

This is a volunteer translation into Chinese (Simplified) of the article titled "Contagion" which can be found on pages 228-229 of *Miscellaneous Writings 1883-1896* by Mary Baker Eddy. In order to give the reader access to the original statement of Christian Science discovered by Mary Baker Eddy, the English text appears on the page alongside the translated text. This translation has not been reviewed by The Christian Science Publishing Society or The Christian Science Board of Directors.

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.

这名为“Contagion”（《传染》）的文章是由义务工作者翻译成中文，在玛丽·贝格·爱迪 *Miscellaneous Writings 1883-1896*（《雅集1883-1896》）228-229页。为了让读者方便索取玛丽·贝格·爱迪所发现的基督科学该原文，英文版与翻译并排。此翻译未经基督科学出版协会或基督科学董事会审查。

传染

凡人所见、所感或以任何方式所知之事物，皆经由心智所得；认知、感受和意识寓于心智，而非附于物质。若人云亦云，随波逐流，从不置疑结论之可靠性，就只能为他人之所为，信他人之所信，言他人之所言。附会众人具有传染性，使疾病具备传染力。

世人信传染病，以为只要具备某种既定或刺激因素，则无人可幸免。一旦自认为的生病条件符合，此心态便使人准备好患上各种疾病。若与健康人接触时坚信健康亦具传染性，则感觉必定如健康人，然其结果则胜于持病态心理。

世人若相信 神无所不在，善之传染性更甚于恶，则医生除病、牧师救人必然效能倍增。若布道者依此劝人信 神，崇尚 心智，不为肉体感官左右，神学诲人将如大卫所言：“耶和華是我的避难所；你已将 至高者当你的居所，祸患必不临到你，灾害也不挨近你的帐棚。”

若真如此，世人对传染病之信心将锐减，人亦更近完美，由此对 神治病救人之信心猛增，直至全人类更健康、更高尚、更幸福、更长寿。欲抑病防患，取基督徒之宁静心态更胜于良方妙药，以“完美之 爱”“驱逐恐惧”乃最佳防御。