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not to have been built until later ("Antiq.," XX, viii, 5 ; "Wars," V, iv, 3) ; and in any case the latter was too far off to affect the sacrifices.

7. When the Akra was burnt by Titus ("Wars," V, vi, 3), it was probably a fortress still, being named among other public buildings. But the palace of Queen Helena "in the midst of Akra," was not necessarily within the fortress. The whole hill appears to have borne the name.

LAPPING OF THE WATER.

By Rev. A. MOODY STUART, D.D.

AFTER reading with much interest and with the greatest satisfaction a recent record of Palestine Exploration, may I draw attention to a misconception of the "lapping" by Gideon's three hundred at the "Well of Trembling," which is usually taken by Biblical critics (with the single exception of Kitto in the "Pictorial Bible") to mean drinking the water out of the palm of the hand? The "lapping" is never seen amongst us and probably not in Europe, but I had an unexpected opportunity of observing it fifty years ago in the Island of Madeira. One afternoon, in riding leisurely out of Funchal, there came toward the town a man in the light garb of a courier from the mountains running at the top of his speed ; as he approached me he stopped to quench his thirst at a fountain in a way that at once suggested the lapping of Gideon's men, and I drew up my pony to observe his action more exactly, but he was already away as on the wings of the wind, leaving me to wonder and admire. With one knee bent before him, and the other limb stretched behind in the same attitude as he ran, and with his face upward toward heaven, he threw the water apparently with his fingers in a continuous stream through his open lips without bringing his hand nearer to his mouth than perhaps a foot and a half, and so satisfied his thirst in a few moments.

Gideon with his chosen three hundred, "faint yet pursuing," and hastily drinking of the brook by the way, sets before us a singularly fine picture of energy and zeal in the work of the Lord, and one well fitted to move us whilst thankfully sharing in many mercies, yet to use them as only "lapping the water with our hand" in our course heavenward.
