

TEMPERANCE NOTES.

THE END OF IT.

A man may drink moderately but steadily all the days of his life, with no apparent harm to himself, but his daughters become nervous wrecks, his sons epileptics, libertines or drunkards, the hereditary tendency to crime having its pathology and unvaried laws, precisely the same as scrofula, consumption, or any other purely physical diseases. These are stale truths to medical men, but the majority of the parents, even those of average intelligence, are either ignorant or wickedly regardless of them. There will be a chance of ridding goals and almshouses of half their tenants when our people are brought to treat drunkenness as a disease of the stomach and blood, as well as of the soul; to meet it with common sense and a physician, as well as with threats of punishment; and to remove the gin shops and gin cellars for the same reason that they would stagnant ponds or unclean sewers.

TOBACCO AND LUNACY.

A very large experience of nearly fifty years has satisfied me, as it has many other observers, that tobacco in every form is a very active factor in numerous derangements of health. Not the least serious of its effects is disordered brain action—lunacy, in fact—in proof of which, besides others, I have very recently had the proud satisfaction of rescuing from a private lunatic asylum a well known case, "passing rapidly into *dementia*" under the narcotising influence of tobacco. But for my diagnosis prompting to active interference, removal from the asylum, and rational treatment, forbidding entirely the use of tobacco, the patient was a doomed lunatic, which the certificates of two eminent alienists foreshadowed; whereas he has been sent back into active public life in six months with restored reason, more perfect, I am told, than it had been when he smoked previous to his illness, which had existed nearly two years when I undertook the case. Except as a dangerous narcotic drug to be prescribed only medicinally, in an appropriate form and under special circumstances, tobacco ought, under a heavy penalty, to be entirely excluded from all public and private asylums; even to sit long in its dense fumes is equally poisonous. We are not only "to make our patients comfortable," as a suave and wily alienist phrased his reply to my disapproval of tobacco and other improper indulgences, but it is our solemn duty to effect cures, if possible, instead of lulling those entrusted to our care into *dementia* and "stock" residents.—*David Wilson, M.D., of London, in Truth.*

PHYSICAL DETERIORATION.

I need not dwell upon the morality-sapping effects of particular diseases, but shall simply call to mind the profound deterioration of moral sense and will which is produced by the long continued and excessive use of alcohol and opium. There is nowhere a more miserable specimen of degradation of moral feeling and impotence of will, than the debauchee who has made himself the abject slave of either of these pernicious excesses. Insensible to the interests of his family, to his personal responsibilities, to the obligations of duty, he is utterly untruthful and untrustworthy, and in the worst end there is not a meanness or pretense or conduct that he will not descend to, not a lie he will not tell, in order to gain the means to gratify his over-ruling craving. It is not merely that passion is strengthened and will weakened by an indulgence as a moral effect, but the alcohol or opium which is carried by it to the brain and acts injuriously upon its tissues; the chemist will indeed extract alcohol from the besotted brain of the worst drunkard, as he will detect morphia in the secretions of a person who is taking large doses of that drug. Seldom, therefore, is it of the least use to preach reformation to these people until they have been restrained forcibly from their besetting indulgence for a long enough period to allow the brain to get rid of the poison and its tissues to regain a healthier tone. Too often it is of little use then; the tissues have been damaged beyond the possibility of complete restoration. Moreover, observation has shown that drink craving is

oftentimes hereditary, so that a taste for the poison is ingrained in the tissues, and is quickly kindled by gratification into uncontrollable desire.—*Selected.*

YOUNG LADIES' WORK IN TEMPERANCE.

There is no subject of more importance to the young of to-day than that of intemperance. Oh! how much sin and misery might be prevented if they would only come into this work, bringing with them their youthful vigour and enthusiasm. By uniting themselves to fight against this evil, how soon they could change public opinion among themselves with regard to the use of intoxicating beverages. If our young women would but exert the power which they have over the young men of their acquaintance, to make unpopular the use of wine and beer, how soon they would be ashamed to go into drinking saloons or to take champagne with their dinners. We have often listened to gay and bantering talk of young girls with their companions of the other sex, when the subject of temperance has been brought up, and we have wondered what they could be thinking of. A woman's influence should always be good and pure; never, by word or deed, should she encourage aught which is not elevating and refining. Surely, no girl can readily believe that any friend of hers is made better or nobler by the use of alcoholic drink, but she often lacks the moral force to express to him her honest opinion when the matter is referred to, and so she loses the opportunity of exerting over him a restraining power for good. The sad consequences of such lost opportunities who can compute? Young women exercise an influence over our brothers and sons, which is often more potent than that of sister or mother; how necessary then, that they should use it for good and not, even *thoughtlessly*, for evil. Now, girls, perhaps you think we have forgotten our own young days, and do not remember how hard it will be for you to run counter to the opinions of the young men you associate with, thereby—as you think—risking the loss of their friendship altogether. No, indeed we have not; we know *just* how you feel; but years have brought to us the knowledge of the value which a young man really sets upon the respect and approbation of a good and principled girl, and how deep and true is the respect he feels for her when she dares to speak against the wrong. He is surrounded by temptations to which you are never exposed, and it will help him all the more to resist them if he thinks you will disapprove; but if you assume a careless indifference towards his faults and vices, or overlook them and even find excuses for them, you are helping him to do wrong. If he finds that you make no objection, and do not care, can you not see that he will be less likely to resist the evil influences which are brought to bear on him when he is away from you and out in the world?—*Christian at Work.*

ZION, THE CITY OF DAVID.

WHERE WAS IT? HOW DID JOAB MAKE HIS WAY INTO IT? AND WHO HELPED HIM?

Araunah could easily have answered these questions. Unhappily, we have not the spiritualistic power of cross-examining him. So we must be content if we can get conclusive answers by the laborious process of close investigation. The Bible, with various works on Jerusalem, and Captain Warren's remarkable discoveries, will be found to furnish sufficient materials for this end.

While the thrilling incident of the story will attract the general reader, the savans will require full proof of the statements advanced, so that both are given, but separately, to suit different tastes.

THE STORY.

Ancient Jerusalem stood on a rocky plateau enclosed on three sides by two ravines; that on the west and south was called the King's Dale, that on the east the Brook Kedron. The space thus enclosed was further cleft by another ravine called the Valley of Hinnom. On the narrow ridge running between the "brook" and "valley," and towards its southern extremity, stood, at the beginning of David's reign, the hitherto impregnable fortress of Jebus. On the

west side of this ridge, in the "valley," lay the rest of the city, once at least already captured by the Israelites, occupied (perhaps at times in conjunction with them) by the Jebusites. On its east side, near the "brook," was an intermittent fountain, or rather one of irregular flow, called then Enrogel, once Gihon in the "Brook," for a time Siloah, but now the Fountain of the Virgin.

To a stranger, this position of the fortress of Jebus or Zion would not have seemed to be well chosen, for it was built on an inconsiderable hill, while loftier and more precipitous eminences were close at hand.

The founder, however, of this stronghold of Zion was a very subtle man. While the art of erecting and taking fortified places was then in its infancy, water was, of course, as much as ever a necessary of life. An ordinary wall of no great height was enough to baffle the most skilful general and the bravest army, always supposing the besieged kept a sharp lookout. Bethel on its low hill was a match for all the might of Ephraim. Late in David's reign the shrewd Hushai proposed to capture a fortified city by dragging it down with ropes; and if the more practical Joab preferred raising a bank and using a primitive battering ram, still he too would have found considerable difficulty in dealing with the steep sides of Zion. Even perpendicular cliffs, without water to drink, would have been useless, while, after all, the height of walls was but a question of labour. Very wisely, therefore, the stronger positions on the western hill and northern part of the ridge were passed by, and the humbler slopes of the sunny Zion selected as the site of the future fortress, on account of the copious fountain overflowing at its base.

It was not, however, that the damsels of Jebus might have a less distance to go for the water that the stronghold was built on the hill of Zion.

The far-seeing mind of some Hittite or Amorite (perhaps, of Melchizedec himself) had another project in view, which resulted in the execution of a monument destined after 3,000 years to be discovered by Captain Warren.

It occurred to this engineer, who had never seen Woolwich, that from inside the city wall a subterranean passage might be dug through the rock to the spring below, and so in troublous times, when the daughters of Zion could no longer venture outside the gates to draw water from the fountain, the needful supply would by this ingenious device be always obtainable, probably without the knowledge of the besiegers, and not less certainly without risk to the besieged; for what enemy would attempt the all but impossible feat of diving along a watercourse seventy feet, and then climbing fifty feet up the smooth sides of a vertical rock-cut shaft?

This clever scheme was carried out, and though four centuries had rolled on since the conquest of Canaan, the stronghold of Zion was still unsubdued. Jericho had fallen by a miracle, Bethel by treachery, Hebron though defended by giants. In the plains alone, where war chariots could be used, did the ancient inhabitants hold their ground against Israel. In the mountains but one invincible stronghold remained, and that was Jebus, never once taken—never, the Jebusites thought, likely to be taken; and possibly we may add, one that never would have been taken if Joab, the son of Zeruah, and Araunah the Jebusite had not lived, and that perhaps at the same time.

The first act of David on being made king over Israel was to attack Jerusalem (*i.e.* Jebus) with all his forces. The city in the valley fell into his hands, but the impregnable fortress on the hill above it baffled his most vigorous assaults. So secure, indeed, did its defenders deem themselves that, placing their lame and blind upon the walls, they defied David, saying, "Except thou take away the blind and the lame, thou shalt not come in hither."

Somehow David got to know how the Jebusites obtained their supply of water. There was evidently no chance of taking the stronghold by assaulting its walls. Would any form a forlorn hope and try the desperate expedient of one by one first pushing through the horizontal water channel, at the imminent risk of