

This is a volunteer translation into Chinese (Traditional) 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.

這名為“Contagion”（《傳染》）的文章是由義務工作者翻譯成中文，在瑪麗·貝格·愛迪 *Miscellaneous Writings 1883-1896*（《雅集1883-1896》）228-229頁。為了讓讀者方便索取瑪麗·貝格·愛迪所發現的基督科學該原文，英文版與翻譯並排。此翻譯未經基督科學出版協會或基督科學董事會審查。

## 傳染

凡人所見、所感或以任何方式所知之物，皆經由心智所得；認知、感受和意識寓於心智，而非附於物質。若人云亦云，隨波逐流，從不置疑結論之可靠性，就只能為他人之所為，信他人之所信，言他人之所言。附會眾人具有傳染性，使疾病具備傳染力。

世人信傳染病，以為只要具備某種既定或刺激因素，則無人可倖免。一旦自認為的生病條件符合，此心態便使人準備好患上各種疾病。若與健康人接觸時堅信健康亦具傳染性，則感覺必定如健康人，然其結果則勝於持病態心理。

世人若相信 神無所不在，善之傳染性更甚於惡，則醫生除病、牧師救人必然效能倍增。若佈道者依此勸人信 神，崇尚 心智，不為肉體感官左右，神學誨人將如大衛所言：“耶和華是我的避難所；你已將 至高者當你的居所，禍患必不臨到你，災害也不挨近你的帳棚。”

若真如此，世人對傳染病之信心將銳減，人亦更近完美，由此對 神治病救人之信心猛增，直至全人類更健康、更高尚、更幸福、更長壽。欲抑病防患，取基督徒之寧靜心態更勝於良方妙藥，以“完美之 愛”“驅逐恐懼”乃最佳防禦。