



Only Good is Contagious

Watch Booklet

"What I say unto you I say unto all, WATCH."

— CHRIST JESUS



A LADY WITH
A LAMP
SHALL STAND
IN THE GREAT
HISTORY OF
THE LAND

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A NOBLE TYPE
OF GOOD
HEROIC
WOMANHOOD
Longfellow

Plainfield Christian Science Church, Independent

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“At a time of contagious disease, Christian Scientists endeavor to rise in consciousness to the true sense of the omnipotence of Life, Truth, and Love, and this great fact in Christian Science realized will stop a contagion.”

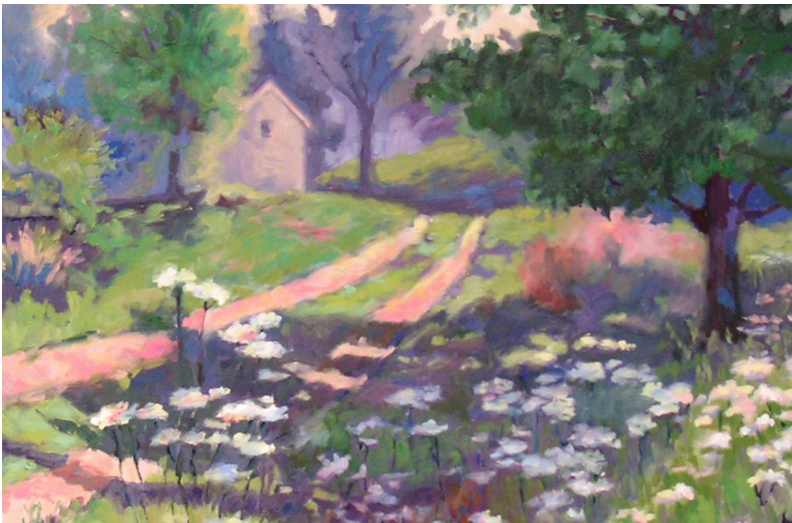
from *Miscellany*, by Mary Baker Eddy, page 116: 2-5

What Our Leader Says

BELOVED Christian Scientists, keep your minds so filled with Truth and Love, that sin, disease, and death cannot enter them. It is plain that nothing can be added to the mind already full. There is no door through which evil can enter, and no space for evil to fill in a mind filled with goodness. Good thoughts are an impervious armor; clad therewith you are completely shielded from the attacks of error of every sort. And not only yourselves are safe, but all whom your thoughts rest upon are thereby benefited.

The self-seeking pride of the evil thinker injures him when he would harm others. Goodness involuntarily resists evil. The evil thinker is the proud talker and doer. The right thinker abides under the shadow of the Almighty. His thoughts can only reflect peace, good will towards men, health, and holiness.

from *Miscellany*, by Mary Baker Eddy, page 210



Painting by Dale Adler

Contagion

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.

from *Miscellaneous Writings*, by Mary Baker Eddy, pages 228-229

“Truth handles the most malignant contagion with perfect assurance.”

from *Science and Health with Key to the Scriptures*,
by Mary Baker Eddy, page 176

“I saw the love of God encircling the universe and man, filling all space, and that divine Love so permeated my own consciousness that I loved with Christ-like compassion everything I saw. This realization of divine Love called into expression the beauty of holiness, the perfection of being which healed and regenerated and saved all who turned to me for help.”

from “*Miscellaneous Documents*”, by Gilbert C. Carpenter, Jr., C.S.B, by Mary
Baker Eddy

“Regenerate — to implant holy affections in the heart.”
(*Websters 1828 Dictionary*)

“While the Christian Scientist insists that disease, with its contagion and other supposed laws, is unreal, nevertheless he does not overlook its insidious claims. Rather he faces them understandingly and resolutely, declaring and realizing how impotent they must be, however formidable their appearance, when God, omnipotent and irrepressible Life, is in operation everywhere.”

from *Lectures on Christian Science* by Peter V. Ross, page 119

“There is but one Physician, because there is but one Mind; whose medicine is Truth; which destroys all error; whose attraction is Love, which casteth out all fear. This is the one Mind, which was also in Christ Jesus, and this Mind alone can draw all men unto Him — divine Love.”

from *Watches, Prayers, and Arguments Given to Students*
by Mary Baker Eddy, page 111

“Nothing can wrest man out of the Father’s hand, for ‘It is He who hath made us, and not we ourselves,’ and hath given us life everlasting. Therefore, health, harmony and immortality are the everlasting facts of being. It is so.”

from *Watches, Prayers, and Arguments Given to Students*
by Mary Baker Eddy, page 111



Painting by Luanne T.

“In the Blue Book, Martha Wilcox is quoted saying that one of the first lessons she learned in Mrs. Eddy’s house was that the, ‘objects of sense’ when correctly understood, are really ‘ideas of Soul’ and ‘There are not two groups of creation — but just one.’ So, in reality, there is no material world apart from the spiritual. Whenever we go out we can declare that we only meet Spirit today, whatever and whoever we come across, whatever we touch, whatever we hear, whatever we see, whatever we receive is Spirit, good, is already approved and blessed by God and can only bless us. Be prepared!”

Forum post, “*No Two Worlds – Material and Spiritual*”,
by Melinda for March 29th, 2020

Epidemic

Epidemic is a disease in itself. It illustrates how wholly mental disease is. The epidemic of influenza during the closing days of the World War spread to places where no possible contagion by physical contact could be traced.

Epidemic is fear-contagion. Is not fear-contagion purely mental suggestion in its impersonal sense?

A claim of epidemic is handled in exactly the same way in which you would release the victim of a hypnotist. In the latter case, you would not deal with a wrong thing. Your attention would be devoted to destroying the belief that there is malicious mind to control or govern.

Knowing that God is the one Mind, that He is all the Mind there is, you cannot be duped into attempting to deal with another mind.

This realization would break the claim of hypnotism and free the victim. An epidemic is dealt with in exactly the same way. Fear, contagious belief, is both the hypnotist and the hypnotism.

It is not contact, nor any form of matter, that has to be destroyed for the claim is purely mental suggestion – in other words, hypnotism.

Do not be deceived into arguing down any of the various symptoms, as in an ordinary case of sickness; contagion has none, in that sense. Epidemic is pure hypnotic contagion; it is fear, not physical contact.

Symptoms have no more to do with contagion than have the motions of the hypnotized victim's arms and legs, in swimming on dry boards under the influence of the hypnotist, anything to do with the real claim.

The man is not in water, and therefore is not really swimming. Nor do you think he is; so you do not consider either swimming or water. You handle hypnotism. You do the same with epidemic and destroy it through the realization of God as the one and only Mind.

from Christian Science, *Its Clear, Correct Teaching* by Herbert Eustace, pages 310-311

“I’ve Got Cold”

“What if that sweet child, so bravely confessing that she had something that she ought not to have, and which mamma thought must be gotten rid of, had been taught the value of saying even more bravely, and believing it, — ‘I have not got cold.’

“Why, the doctor’s squills and bills would have been avoided; and through the cold air the little one would have been bounding with sparkling eyes, and ruby cheeks painted and fattened by metaphysical hygiene. Parents and doctors must not take the sweet freshness out of the children’s lives by that flippant caution, ‘You will get cold.’

“Predicting danger does not dignify life, whereas forecasting liberty and joy does; for these are strong promoters of health and happiness. All education should contribute to moral and physical strength and freedom. If a cold could get into the body without the assent of mind, nature would take it out as gently, or let it remain as harmlessly, as it takes the frost out of the ground or puts it into the ice-cream to the satisfaction of all.”

from *Miscellaneous Writings* by Mary Baker Eddy, page 239-241

**The Lord's Prayer with spiritual interpretation
Given by Christ Jesus
with Spiritual Interpretation by Mary Bker Eddy**

Our Father which art in heaven,
Our Father-Mother God, all-harmonious,

Hallowed be Thy name.
Adorable One.

Thy kingdom come.
Thy kingdom is come; Thou art ever-present.

Thy will be done in earth, as it is in heaven.
Enable us to know,— as in heaven, so on earth,— God is omnipotent, supreme.

Give us this day our daily bread;
Give us grace for to-day; feed the famished affections;

And forgive us our debts, as we forgive our debtors.
And Love is reflected in love;

And lead us not into temptation, but deliver us from evil;
And God leadeth us not into temptation, but delivereth us from sin, disease, and death.

For Thine is the kingdom, and the power, and the glory, forever.
For God is infinite, all-power, all Life, Truth, Love, over all, and All.

from *Science and Health*, by Mary Baker Eddy, pages 16-17

The 91st Psalm

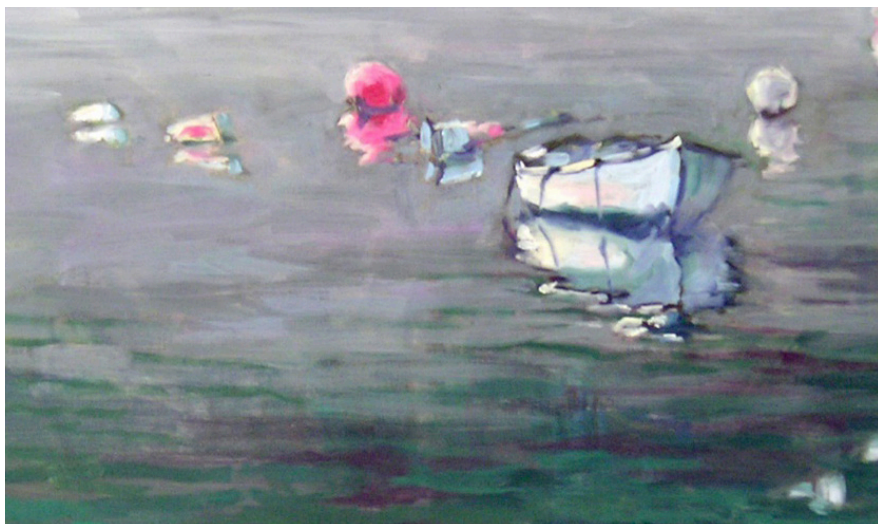
- 1 He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.
- 2 I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust.
- 3 Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence.
- 4 He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler.
- 5 Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day;
- 6 Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday.
- 7 A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee.
- 8 Only with thine eyes shalt thou behold and see the reward of the wicked.
- 9 Because thou hast made the Lord, which is my refuge, even the most High, thy habitation;
- 10 There shall no evil befall thee, neither shall any plague come nigh thy dwelling.
- 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.

Scientific Statement of Being

Question. — What is the scientific statement of being?

Answer. — There is no life, truth, intelligence, nor substance in matter. All is infinite Mind and its infinite manifestation, for God is All-in-all. Spirit is immortal Truth; matter is mortal error. Spirit is the real and eternal; matter is the unreal and temporal. Spirit is God, and man is His image and likeness. Therefore man is not material; he is spiritual.

from *Science and Health*, 1910 edition by Mary Baker Eddy, page 468



Painting by Dale A.

Psalm 23

1 The Lord is my shepherd; I shall not want.

2 He maketh me to lie down in green pastures: he leadeth me beside the still waters.

3 He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

5 Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

6 Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.

The Power of Prayer

by Gilbert C. Carpenter, Sr.

At Pleasant View, I learned for the first time what it meant to live in a demonstrated atmosphere maintained by our Leader, Mary Baker Eddy.

After I had been at Pleasant View for about ten days, the thought struck me, what shall I do if I become ill? I opened my thought to God for guidance on this point. First I visualized a small brook running down a mountain, gathering impurities on its way. The stream remains sweet and pure until it becomes dammed, and then impurities collect. The dam must be broken, so this unhealthy condition may be eliminated and the purity restored.

The lesson was clear to me. As man gains a knowledge of Truth, he becomes a channel through which the unbroken power of infinite good flows out.

When, however, man turns his thought in to himself, he experiences a belief of interruption of this divine power, and problems result.

Remembering the above revelation, I resolved to test it out. The first time I fell ill at Pleasant View, I sat down by the window and let my thought go out in prayer to all the sufferers in the world in hospitals; in sick rooms; those condemned as incurable; those who didn't know of the presence of God to heal them; that even though they didn't know it, they do have a heavenly Father who is the great Physician, who "healeth all thy diseases." I let my thought go out to all who needed God, realizing that God is All-Presence, All-Power, and Love.

When I returned from this mental journey, I found myself well. Through this prayer, I restored my thought to being a channel for good, and eliminated the ill-effects which were evidence of an in turned thought. During the year I was at Pleasant View, this divine method, which I believe was God-inspired, never failed me.

Provides Immunity and Contagious Disease Proved Powerless

by Eaglet from PA.

I was fortunate to grow up in a loving home where Christian Science was cherished and practiced. Our family practitioner was a good friend of Gilbert Carpenter and often visited Mr. Carpenter. The memory of many childhood healings left no doubt in my thought about the effectiveness of prayer, as taught in Christian Science, to heal both quickly and permanently.

One particular healing stands out. It was actually a healing my brother had of a contagious disease. I was about ten years old at the time. My parents believed it to be German measles. A Christian Science practitioner was called for healing prayer. My brother was healed quickly. The practitioner also prayed to know that man was immune from disease, as well as that there was no contagion. Consequently no one else in the family could contract this belief called disease — and no one did. My brother's quick healing was the end of it. As Mary Baker Eddy states in *Science and Health with Key to the Scriptures*: "Truth handles the most malignant contagion with perfect assurance." (p. 176) And also on page 369:23 she writes, "The prophylactic and therapeutic (that is, the preventive and curative) arts belong emphatically to Christian Science"

I did not think about this experience for years until I had a sleepover with my best friend in high school. She and I shared the same bed during the night, and both of us went to school together the next day. By mid-afternoon, my friend, who was not a Christian Scientist, was sent home from school with German measles. Her case was medically confirmed, as her father was a medical doctor. I never came down with any of the symptoms of this disease.

Then, as an adult and in my early forties, I was required to have blood tests done for some international travel. I remember the nurse coming out of the back with the results and saying, “Your tests are all fine and, oh, by the way, you still have an immunity to German measles.” She then stated that the effectiveness of childhood vaccinations would have usually worn off at that point in my life, and it was very unusual to find that I still had this immunity. I just smiled and thanked her for her work. I did not tell her that my parents were Christian Scientists and had successfully applied for an exemption from vaccinations when I was a child. Nor did I tell her that I had never had the disease. I was smiling because I knew the good report was the result of those early childhood prayers by a beloved practitioner, proving once again that prayer is the most effective and reliable means of protection from disease, and that prayer can be both curative and preventative. As an expansion of this concept, as God is immaculate and pure, so is man and therefore man is immune to anything that would say otherwise.

An additional thought on contagion and immunity is that I experienced childhood colds, etc., which seemed normal at the time, but I was always healed of these false claims. I was told by a practitioner at a later date that as one grows in Science, one will cease to have colds and the flu because progress is the law of being. (A paraphrasing of Miscellaneous Writings 15:19 “for progress is the law of infinity.”) This has proved to be the case. I just stopped getting them. How wonderful that our own spiritual progress will also provide immunity to disease.

Apparently prayer has resulted in a lifetime immunity to this disease, as I am now, humanly speaking, many years beyond this blood test and still have never contracted this disease. For this experience and for the many healings which I have experienced over my lifetime, I am truly grateful.

“The Christian Scientist keeps straight to the course. His whole inquiry and demonstration lie in the line of Truth; hence he suffers no shipwreck in a starless night on the shoals of vainglory. His medicine is Mind — the omnipotent and ever-present good. His “help is from the Lord,” who heals body and mind, head and heart; changing the affections, enlightening the misguided senses, and curing alike the sin and the mortal sinner. God’s preparations for the sick are potions of His own qualities.”

from *Miscellaneous Writings*, by Mary Baker Eddy, page 268: 14-23

“If one has the slightest understanding of Truth, that understanding of Truth is more powerful than all the fear of the human race.”

Bicknell Young

“Law: It looks as if there is a divine law and a state law – vaccination, etc. If we believe ourselves to be persons, we believe we come under the state law. There is only the law of God, and whatever appears as another law is not the law of God, and we are not under it. State laws cannot interfere with divine good. We are never under a human law. Man is divine law. I am the law to every situation wherever I seem to be. “

from *Notes from Class*, by Laura Sargent

What is healing? Regeneration, spiritual awakening. ...

In the measure that we awake from sense to Soul, are we healed and being healed. We do not rejoice as selfishly as mortals who live in the belief of matter. We do not think that physical health amounts to so much. Health is divine Mind realized and reflected, embodied, demonstrated, for others.”

from 1923 *Class Notes* by Joseph Mann



“Regarding vaccination; there is only the mental vaccination; I would take the point of Spirit which is Truth and prick the human affections, then inoculate with divine Love, circulating the system of thought, and the liability of contagious disease, sin, or sickness will cease.”

from *Divinity Course and General Collectanea*, (the “Blue Book”), by Mary Baker Eddy, page 269

“Do we not all understand cowardice never conquers? To get rid of temptation of any sort or to get out of a difficulty, we are not passive and let the wrong rule the right, but we struggle and thus conquer. We should not avoid the things that hurt us, but repeat them and meet them as their superior. Disease is a coward that leaves you when you are not afraid of it.”

from *Divinity Course and General Collectanea* by Mary Baker Eddy, page 139

“Man is protected by divine Love, informed by infinite Mind, enveloped in the radiant joyousness of Soul, and governed by immutable Principle. He is maintained eternally by divine Life.”

from *1936 Primary Class* by Bicknell Young, page 15

“This divine Being being All, permanent and perfect, there is ... no such law as epidemic, contagion or communication of a disease from one person to another, and this realization of the unreality of this false claim, is the extinction of that spurious law. ... The divine Christ is the only presence, the only law, the only influence, the only activity. ... Christ heals because man is just as glorious, just as noble, just as grand as God is.”

from *1936 Primary Class* by Bicknell Young, page 102

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by Gilbert C. Carpenter, Sr.

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The first time I fell ill at Pleasant View, I sat down by the window and let my thought go out in prayer to all the sufferers in the world in hospitals; in sick rooms; those condemned as incurable; those who didn't know of the presence of God to heal them; that even though they didn't know it, they do have a heavenly Father who is the great Physician, who "healeth all thy diseases." I let my thought go out to all who needed God, realizing that God is All-Presence, All-Power, and Love. When I returned from this mental journey, I found myself well. Through this prayer, I restored my thought to being a channel for good, and eliminated the ill-effects which were evidence of an in-turned thought. During the year I was at Pleasant View, this divine method, which I believe was God-inspired, never failed me.

Cure for Epidemics

1. Stop talking and thinking about contagious diseases.

2. On arising in the morning repeat the Lord's Prayer in the spirit of holiness.

3. As soon as breakfast is over, before taking up your duties of the day, take your Bible and carefully read the Ninety-first Psalm, knowing "that God is, and that He is a rewarder of them that diligently seek Him." You might linger over the lines of this beautiful Psalm: "He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust. Surely he shall deliver thee from the snare of the fowler and from the noisome pestilence. He shall cover thee with his feathers, and under his wings shalt thou trust: His truth shall be thy shield and buckler ... 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." (You will observe that David said, "His truth shall be thy shield and buckler." Evidently David had more faith in God's protecting power than he had in vaccine virus and poisonous lotions.)

4. When conversation or thoughts about disease and contagion come to you during the day, think over the inspiring words you read in the morning.

5. In the evening read the twenty-third Psalm, re-read the Ninety-first Psalm, repeat the Lord's Prayer, and take care above all, to observe the first of the Ten Commandments, "Thou shalt have no other Gods before me." If you observe this commandment "in spirit and in truth," you will not let disease of any name or nature become the chief in your thought and conversation.

It is but just to state that we got the inspiration for this prevention and cure of disease, from the writings and teachings of Rev.

Mary Baker G. Eddy, Discoverer and Founder of Christian Science, and have found this mode of treatment of infinite value in whatever case it has been applied.

It has been asked what Christian Scientists will do in a time of contagion. This is what one Christian Scientist has done to direct the thoughts of the people into higher and healthier channels. If there is anything pernicious in this advice we hope it will be pointed out to us. Weatherford (Texas) News.

from Christian Science Sentinel, March 16, 1899



Painting by Luanne T.

“God’s law reaches and destroys evil by virtue of the allness of God.”

from No and Yes, by Mary Baker Eddy, page 30

Body

Do not fear anything that your present body seems to be doing. Every cell, fiber, tissue, gland, organ, or muscle of the human body exists right now in the one Mind as Idea, and each idea is proclaiming, “I am reflecting God, I am expressing God.” Every cell and fiber of my being is expressing the sovereignty of God, or proclaiming, “I AM.” (see *Science and Health*, page 162)

Right where body seems to be as matter, is the spiritual body, visible to our consciousness as outline, form, color, substance, function, and permanency.

Mrs. Eddy says, “Immortal Mind, governing all, must be acknowledged as supreme in the physical realm, so-called, as well as in the spiritual.” (*Science and Health*, page 427).

My present body is not matter but a state of true consciousness.

When we understand body, we understand God or Mind. Body is the infinitude of God or Mind expressed. Body is the embodiment of the infinite spiritual ideas of Mind.

Excerpt from *Adresses*, by Martha Wilcox

All Love Does

I walk the earth in the atmosphere of Love which holds me in spiritual gravitation. The Love that I reflect repels every error of mortal mind, for Love is the only law and Love is all activity. Love fills all channels and expels all error. Love purifies, inspires, protects, and satisfies.

Love contains, Love maintains, Love sustains, Love does liberate, unbind, unseal and deliver; naught can hinder Love. Love does supply with perfect freedom, Love does furnish, provide, adorn with great liberty. Love does glow, warm, shine, light with its rays of glory.

Love does illumine, irradiate, beam with resplendent brilliancy.

Love is the only and all of spiritual attainment in spiritual growth. Without it healing is not done and cannot be, either morally or physically. Every advance step will show you this until victory is won, and you possess no other consciousness but Love divine.

from *Mary Baker Eddy's Lessons of the Seventh Day*, (the "brown book"), by
Mary Baker Eddy

Germes

by Herbert W. Eustace

The germ of goodness is the only germ, and this germ, in its infinity of variety, expresses God in all its ways. Malicious suggestion may call this germ a typhoid germ, a tubercular germ, a pneumonic germ, or any other kind. Just as it divides its sense of the animal, vegetable and mineral kingdoms into either harmless or dangerous species, so it classifies its sense of the germ kingdom into good germs and bad germs.

Did Daniel have two kinds of lions? Did Jesus have two kinds of water, one rough and the other smooth, one to be walked upon and the other to be drowned in?

There is one germ and one only. That is the germ of God, the germ of good, the germ that always works “together for good to them that love” good. Do you love this germ “with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength”? Or are you anxious to destroy it? Is this the germ that is always in heaven? It is. Because it is, it blesses you.

No hypnotic suggestion can deceive you into belief in any other germ. The one Mind, as the only Mind, is the law of total annihilation to any claim of a suppositious mind to hypnotically suggest a belief in a germ apart from the germ of God. There is no such mind.



Painting by Dale A.

“The law of divine of Life, Truth and Love is a law of instant and complete expulsion and elimination of all poisons and impurities from the system. Why? Because the floodtides of divine Life, Truth and Love are pouring and surging through consciousness, uplifting, purifying, nourishing, healing, elevating, sustaining and energizing mankind.”

from *Divinity Course and General Collectanea*, (the “Blue Book”), by
Mary Baker Eddy, page 73

Immunity

Just as one who is innocent may be falsely accused of a crime, so God's perfect man may be falsely accused of sin, sickness, and mortality. Who is the accuser? The term "accuser" is used in the Bible as a name for the devil, of whom Jesus said, "He is a liar, and the father of it." The false accuser is therefore a lie and a liar. Who, then, accepts as true the story of the accuser? Obviously, only those who do not know the truth. This was brought out by Christ Jesus when he said, "Ye shall know the truth, and the truth shall make you free."

In *Science and Health*, Mary Baker Eddy writes, "When the body is supposed to say, 'I am sick,' never plead guilty." Would it help one to insist that he is guilty? Would it not be far more helpful to say, "I may seem to be guilty, but I am sure of my innocence." It does not require time to make the innocent person innocent; neither does it require time to make God's man perfect.

from *The Christian Science Journal*, August 1927, by Robert Ramsey

No Contagion in Evil

Even if we come under the supposed law of contagion, we have power through divine Mind to destroy it at any minute. Disease does not have to run its course; it has no creator, no life, no intelligence, no reality. We no more have to accept the so-called law of contagion or its effects than we have to submit to years of misfortune if we break a mirror. ... Every one of us can help in freeing our brothers, for it is written, "One thousand shall flee at the rebuke of one."

A thousand shadows can be dispelled at the shining of one ray of light. Every time we deny error and declare the truth, every time we meekly pray for the Mind to be in us "which was also in Christ Jesus," every time we destroy an ugly little nettle of hatred and plant a flower of love in our thought, we are helping to bring about universal salvation, helping to break the bondage for some brother, helping to prove through our understanding of spiritual law that good alone can be transmitted from one to another.

from *The Christian Science Sentinel*, February 10, 1917, by Gertrude Sutton

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