To Teresa it seemed necessary to use:

...the approach of a lord when in time of war his land is overrun with enemies and he finds himself restricted on all sides. He withdraws to a city that he has well fortified and from there sometimes strikes his foe. Those who are in the city, being chosen people, are such that they can do more by themselves than many cowardly soldiers can. And often victory is won in this way... Carmel Clarion April-June 2010 pg 24 (W 1 1,5)