean.
- 29 ¶ If a man or woman have a plague upon the head or the beard;
- 30 Then the priest shall see the plague:

#### 4. Luke 5:12-15

- 12 ¶ And it came to pass, when he was in a certain city, behold a man full of leprosy: who seeing Jesus fell on *his* face, and besought him, saying, Lord, if thou wilt, thou canst make me clean.
- 13 And he put forth *his* hand, and touched him, saying, I will: be thou clean. And immediately the leprosy departed from him.
- 14 And he charged him to tell no man: but go, and shew thyself to the priest, and offer for thy cleansing, according as Moses commanded, for a testimony unto them.
- 15 But so much the more went there a fame abroad of him: and great multitudes came together to hear, and to be healed by him of their infirmities.

#### 5. Luke 17:11-19

- 11 ¶ And it came to pass, as he went to Jerusalem, that he passed through the midst of Samaria and Galilee.
- 12 And as he entered into a certain village, there met him ten men that were lepers, which stood afar off:
- 13 And they lifted up *their* voices, and said, Jesus, Master, have mercy on us.
- 14 And when he saw *them*, he said unto them, Go shew yourselves unto the priests. And it came to pass, that, as they went, they were cleansed.
- 15 And one of them, when he saw that he was healed, turned back, and with a loud voice glorified God,
- 16 And fell down on *his* face at his feet, giving him thanks: and he was a Samaritan.
- 17 And Jesus answering said, Were there not ten cleansed? but where *are* the nine?
- 18 There are not found that returned to give glory to God, save this stranger.
- 19 And he said unto him, Arise, go thy way: thy faith hath made thee whole.

#### 6. Mark 3:7-11 Jesus

- 7 Jesus withdrew himself with his disciples to the sea: and a great multitude from Galilee followed him, and from Judæa,
- 8 And from Jerusalem, and from Idumæa, and *from* beyond Jordan; and they about Tyre and Sidon, a great multitude, when they had heard what great things he did, came unto him.
- 9 And he spake to his disciples, that a small ship should wait on him because of the multitude, lest they should throng him.
- 10 For he had healed many; insomuch that they pressed upon him for to touch him, as many as had plagues.
- 11 And unclean spirits, when they saw him, fell down before him, and cried, saying, Thou art the Son of God.

7. Mark 7:1-3, 5-8, 15, 16, 20-23

- 1 THEN came together unto him the Pharisees, and certain of the scribes, which came from Jerusalem.
- 2 And when they saw some of his disciples eat bread with defiled, that is to say, with unwashen, hands, they found fault.
- 3 For the Pharisees, and all the Jews, except they wash *their* hands oft, eat not, holding the tradition of the elders.
- 5 Then the Pharisees and scribes asked him, Why walk not thy disciples according to the tradition of the elders, but eat bread with unwashen hands?
- 6 He answered and said unto them, Well hath Esaias prophesied of you hypocrites, as it is written, This people honoureth me with *their* lips, but their heart is far from me.
- 7 Howbeit in vain do they worship me, teaching *for* doctrines the commandments of men.
- 8 For laying aside the commandment of God, ye hold the tradition of men, *as* the washing of pots and cups: and many other such like things ye do.
- 15 There is nothing from without a man, that entering into him can defile him: but the things which come out of him, those are they that defile the man.
- 16 If any man have ears to hear, let him hear.
- 20 And he said, That which cometh out of the man, that defileth the man.
- 21 For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders,
- 22 Thefts, covetousness, wickedness, deceit, lasciviousness, an evil eye, blasphemy, pride, foolishness:
- 23 All these evil things come from within, and defile the man.

8. Matt. 8:14, 15

- 14 ¶ And when Jesus was come into Peter's house, he saw his wife's mother laid, and sick of a fever.
- 15 And he touched her hand, and the fever left her: and she arose, and ministered unto them.

9. Ps. 106:30 so

- 30 *so* the plague was stayed.

10. Ps. 91:11-16

- 11 For he shall give his angels charge over thee, to keep thee in all thy ways.
- 12 They shall bear thee up in *their* hands, lest thou dash thy foot against a stone.
- 13 Thou shalt tread upon the lion and adder: the young lion and the dragon shalt thou trample under feet.

- 14 Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known my name.
- 15 He shall call upon me, and I will answer him: I *will be* with him in trouble; I will deliver him, and honour him.
- 16 With long life will I satisfy him, and shew him my salvation.

11. Num. 6:24-26

- 24 The LORD bless thee, and keep thee:
- 25 The LORD make his face shine upon thee, and be gracious unto thee:
- 26 The LORD lift up his countenance upon thee, and give thee peace.

2. SH 220:16-21

Colds, coughs, and contagion are engendered solely by human theories.

- 18 Mortal mind produces its own phenomena, and then charges them to something else, — like a kitten glancing into the mirror at itself and thinking
- 21 it sees another kitten.

The reflex phenomena

3. SH 196:25-30

Many a hopeless case of disease is induced by a single *post mortem* examination, — not from infection nor from contact with material virus, but from the fear of the disease and from the image brought before the mind; it is a mental state, which is afterwards outlined on the body.

4. SH 375:6-8

- 6 Chills and heat are often the form in which fever manifests itself. Change the mental state, and the chills and fever disappear.

Science *versus* hypnotism

5. SH 384:3-6, 16-18 (np)

- 3 We should relieve our minds from the depressing thought that we have transgressed a material law and must of necessity pay the penalty. Let us reassure ourselves with the law of Love.

Corporeal penalties

- 18 If exposure to a draught of air while in a state of perspiration is followed by chills, dry cough, influenza, congestive symptoms in the lungs, or hints of inflammatory rheumatism, your Mind-remedy is safe and sure. If you are a Christian Scientist, such symptoms are not apt to follow exposure; but if you believe in laws of matter and their fatal effects when transgressed, you are not fit to conduct your own case or to destroy the bad effects of your belief. When the fear

Not matter, but Mind

subsidies and the conviction abides that you have broken  
no law, neither rheumatism, consumption, nor any other  
27 disease will ever result from exposure to the weather. In  
Science this is an established fact which all the evidence  
before the senses can never overrule.

30     Sickness, sin, and death must at length quail before  
the divine rights of intelligence, and then the power  
of Mind over the entire functions and organs of the  
385:1 human system will be acknowledged. It is proverbial  
that Florence Nightingale and other philanthropists en-  
3 gaged in humane labors have been able to  
undergo without sinking fatigues and expo-  
sures which ordinary people could not endure. The ex-  
6 planation lies in the support which they derived from  
the divine law, rising above the human. The spiritual  
demand, quelling the material, supplies energy and en-  
9 durance surpassing all other aids, and forestalls the  
penalty which our beliefs would attach to our best  
deeds. Let us remember that the eternal law of right,  
12 though it can never annul the law which makes sin its  
own executioner, exempts man from all penalties but  
those due for wrong-doing.

15     Constant toil, deprivations, exposures, and all untow-  
ard conditions, *if without sin*, can be experienced with-  
out suffering. Whatever it is your duty to do,  
18 you can do without harm to yourself.

Benefit of  
philanthropy

Honest toil has  
no penalty

#### 6. SH 153:25-155:8

We weep because others weep, we yawn because they  
yawn, and we have smallpox because others have it; but  
27 mortal mind, not matter, contains and carries  
the infection. When this mental contagion is  
understood, we shall be more careful of our mental con-  
30 ditions, and we shall avoid loquacious tattling about  
disease, as we would avoid advocating crime. Neither  
sympathy nor society should ever tempt us to cherish  
154:1 error in any form, and certainly we should not be error's  
advocate.

Source of  
contagion

3     Disease arises, like other mental conditions, from as-  
sociation. Since it is a law of mortal mind that certain  
diseases should be regarded as contagious, this law ob-  
6 tains credit through association, — calling up the fear that  
creates the image of disease and its consequent manifes-  
tation in the body.

9     This fact in metaphysics is illustrated by the following  
incident: A man was made to believe that he occupied a  
bed where a cholera patient had died. Imme-

12 diately the symptoms of this disease appeared,  
and the man died. The fact was, that he had not caught  
the cholera by material contact, because no cholera patient  
15 had been in that bed.

Imaginary  
cholera

If a child is exposed to contagion or infection, the  
mother is frightened and says, "My child will be sick."  
18 The law of mortal mind and her own fears gov-  
ern her child more than the child's mind gov-  
erns itself, and they produce the very results which might  
21 have been prevented through the opposite understanding.  
Then it is believed that exposure to the contagion wrought  
the mischief.

Children's  
ailments

24 That mother is not a Christian Scientist, and her affec-  
tions need better guidance, who says to her child: "You  
look sick," "You look tired," "You need rest," or "You  
27 need medicine."

Such a mother runs to her little one, who thinks she has  
hurt her face by falling on the carpet, and says, moaning  
30 more childishly than her child, "Mamma knows you are  
hurt." The better and more successful method for any  
mother to adopt is to say: "Oh, never mind! You're not  
155:1 hurt, so don't think you are." Presently the child forgets  
all about the accident, and is at play.

3 When the sick recover by the use of drugs, it is the law  
of a general belief, culminating in individual faith, which  
heals; and according to this faith will the effect  
6 be. Even when you take away the individual  
confidence in the drug, you have not yet divorced the drug  
from the general faith.

Drug-power  
mental

#### 7. SH 175:26

Damp atmosphere and freezing snow empurpled the  
27 plump cheeks of our ancestors, but they never indulged  
in the refinement of inflamed bronchial tubes.  
They were as innocent as Adam, before he ate  
30 the fruit of false knowledge, of the existence of tubercles  
and troches, lungs and lozenges.

Pulmonary  
misbeliefs

#### 8. SH 279:22

Every system of human philosophy, doctrine, and  
medicine is more or less infected with the pantheistic  
24 belief that there is mind in matter; but this  
belief contradicts alike revelation and right  
reasoning. A logical and scientific conclusion is reached  
27 only through the knowledge that there are not two  
bases of being, matter and mind, but one alone, —  
Mind.

Pantheistic  
tendencies

9. SH 392:24-18

24 Reverse the case. Stand porter at the door of thought.  
Admitting only such conclusions as you wish realized in  
bodily results, you will control yourself har-  
27 moniously. When the condition is present  
which you say induces disease, whether it be air, exercise,  
heredity, contagion, or accident, then perform your office  
30 as porter and shut out these unhealthy thoughts and fears.  
Exclude from mortal mind the offending errors; then the  
body cannot suffer from them. The issues of pain or  
393:1 pleasure must come through mind, and like a watchman  
forsaking his post, we admit the intruding belief, forget-  
3 ting that through divine help we can forbid this entrance.

Guarding the  
door

The body seems to be self-acting, only because mortal  
mind is ignorant of itself, of its own actions, and of their  
6 results, — ignorant that the predisposing, re-  
mote, and exciting cause of all bad effects is a  
law of so-called mortal mind, not of matter. Mind is the  
9 master of the corporeal senses, and can conquer sickness,  
sin, and death. Exercise this God-given authority. Take  
possession of your body, and govern its feeling and action.  
12 Rise in the strength of Spirit to resist all that is unlike  
good. God has made man capable of this, and nothing  
can vitiate the ability and power divinely bestowed on  
15 man.

The strength of  
Spirit

Be firm in your understanding that the divine Mind  
governs, and that in Science man reflects God's govern-  
18 ment.

No pain in  
matter

Stand

10. SH 574:27

The very  
circumstance, which your suffering sense  
deems wrathful and afflictive, Love can make an angel  
30 entertained unawares. Then thought gently whispers:  
575:1 "Come hither! Arise from your false consciousness  
into the true sense of Love, and behold the Lamb's  
3 wife, — Love wedded to its own spiritual idea." Then  
cometh the marriage feast, for this revelation will de-  
stroy forever the physical plagues imposed by material  
6 sense.

- Hymns

Hymn 389

**Hymn 389**

WILLIAM YOUNG

(389)

**O CHRISTLICHE HERZEN**

PORTNERSCHES GESANGBUCH, 1831

While Thou, O my God, art my help and defender,  
No cares can o'erwhelm me, no terrors appall;  
The wiles and the snares of this world will but render  
More lively my hope in my God and my all.

Yes, Thou art my refuge in sorrow and danger;  
My strength, should I suffer; my hope, should I fall;  
My comfort and joy in this land of the stranger;  
My treasure, my glory, my God, and my all.

Hymn 594

We're steadfastly protected by Your power,  
Encircled in the caring arms of Love.  
Together, we are sharing all our days now,  
And year by year come blessings from above.

Refrain

We're each held safe by God's own holy power.  
Whatever comes, Your comfort is at hand.  
You're at our side at evening and at morning.  
And each new day unfolds as You have planned.  
Your pure and quiet love spreads o'er us deeply;  
We know Your fullness now and feel Your peace.  
For Your one holy world of grace and power,  
We all praise You with joy that will not cease.

Refrain

Hymn 99

**Hymn 99**

**NINETY-FIRST PSALM I**

ADAPTED FROM TATE AND BRADY

(99)

**BERA**

JOHN E. GOULD, ARR. BY W. E. YOUNG

He that hath God his guardian made,  
Shall underneath th' Almighty's shade  
Fearless and undisturbed abide;  
Thus to myself of Him I'll say,  
He is my fortress, shield and stay,  
My God; in Him I will confide.

His tender love and watchful care  
Shall free thee from the fowler's snare,

From every harm and pestilence.  
He over thee His wings shall spread  
To cover thy unguarded head.  
His truth shall be thy strong defense.

He gives His angels charge o'er thee,  
No evil therefore shalt thou see;  
Thy refuge shall be God most high;  
Dwelling within His secret place,  
Thou shalt behold His power and grace,  
See His salvation ever nigh.