

profound faith, and an unalterable confidence in Providence. They rarely use alcoholic liquors to excess. Their religious customs enforce cleanliness, both personal and in their dwellings; and two families are never found inhabiting the same apartment.

On the other side, among the conditions unfavourable to longevity we may mention their almost universal habit of residence in large cities, and the rarity of their engagement in agricultural pursuits. This, however, is the result of the persecuting legislation of past ages. The Jews of the Bible and of Palestine were essentially a pastoral and a warlike race.

The Jews have always taken every precaution to preserve the life of every individual born, to such an extent that the Mosaic laws prescribe stringent measures, even in the construction of their houses, requiring 'balustrades about the roofs to keep the children from falling from them.'

Thus in reviewing the sanitary code of Moses we have seen a system of laws which operate to prevent those fertile sources of zymotic disease which are to be found in the pollution of air, soil and water, and which prescribe effectual isolation of infectious diseases and rigorous methods of disinfection. We have seen that they include regulations admirably adapted to preserve personal cleanliness, dietetic care and sobriety. If anyone should possess the sound mind in a sound body it is the Israelite who follows the Mosaic law, and the Talmudic tradition. We hear much, and possibly we think much of the remarkable ethnic historic spectacle presented by the Jews alone amongst the nations. They have floated down the tide of Time subjected to many storms, buffeted by waves of crushing oppression and exterminating cruelty. They have been imprisoned in the close dark and unwholesome ghettos of continental cities; massacred by Asiatics and by Europeans, burnt by priests, tortured by soldiers, and subject to all the conditions of physical degradation which theological hatred and interested cruelty could devise. Their physical vitality, their pride and energy of race, their ethnic characters, and their intellectual force appear to be unimpaired. Speaking only of that aspect of Judaism at which we are looking to-night, I feel entitled to say that the ordinances established by Moses for the physical guidance of the people whom he led out of bondage, were such as in themselves do much to explain this enduring vitality and this proud persistence of physical and mental energy. Laws which enjoin and customs which preserve cleanliness, sobriety, chastity, and family affection, afford to any race excellent preliminary pledges of permanence amongst the nations. Given a race of high organization, such as the Hebrew or Semitic people, a lawgiver who foresaw and prescribed conditions which ensured a large excess of male births, and who imposed upon his people an unsurpassed and as yet unrivalled code of sanitary and moral law sealed by the most solemn religious sanctions, and we have all those elements of moral, intellectual and physical power which are the birth-right and the privilege of the Jews of to-day, and which it is their solemn duty to use, so that they shall at least not lessen the greatness of their inheritance.