

Mary Baker Eddy

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An abridgment of Science and Health by Mary Baker Eddy. Verse references such as ^{1:6} indicate the original source of the text, but don't imply a full quotation.

^{1:1} The prayer that reforms the sinner and heals the sick ² is an absolute faith that all things are possible to God.

^{1:6} Prayer, watching, and working, combined with self-sacrifice, ⁷ are God's gracious means for accomplishing ⁸ whatever has been successfully done for mankind.

^{1:11} Desire is prayer; and no loss can occur from trusting God with our desires, ¹² that they may be moulded and exalted ¹³ before they take form in words and in deeds.

^{2:8} God isn't moved by the breath of praise to do more than He has already done. ¹¹ We can do more for ourselves by humble fervent petitions, ¹² but the All-loving doesn't grant them ¹³ simply on the ground of lip service.

^{2:15} Prayer cannot change the Science of being, ¹⁶ but it tends to bring us into harmony with it.

^{2:24} God is intelligence. Can we inform the infinite Mind of ²⁵ anything He doesn't already comprehend? ²⁶ Do we expect to change perfection? ²⁷ Shall we plead for more at the open fount, ²⁸ which is already pouring forth more than we accept?

^{3:4} Who would stand before a blackboard, ⁵ and pray the principle of mathematics to solve the problem? ⁶ The rule is already established, ⁷ and it is our task to work out the solution.

^{3:21} We plead for unmerited pardon and for a liberal outpouring of benefactions. ²² Are we really grateful for the good already received? ²³ Then we shall avail ourselves of the blessings we have, ²⁴ and thus be fitted to receive more. ²⁵ Gratitude is much more than a verbal expression of

thanks. ²⁶ Action expresses more gratitude than speech.

^{3:27} If we are ungrateful for Life, Truth, and Love, ²⁸ and yet return thanks to God for all blessings, ²⁹ we are insincere and incur the sharp censure our Master pronounces on hypocrites. ³⁰ In such a case, the only acceptable prayer is to put the finger on the lips.

^{5:3} Sorrow for wrongdoing is but one step towards reform and the very easiest step. ⁴ The next and great step ⁵ is the test of our sincerity — ⁶ namely, reformation.

^{5:25} If prayer nourishes the belief that sin is cancelled, ²⁶ and that man is made better merely by praying, prayer is an evil. ²⁷ He grows worse who continues in sin ²⁸ because he fancies himself forgiven.

^{6:7} Calling on Him to forgive our work badly done or left undone, ⁸ implies the vain supposition that ⁹ we have nothing to do but to ask pardon, ¹⁰ and that afterwards we shall be free to repeat the offence.

^{8:31} If a friend informs us of a fault, ³² do we listen patiently to the rebuke and credit what is said? ^{9:2} During many years I have been most grateful for merited rebuke. ³ The wrong lies in unmerited censure.

^{10:29} It isn't always best for us to receive what we desire and what we ask for. ³⁰ In this case infinite Love won't grant the request.

^{13:5} In public prayer we often go beyond our convictions, ⁶ beyond the honest standpoint of fervent desire. ⁷ If we aren't secretly yearning and openly striving for ⁸ the accomplishment of all we ask, ⁹ our

prayers are “vain repetitions.”¹⁰ If our petitions are sincere, we labor for what we ask;¹¹ and our Father, who sees in secret, will reward us openly.¹³ Do we gain the omnipotent ear sooner by words than by thoughts?¹⁶ If we cherish our desire honestly and silently and humbly,¹⁷ God will bless it,¹⁸ and we shall incur less risk of overwhelming our real wishes¹⁹ with a torrent of words.

^{15:7} The Father is unseen to the physical senses,⁸ but He knows all things and rewards according to motives,⁹ not according to speech.

^{18:6} Jesus did life’s work aright⁸ to show mortals how to do theirs, but not to do it for them⁹ nor to relieve them of a single responsibility.¹⁰ He acted boldly, against the accredited evidence of the senses,¹¹ against Pharisaical creeds and practices.

^{19:5} Even Christ cannot reconcile Truth to error,⁶ for Truth and error are irreconcilable.

^{19:23} Practical repentance reforms the heart²⁴ and enables man to do the will of wisdom.

^{20:10} Jesus established no ritualistic worship.¹¹ He knew that men can be baptized, partake of the Eucharist, support the clergy,¹² observe the Sabbath, make long prayers,¹³ and yet be sensual and sinful.

^{20:25} The truth is the center of all religion.

^{21:12} If honest, the disciple will be in earnest from the start,¹³ and gain a little each day in the right direction,¹⁴ until at last he finishes his course with joy.

^{29:7} Christian experience teaches faith in the right and disbelief in the wrong.⁸ It bids us work the more earnestly in times of persecution,⁹ because then our labor is

more needed.

^{40:9} Science removes the penalty only by first removing the sin which incurs the penalty.¹⁰ This is my sense of divine pardon,¹¹ which I understand to mean God’s method of destroying sin.¹⁴ Another’s suffering cannot lessen our own liability.

^{40:25} Our heavenly Father demands that all men²⁶ should follow the example of Jesus and his apostles,²⁷ not merely worship his personality.²⁸ It’s sad that the phrase “divine service” has come so generally to mean public worship instead of daily deeds.

^{57:4} Union of the masculine and feminine qualities constitutes completeness.⁸ These different elements conjoin naturally with each other,⁹ and their true harmony is in spiritual oneness.¹⁰ Both sexes should be loving, pure, tender, and strong.

^{57:15} Beauty, wealth, or fame is incompetent to meet the demands of the affections between the sexes,¹⁶ and should never weigh against the better claims of¹⁷ intellect, goodness, and virtue.

^{57:22} Human affection isn’t poured forth vainly, even though it meets no return.²³ Love enriches the nature,²⁴ enlarging, purifying, and elevating it.²⁵ The wintry blasts of earth may uproot the flowers of affection, and scatter them to the winds;²⁶ but this severance of fleshly ties²⁷ serves to unite thought more closely to God,²⁸ for Love supports the struggling heart²⁹ until it ceases to sigh over the world and begins to unfold its wings for heaven.

^{58:16} The narrowness and jealousy which would confine a wife¹⁷ or a husband forever within four walls¹⁸ won’t promote a sweet interchange of confidence and love.¹⁹ On the other hand, a wandering desire for incessant amusement outside the home²⁰ is a poor indicator for the happiness

of wedlock. ²¹ Home is the dearest spot on earth, ²² and it should be the center, ²³ though not the boundary, of the affections.

^{58:26} A wife ought not to court vulgar extravagance ²⁷ or stupid ease because another supplies her wants.

^{59:17} Tender words and unselfish care that promote the welfare and happiness of your wife ¹⁸ will prove more salutary in prolonging her health and smiles ¹⁹ than stolid indifference or jealousy. ²⁰ Husbands, remember ²¹ how slight a word or deed may renew ²² the old trysting times.

^{60:4} Kindred tastes, motives, and aspirations are necessary to ⁵ a happy and permanent companionship.

^{60:16} Marriage should improve the human species, ¹⁷ becoming a barrier against vice, a protection to woman, ¹⁸ strength to man, and a center for the affections. ¹⁹ This, however, in a majority of cases, isn't its present tendency, and why? ²¹ Because other considerations — ²² passion, frivolous amusements, personal adornment, display, and pride — ²³ occupy thought.

^{61:24} Isn't the propagation of the human species a greater responsibility, ²⁵ a more solemn charge, than the culture of your garden ²⁶ or the raising of stock to increase your flocks and herds? ²⁷ Nothing unworthy of perpetuity should be transmitted to children.

^{63:12} Civil law establishes very unfair differences between the rights of the two sexes. ¹³ Christian Science furnishes no precedent for such injustice.

^{64:8} Pride, envy, or jealousy seems on most occasions to be the master of ceremonies, ⁹ ruling out primitive Christianity. ¹⁰ When a man lends a helping hand to some noble woman, ¹¹ struggling alone

with adversity, his wife should not say, ¹² "It is never well to interfere with your neighbor's business." ¹³ A wife is sometimes debarred ¹⁴ by a covetous domestic tyrant ¹⁵ from giving the ready aid her sympathy and charity would afford.

^{68:2} At present mortals progress slowly ³ for fear of being thought ridiculous. ⁴ They are slaves to fashion, pride, and sense. ⁶ We ought to weary of the fleeting and false ⁷ and to cherish nothing which ⁸ hinders our highest selfhood.

^{68:9} Jealousy is the grave of affection. ¹⁰ The presence of mistrust, where confidence is due, ¹¹ scatters love's petals to decay.

^{71:10} Close your eyes, and you may dream that you see a flower — ¹¹ that you touch and smell it. ¹² Thus you learn that the flower is a product of the mind, ¹³ a formation of thought rather than of matter.

^{72:19} Error isn't a sieve ²⁰ through which truth can be strained.

^{80:1} We have strength in proportion to our understanding of the truth. ³ A cup of coffee or tea isn't equal to truth ⁴ for the inspiration of a sermon ⁵ or for the support of bodily endurance.

^{87:19} The mine knows nothing of the emeralds within its rocks; ²⁰ the sea is ignorant of the gems within its caverns, ²¹ of the corals, of its sharp reefs, of the tall ships that float on its bosom, ²² or of the bodies which lie buried in its sands: ²³ yet these are all there. ²⁴ Do not suppose that any mental concept is gone because you do not think of it. ²⁵ The true concept is never lost. ²⁶ The strong impressions produced on mortal mind by friendship ²⁷ or by any intense feeling are lasting.

^{96:1} Humanity advances slowly out of sinning sense into spiritual understanding;

² unwillingness to learn all things rightly
³ binds Christendom with chains.

^{104:8} An author has wisely said: ⁹ “Every great scientific truth goes through three stages. ¹⁰ First, people say it conflicts with the Bible. ¹¹ Next, they say it has been discovered before. ¹² Lastly, they say they have always believed it.”

^{104:31} Is it not clear that the human mind must move the body to a wicked act? ³² Isn't mortal mind the murderer?
^{105:1} The hands, without mortal mind to direct them, ² could not commit a murder.

^{109:2} Mind is All and matter is nothing.
^{109:11} For three years after my discovery, ¹² I sought the solution of this problem of Mind-healing, ¹³ searched the Scriptures and read little else, ¹⁴ kept aloof from society, and devoted time and energies to discovering a positive rule. ¹⁵ The search was sweet, calm, and buoyant with hope, ¹⁶ not selfish nor depressing.

^{111:28} Mind governs the body, not partially but wholly.

^{119:25} In viewing the sunrise, one finds that it ²⁶ contradicts the evidence before the senses to believe that ²⁷ the earth is in motion and the sun at rest. ²⁸ As astronomy reverses the human perception of ²⁹ the movement of the solar system, ³⁰ so Christian Science reverses the seeming relation of Soul and body ³¹ and makes body tributary to Mind.

^{121:17} The earth's diurnal rotation is invisible to the physical eye, ¹⁸ and the sun seems to move from east to west, ¹⁹ instead of the earth from west to east. ²⁰ Until rebuked by clearer views of the everlasting facts, ²¹ this false testimony of the eye deluded the judgment and induced false conclusions. ²² Science shows appearances often to be erroneous.

^{122:18} The barometer, ¹⁹ denying the testimony of the senses, ²⁰ points to fair weather in the midst of murky clouds and drenching rain. ²¹ Experience is full of similar illusions, ²² which every thinker can recall for himself.

^{125:2} What is now considered the best condition for ³ health in the human body ⁴ may no longer be found indispensable. ⁵ Moral conditions will be found always ⁶ harmonious and health-giving.

^{128:4} The term Science, properly understood, refers only to the laws of God ⁵ and to His government of the universe.

^{129:22} We must look deep into realism ²³ instead of accepting only the outward sense of things. ²⁴ Can we gather peaches from a pine tree, ²⁵ or learn from discord the concord of being?

^{130:18} Material beliefs must be cast out to make place for truth. ¹⁹ You cannot add to the contents of a vessel already full. ²⁰ Laboring long to shake the adult's faith in matter, ²³ the author has often remembered our Master's love for little children, ²⁴ and understood how truly they ²⁵ belong to the heavenly kingdom.

^{131:4} Our lives must be governed by reality in order to be ⁵ in harmony with God.

^{134:31} A miracle fulfills God's law, but doesn't violate that law. ^{135:7} The miracle introduces no disorder, but unfolds the primal order.

^{135:26} Christianity as Jesus taught it was not a creed, ²⁷ nor a system of ceremonies, ²⁸ nor a special gift from a ritualistic Jehovah.

^{141:10} The popular thought is that all revelation ¹¹ must come from the schools and along the line of scholarly and ecclesiastical descent, ¹² as kings are crowned from a royal dynasty. ¹³ In healing the sick and sinning, ¹⁴ Jesus elaborated the fact

that the healing effect ¹⁵ followed the understanding of the divine Principle. ¹⁷ For this Principle there is no dynasty, no ecclesiastical monopoly. ¹⁹ Its only priest is the spiritualized man.

^{142:11} If the soft palm upturned to a lordly salary ¹² and architectural skill making dome and spire tremulous with beauty ¹³ turn the poor and the stranger from the gate, ¹⁴ they at the same time shut the door on progress.

^{143:1} Truth is God's remedy for error of every kind, ² and Truth destroys only what is untrue.

^{144:27} When the Science of being is universally understood, ²⁸ every man will be his own physician, ²⁹ and Truth will be the universal panacea.

^{147:15} Never believe that you can absorb the whole meaning ¹⁶ of the Science by a simple perusal of this book. ¹⁷ The book needs to be studied.

^{149:7} The prescription which succeeds in one instance fails in another, ⁸ and this is owing to the different mental states of the patient.

^{151:26} All that really exists is the divine Mind and its idea, ²⁸ The straight and narrow way is to see and acknowledge this fact, ²⁹ yield to this power, ³⁰ and follow the leadings of truth.

^{152:9} Truth has a healing effect, even when not fully understood.

^{153:25} We weep because others weep, we yawn because they yawn, ²⁷ but mortal mind, not matter, contains and carries the infection. ²⁸ When this mental contagion is understood, ²⁹ we shall be more careful of our mental conditions, ³⁰ and we shall avoid loquacious tattling about disease, ³¹ as we would avoid advocating crime.

^{154:26} "You look sick," "You look tired," "You need rest," or ²⁷ "You need medicine."

²⁸ Such a mother runs to her little one, ²⁹ who thinks he has hurt his face by falling on the carpet, and says, ³⁰ "Mamma knows you are hurt." ³¹ The better and more successful method for any mother to adopt is to say: ³² "Oh, never mind!" ^{155:1} Presently the child forgets all about the accident, and is at play.

^{157:26} Narcotics quiet mortal mind, and so relieve the body; ²⁷ but they leave both mind and body worse for this submission.

^{165:18} You consult your brain in order to remember what has hurt you, ¹⁹ when your remedy lies in forgetting the whole thing.

^{166:3} As a man thinketh, so is he. ⁴ Mind is all that feels, acts, or impedes action. ⁵ Ignorant of this, or shrinking from its implied responsibility, ⁶ the healing effort is made on the wrong side, ⁷ and thus conscious control over the body is lost.

^{167:30} Only through radical reliance on Truth ³¹ can scientific healing power be realized.

^{168:10} When sick (according to belief) you rush after drugs, ¹¹ search out the so-called material laws of health, ¹² and depend upon them to heal you, ¹³ though you have already brought yourself into the quagmire of disease ¹⁴ through just this false belief.

^{168:24} I have discerned disease in the human mind, ²⁵ and recognized the patient's fear of it, ²⁶ months before the so-called disease made its appearance in the body. ²⁷ Disease being a belief, ²⁸ the sensation would not appear if the error of belief was ²⁹ destroyed by truth.

^{174:4} Is civilization only a higher form of idolatry, ⁵ that man should bow down to an exfoliating brush, to flannels, ⁶ to baths, diet, exercise, and air?

^{174:20} Truth is revealed. It needs only to be practised.

^{175:17} Our forefathers ¹⁹ had less time for ²⁰ selfishness, coddling, and sickly after-dinner talk. ²¹ The exact amount of food the stomach could digest ²² was not discussed nor referred to sanitary laws. ²³ A man's belief in those days was not so severe upon the gastric juices.

^{176:7} The primitive custom of taking no thought about food ⁸ left the stomach and bowels free to act in obedience to nature, ⁹ and gave the gospel a chance to be seen ¹⁰ in its glorious effects upon the body. ¹¹ A ghastly array of diseases was not paraded before the imagination.

^{176:17} Human fear of miasma would load with disease the air of Eden, ¹⁸ and weigh down mankind with conjectural evils. ¹⁹ Mortal mind is the worst foe of the body, ²⁰ while divine Mind is its best friend.

^{179:32} Descriptions of disease given by physicians, ^{180:1} and advertisements of quackery are both sources of sickness.

^{183:16} The supposed laws which result in weariness ¹⁷ and disease aren't His laws.

^{184:6} Belief produces the results of belief, ⁷ and the penalties it affixes last so long as the belief and are inseparable from it. ⁸ The remedy consists in probing the trouble to the bottom, ⁹ in finding and casting out ¹⁰ the error of belief which produces a mortal disorder, ¹¹ never honoring erroneous belief with the title of law ¹² nor yielding obedience to it.

^{184:20} Matter cannot suffer. ²¹ Mortal mind alone suffers — ²² not because a law of matter has been transgressed, ²³ but because a law of this so-called mind has been disobeyed.

^{188:24} The soil of disease is mortal mind, ²⁵ and you have an abundant or scanty crop

of disease ²⁶ according to the seedlings of fear. ²⁷ Sin and the fear of disease must be uprooted and cast out.

^{192:4} We are Christian Scientists, only as we quit our reliance ⁵ upon what is false and grasp the true.

^{192:23} The good you do and embody gives you the only power obtainable. ²⁴ Evil isn't power. ²⁵ It's a mockery of strength, which soon betrays its weakness and falls, ²⁶ never to rise.

^{196:4} The power of mortal mind over its own body is little understood.

^{196:20} Books that rule disease out of mortal mind ²¹ and remove the images and thoughts of disease — ²² instead of impressing them ²³ with forcible descriptions and medical details — ²⁴ will help to abate sickness and to destroy it.

^{196:31} The press unwittingly sends forth many sorrows ³² and diseases among the human family. ^{197:1} It does this by giving names to diseases ² and by printing long descriptions which mirror images of disease distinctly in thought. ³ A new name for an ailment affects people ⁴ like a Parisian name for a novel garment. ⁵ Everyone hastens to get it. ⁶ A minutely described disease costs many men their earthly days of comfort.

^{199:21} The devotion of thought to an honest achievement makes the achievement possible.

^{199:32} When Homer sang of the Grecian gods, Olympus was dark, ^{200:1} but through his verse the gods became alive ² in a nation's belief.

^{201:1} The best sermon ever preached is Truth practised and demonstrated.

^{201:7} We cannot build safely on false foundations. ¹³ We cannot fill vessels already full. They must first be emptied.

^{208:28} A mortal man makes his body harmonious or discordant according to ²⁹ the images of thought impressed upon it. ³¹ You should delineate upon your body thoughts of health, not of sickness. ³² You should banish all thoughts of disease and sin. ^{209:2} It is the mortal belief which makes the body discordant and diseased ³ in proportion as ignorance, ⁴ fear, or human will governs mortals.

^{220:18} Mortal mind produces its own phenomena, ¹⁹ and then charges them to something else — ²⁰ like a kitten glancing into the mirror at itself and ²¹ thinking it sees another kitten.

^{221:19} God never ordained a law that ²⁰ fasting should be a means of health. ²¹ Hence semi-starvation isn't acceptable to wisdom.

^{222:14} Take less thought about what you should eat or drink, ¹⁵ consult the stomach less about ¹⁶ the economy of living and God more.

^{225:5} You may know when Truth first leads by the fewness ⁶ and faithfulness of its followers. ⁸ The powers of this world will fight, ⁹ and will command their sentinels not to let truth pass the guard ¹⁰ until it subscribes to their systems; ¹¹ but Science, heeding not the pointed bayonet, marches on. ¹² There is always some tumult, but there is a rallying to truth's standard.

^{232:5} The beliefs we commonly entertain about happiness and life afford ⁶ no permanent evidence of either.

^{233:7} God's law demands of us only what we can certainly fulfill.

^{233:8} In the midst of imperfection, perfection is seen and acknowledged only by degrees. ⁹ The ages must slowly work up to perfection.

^{234:4} Whatever inspires with wisdom,

Truth, or Love — ⁵ be it song, sermon, or Science — blesses the human family ⁶ with crumbs of comfort.

^{234:9} We should become more familiar with good than with evil, ¹⁰ and guard against false beliefs as watchfully ¹¹ as we bar our doors against the approach of thieves and murderers. ¹² We should love our enemies ¹³ and help them on the basis of the Golden Rule; ¹⁴ but avoid casting pearls before those who trample them under foot, ¹⁵ thereby robbing both themselves and others.

^{234:17} If mortals would keep proper ward over mortal mind, ¹⁸ the brood of evils which infest it would be cleared out. ¹⁹ We must begin with this mind ²⁰ and empty it of sin and sickness, ²¹ or sin and sickness will never cease.

^{234:25} Sin and disease must be thought before they can be manifested. ²⁶ You must control evil thoughts in the first instance, ²⁷ or they will control you in the second.

^{235:1} Evil thoughts, lusts, and malicious purposes cannot go forth, like wandering pollen, ² from one mind to another, finding an unsuspected foothold, ³ if virtue and truth build a strong defense.

^{235:7} The teachers of schools and the readers in churches ⁸ should be selected with as direct reference to their morals ⁹ as to their learning or their correct reading.

^{235:28} Clergymen, occupying the watch-towers of the world, ²⁹ should uplift the standard of Truth. ³⁰ They should so raise their hearers spiritually, ³¹ that their listeners will love to grapple with ³² a new, right idea, and broaden their concepts.

^{236:2} Truth should emanate from the pulpit, ³ but never be strangled there.

^{236:12} A mother is the strongest educa-

tor. ¹³ Her thoughts form the embryo of another mortal mind, ¹⁴ and unconsciously mould it.

^{236:21} Children should obey their parents; ²² insubordination is an evil, blighting the buddings of self-government. ²³ Parents should teach their children ²⁴ at the earliest possible period the truths of health and holiness. ²⁵ Children are more tractable than adults, ²⁶ and learn more readily to love the simple verities ²⁷ that will make them happy and good.

^{236:28} Jesus loved little children because of their freedom from wrong ²⁹ and their receptiveness of right. ³⁰ While age is halting between two opinions or battling with false beliefs, ³¹ youth makes easy and rapid strides towards Truth.

^{237:10} The more stubborn beliefs ¹¹ and theories of parents often choke the good seed in the minds ¹² of themselves and their offspring. ¹³ Superstition, like “the fowls of the air,” snatches away the good seed before it has sprouted.

^{238:1} Motives and acts aren’t rightly valued before they are understood. ² It is well to wait until those you would benefit ³ are ready for the blessing.

^{238:6} To obey the Scriptural command, ⁷ “Come out from among them, and be ye separate,” is to incur society’s frown; ⁸ but this frown, more than flatteries, enables one to be Christian.

^{238:27} People with mental work before them ²⁸ have no time for gossip about false testimony. ²⁹ To place the fact above the falsehood ³⁰ is the work of time.

^{239:5} Take away wealth, fame, and social organizations, ⁶ which weigh not one jot in the balance of God, ⁷ and we get clearer views of Principle. ⁸ Break up cliques, level wealth with honesty, let worth be judged according to wisdom, ⁹ and we get better

views of humanity.

^{239:12} Let it be understood that success in error is defeat in Truth. ¹³ The watchword of Christian Science is Scriptural: ¹⁴ “Let the wicked forsake their way, ¹⁵ and the unrighteous their thoughts.”

^{239:16} To ascertain our progress, we must learn where our affections are placed ¹⁷ and whom we acknowledge and obey as God. ¹⁸ If divine Love is becoming nearer, ¹⁹ dearer, and more real to us, matter is then submitting to Spirit. ²⁰ The objects we pursue and the spirit we manifest ²¹ reveal our standpoint, ²² and show what we are winning.

^{240:3} Arctic regions, sunny tropics, giant hills, winged winds, ⁴ mighty billows, verdant vales, festive flowers, and glorious heavens ⁵ all point to Mind, the spiritual intelligence they reflect. ⁶ The floral apostles are hieroglyphs of Deity. ⁷ Suns and planets teach grand lessons. ⁸ The stars make night beautiful, ⁹ and the leaflet turns naturally towards the light.

^{240:27} In trying to undo the errors of sense ²⁸ one must pay fully and fairly the utmost farthing, ²⁹ until all error is finally brought into subjection to Truth. ³⁰ The divine method of paying sin’s wages involves unwinding one’s snarls.

^{241:10} Falsehood, envy, hypocrisy, malice, hate, revenge, and so forth, ¹¹ steal away the treasures of Truth.

^{241:17} The error of ages is preaching without practice.

^{241:23} One’s aim should be to find the footsteps of Truth, ²⁴ the way to health and holiness.

^{243:2} We can never succeed in the Science and demonstration of ³ spiritual good through ignorance or hypocrisy.

^{247:10} Beauty, as well as truth, is eternal; ¹¹ but the beauty of material things

passes away, fading and fleeting as mortal belief. ¹² Custom, education, and fashion ¹³ form the transient standards of mortals.

^{248:25} We must first turn our gaze in the right direction, ²⁶ and then walk that way. ²⁷ We must form perfect models in thought and look at them continually, ²⁸ or we shall never carve them out in grand and noble lives. ²⁹ Let unselfishness, goodness, mercy, justice, health, holiness, and love ³⁰ reign within us, ³¹ and sin, disease, and death will diminish ³² until they finally disappear.

^{250:12} Man isn't God, but like a ray of light which comes from the sun, ¹³ man reflects God.

^{252:7} When false human beliefs learn even a little of their own falsity, ⁸ they begin to disappear. ⁹ A knowledge of error and of its operations must precede ¹⁰ that understanding of Truth which destroys error.

^{253:18} If you believe in and practice wrong knowingly, ¹⁹ you can at once change your course and do right.

^{254:2} Individuals are consistent who, ³ watching and praying, can "run and not be weary; ⁴ walk and not faint," who gain good rapidly ⁵ and hold their position, ⁶ or attain slowly and don't yield to discouragement. ⁷ God requires perfection, but not until the battle between Spirit and flesh is fought.

^{256:1} Progress takes off human shackles.

^{260:15} Distrust of one's ability to gain the goodness desired and ¹⁶ to bring out better and higher results, ¹⁷ often ensures failure at the outset.

^{266:20} The sinner makes his own hell by doing evil, ²¹ and the saint his own heaven by doing right.

^{270:24} Mortals think wickedly; consequently they are wicked. ²⁵ They think

sickly thoughts, and so become sick.

^{281:30} The old belief must be cast out ³¹ or the new idea will be spilled, ³² and the inspiration, which is to change our standpoint, will be lost.

^{284:21} The physical senses can obtain no proof of God. ²² They can neither see Spirit through the eye nor hear it through the ear, ²³ nor can they feel, taste, or smell Spirit.

^{285:16} The belief that a material body is man ¹⁷ is a false conception of man.

^{295:1} The belief that a severed limb is aching in the old location, ² the sensation seeming to be in nerves which are no longer there, ³ is an added proof of the unreliability of physical testimony.

^{295:16} The manifestation of God through mortals is as light ¹⁷ passing through the windowpane. ¹⁸ The light and the glass never mingle, ¹⁹ but the glass is less opaque than the walls. ²⁰ The mortal mind through which Truth appears most vividly ²¹ is that one which has lost much error ²² in order to become a better transparency for Truth. ²³ Then, like a cloud melting into thin vapor, it no longer hides the sun.

^{296:4} Progress is born of experience.

^{296:16} Mortal belief must lose all satisfaction in error and sin ¹⁷ in order to part with them.

^{296:28} An improved belief is one step out of error, ²⁹ and aids in taking the next step.

^{296:32} Mortal belief says, "You are wretched!" and mortals think they are so; ^{297:1} and nothing can change this state, until the belief changes. ² Mortal belief says, "You are happy!" and mortals are so; ³ and no circumstance can alter the situation, ⁴ until the belief on this subject changes. ⁵ Human belief says to mortals, ⁶ "You are sick!" and this testimony manifests itself on the body as sickness.

^{320:7} The Scriptures have both a spiritual and a literal meaning.

^{322:24} A man who refrains from wrong only through fear of consequences ²⁵ is neither a temperate man nor a reliable religionist.

^{322:32} It is easier to desire Truth than to rid oneself of error. ^{323:1} Mortals may seek the understanding of Christian Science, ² but they won't be able to glean from Christian Science ³ the facts of being without striving for them. ⁴ This strife consists in the endeavor to forsake error of every kind ⁵ and to possess no other consciousness but good.

^{323:13} In order to apprehend more, ¹⁴ we must put into practice what we already know. ¹⁵ We must recollect that Truth is demonstrable when understood, ¹⁶ and that good isn't understood until demonstrated.

^{323:30} We are either turning away from the "still, small voice" of Truth, ³¹ or we are listening to it and going up higher. ³² Willingness to leave the old for the new ^{324:1} renders thought receptive to the advanced idea. ² Gladness to leave the false landmarks ³ and joy to see them disappear ⁴ — this disposition helps to precipitate the ultimate harmony.

^{324:13} Be watchful, sober, and vigilant. ¹⁴ The way is straight and narrow.

^{327:1} Reform comes by understanding that there is no abiding pleasure in evil, ² and also by gaining an affection for good.

^{327:8} What a pitiful sight is malice, finding pleasure in revenge! ⁹ Evil is sometimes a man's highest conception of right, ¹⁰ until his grasp on good grows stronger. ¹¹ Then he loses pleasure in wickedness, and it becomes his torment. ¹² The way to escape the misery of sin is to cease sinning. ¹³ There is no other way.

^{327:22} Fear of punishment never made man truly honest. ²³ Moral courage is requisite to meet the wrong and to proclaim the right.

^{329:14} One should not tarry in the storm if the body is freezing, ¹⁵ nor should he remain in the devouring flames. ¹⁶ Until one is able to prevent bad results, he should avoid their occasion.

^{330:3} Until I learned the vastness of Christian Science, ⁴ the fixedness of mortal illusions, ⁵ and the human hatred of Truth, ⁶ I cherished sanguine hopes that Christian Science would meet with immediate and universal acceptance.

^{339:31} You conquer error by denying its verity. ³² Our various theories will never lose their imaginary power for good or evil, ^{340:1} until we lose our faith in them.

^{341:1} The criticisms of this volume would condemn to oblivion the truth, ² which is raising up thousands from helplessness to strength ³ and elevating them from a theoretical to a practical Christianity.

^{349:13} The chief difficulty in conveying the teachings of divine Science accurately ¹⁴ to human thought lies in this, ¹⁵ that like all other languages, English is inadequate.

^{355:11} Let discord of every name and nature be heard no more.

^{361:21} I have revised Science and Health only to give a clearer ²² and fuller expression of its original meaning. ²³ Spiritual ideas unfold as we advance.

^{366:25} The sick are terrified by their sick beliefs, ²⁶ and sinners should be affrighted by their sinful beliefs; ²⁷ but the Christian Scientist will be calm in the presence of ²⁸ both sin and disease.

^{372:27} A denial of Truth is fatal, ²⁸ while a just acknowledgement of Truth and ²⁹ of what it has done for us is an effectual

help. ³⁰ If pride, superstition, or any error prevents the honest recognition of benefits received, ³¹ this will be a hindrance to the recovery of the sick.

^{377:6} Invalids flee to tropical climates in order to save their lives, ⁷ but they come back no better than when they went away. ⁸ Then is the time to cure them, ⁹ and prove that they can be healthy in all climates, ¹⁰ when their fear of climate is exterminated.

^{382:8} Constant bathing and rubbing to alter the secretions ¹⁰ receives a useful rebuke from Jesus' precept, ¹¹ "Take no thought ... for the body." ¹² We must beware of making clean merely the outside of the platter.

^{383:3} We need a clean body and a clean mind — ⁴ a body rendered pure by Mind as well as washed by water. ⁸ The Christian Scientist takes the best care of his body ⁹ when he leaves it most out of his thought.

^{384:3} We should relieve our minds from the depressing thought ⁴ that we have transgressed a material law ⁵ and must of necessity pay the penalty.

^{386:16} A blundering dispatch, mistakenly announcing the death of a friend, ¹⁷ occasions the same grief that the friend's ¹⁸ real death would bring. ¹⁹ You think that your anguish is occasioned by your loss. ²⁰ Another dispatch, correcting the mistake, heals your grief, ²¹ and you learn that your suffering was merely the result of your belief. ²² Thus it is with all sorrow, sickness, and death. ²³ You will learn at length that there is no cause for grief, ²⁴ and divine wisdom will then be understood. ²⁵ Error, not Truth, produces all the suffering on earth.

^{391:14} It is error to suffer for anything but your own sins, ¹⁶ and real suffering for your own sins will cease in proportion as

the sin ceases.

^{392:24} Stand guard at the door of thought. ²⁵ If you admit only such conclusions as you wish realized in bodily results, ²⁶ you will control yourself harmoniously. ²⁷ When the condition is present ²⁸ which you say induces disease, ²⁹ whether it be air, exercise, heredity, contagion, or accident, ³⁰ then perform your office as guard and shut out these unhealthy thoughts and fears. ³¹ Exclude from mortal mind the offending errors; ³² then the body cannot suffer from them.

^{393:32} It is well to be calm in sickness; ^{394:1} to be hopeful is still better; ² but to understand that sickness isn't real and that Truth can destroy its seeming reality, is best of all, ³ for this understanding is the universal and perfect remedy.

^{395:17} An ill-tempered, complaining, or deceitful person ¹⁸ should not be a nurse. ¹⁹ The nurse should be cheerful, orderly, punctual, patient, full of faith — ²⁰ receptive to Truth and Love.

^{396:1} One should never hold in mind the thought of disease, ² but should efface from thought ³ all forms and types of disease, ⁴ both for one's own sake and for that of the patient. ⁵ Avoid talking illness to the patient. ⁶ Make no unnecessary inquiries relative to feelings or disease. ⁷ Never startle with a discouraging remark about recovery, ⁸ nor draw attention to certain symptoms as unfavorable, ⁹ avoid speaking aloud the name of the disease. ¹⁰ Never say beforehand how much you have to contend with in a case, ¹¹ nor encourage in the patient's thought ¹² the expectation of growing worse before a crisis is passed.

^{397:8} Suffering is no less a mental condition than is enjoyment.

^{401:28} It is better for Christian Scientists to leave surgery ²⁹ and the adjustment of

broken bones and dislocations ³⁰ to the fingers of a surgeon, ³¹ while the mental healer confines himself chiefly to mental reconstruction.

^{403:14} You command the situation if you understand that ¹⁵ mortal existence is a state of self-deception and not the truth of being. ¹⁶ Mortal mind is constantly producing on mortal body ¹⁷ the results of false opinions.

^{405:5} Christian Science commands man to master the propensities — ⁶ to hold hatred in abeyance with kindness, ⁷ to conquer lust with chastity, revenge with charity, ⁸ and to overcome deceit with honesty.

^{405:22} It were better to be exposed to every plague on earth ²³ than to endure the cumulative effects of a guilty conscience. ²⁴ The abiding consciousness of wrongdoing ²⁵ tends to destroy the ability to do right. ²⁸ You are conquered by the moral penalties you incur ²⁹ and the ills they bring.

^{406:19} Resist error of every sort and it will flee from you.

^{406:28} The depraved appetite for alcoholic drinks, tobacco, ²⁹ tea, coffee, and opium is destroyed only by Mind's mastery of the body.

^{407:6} Man's enslavement to the most relentless masters — ⁷ passion, selfishness, envy, hatred, and revenge — ⁸ is conquered only by a mighty struggle. ⁹ Every hour of delay makes the struggle more severe.

^{409:29} We cannot spend our days here in ignorance, ³⁰ and expect to find beyond the grave ³¹ a reward for this ignorance. ³² Death won't make us harmonious and immortal as a recompense for ignorance.

^{416:29} Assure the sick that they think too much about their ailments, ³⁰ and have already heard too much on that subject. ³¹ Turn their thoughts away from their

bodies to higher objects.

^{417:3} Give sick people credit for sometimes knowing more than their doctors.

^{419:1} A moral question may hinder the recovery of the sick. ² Lurking error, lust, envy, revenge, malice, or hate ³ will perpetuate or even create the belief in disease.

^{419:18} Think less of material conditions and more of spiritual.

^{420:10} Instruct the sick that they aren't helpless victims, ¹¹ for if they will only accept Truth, ¹² they can resist disease and ward it off, ¹³ as positively as they can the temptation to sin.

^{426:5} I find the path ⁶ less difficult when I have the high goal always before my thoughts ⁷ than when I count my footsteps ⁸ in endeavoring to reach it.

^{443:10} All are privileged to work out their own salvation ¹¹ according to their light. ¹² Our motto should be the Master's counsel, ¹³ "Judge not, that you might not be judged."

^{443:14} If patients fail to experience the healing power of Christian Science, ¹⁵ and think they can be benefited by ¹⁶ ordinary physical methods of medical treatment, ¹⁷ then the Mind-physician should give up such cases, ¹⁸ and leave invalids free to resort to whatever other systems they fancy will afford relief.

^{444:13} I advise students to be charitable and kind, ¹⁴ not only towards differing forms of religion and medicine, ¹⁵ but to those who hold these differing opinions.

^{445:19} Christian Science silences human will, quiets fear with Truth and Love, ²⁰ and illustrates the unlabored motion ²¹ of the divine energy in healing the sick. ²² Self-seeking, envy, passion, pride, hatred, and revenge ²³ are cast out by the divine Mind which heals disease.

^{447:1} The heavenly law is broken by trespassing upon ² man's individual right of self-government. ⁶ You must not forget that erring human opinions, ⁷ conflicting selfish motives, ⁸ and ignorant attempts to do good may render you incapable of ⁹ knowing or judging accurately the need of your fellow-men. ¹⁰ Therefore the rule is, heal the sick when called upon for aid.

^{447:27} The sick aren't healed merely by declaring there is no sickness, ²⁸ but by knowing that there is none.

^{448:9} When needed, tell the truth concerning the lie. ¹⁰ Evasion of Truth cripples integrity ¹¹ and casts you down from the pinnacle.

^{448:30} To talk the right and live the wrong is foolish deceit, ³¹ doing oneself the most harm.

^{449:7} The wrong done another reacts most heavily against oneself. ⁸ Right adjusts the balance sooner or later. ⁹ It is "easier for a camel to go through the eye of a needle" ¹⁰ than for you to benefit yourself by injuring others.

^{452:4} Incorrect reasoning leads to practical error. ⁵ The wrong thought should be arrested before it has a chance ⁶ to manifest itself.

^{452:7} Walking in the light, we are accustomed to the light and require it; ⁸ we cannot see in darkness. ⁹ But eyes accustomed to darkness are pained by the light. ¹⁰ When outgrowing the old, you should not fear to put on the new.

^{453:16} Honesty is spiritual power. ¹⁷ Dishonesty is human weakness, which forfeits divine help.

^{458:23} The Christianly scientific man ²⁵ does violence to no man. Neither is he a false accuser. ²⁶ The Christian Scientist wisely shapes his course, ²⁷ and is honest and consistent in following the leadings of

divine Mind.

^{460:14} Sickness is neither imaginary nor unreal ¹⁵ to the frightened, false sense of the patient. ¹⁶ Sickness is more than fancy; it is solid conviction. ¹⁷ It is therefore to be dealt with ¹⁸ through right apprehension of the truth. ¹⁹ If Christian healing is abused by mere smatterers in Science, ²⁰ it becomes a tedious mischief-maker. ²¹ Instead of scientifically effecting a cure, it starts a petty crossfire over every cripple and invalid, ²² buffeting them with the superficial and cold assertion, ²³ "Nothing ails you."

^{460:24} When the Science of Mind was a fresh revelation to me, ²⁶ I had to impart the hue of spiritual ideas from my own spiritual condition, ²⁷ and I had to do this orally ²⁸ through the meager channel afforded by language ²⁹ and by my manuscript circulated among students. ³⁰ As former beliefs were gradually expelled from my thought, ³¹ the teaching became clearer, ³² until finally the shadow of old errors was no longer cast upon divine Science.

^{482:26} Sickness is part of the error which Truth casts out. ²⁷ Error won't expel error.

^{495:2} Truth casts out error now ³ as surely as it did centuries ago. ⁴ All of Truth isn't understood; ⁵ hence its healing power isn't fully demonstrated.