

he stated the most astounding things, giving what seemed to me a good reason or an experimental demonstration for many of his statements. He has outlined a new science of mind building and mind using, which within a short time will be presented to the public in a series of books, in which he will describe his experiments and give their results.

FRANK G. CARPENTER.

### JENSON'S TRAVELS.

Sunday, June 28, 1896, I arose early and in company with Elder Johann Georg Grau I walked up to the Latin monastery and light house on the top of Mount Carmel, from which we had a most excellent view of the sea, a small portion of the plain of Sharon to the south, the bay of Acre to the north-east and the farming lands, orchards, vineyards, etc., belonging to Haifa, at the foot of Mount Carmel.

Mount Carmel is a noble bluff which juts boldly out into the sea forty miles south of Tyre and about twenty miles west of Nazareth. It forms the bay of Acre and is the most conspicuous headland upon all this coast of the Mediterranean. From an elevation of 1,500 feet in height it breaks almost perpendicularly down to the water's edge, leaving only a narrow pathway around its base to the coast below. The chain to which it belongs runs off in a southeasterly direction across the country forming the southern limit of the plain of Esdraelon and the boundary between Samaria and Galilee. Lifting high its head, covered with rich verdure, it greets the distant mariner with a cheerful welcome to the Holy Land, which it guards and adorns so well. Radiant with beauty wherever seen the "excellency of Carmel" is still to every traveler as much his admiration and his praise as of old it was to the inspired bard. Mount Carmel is particularly noted in Bible history for the exciting scenes of Elijah and the prophets of Baal (1 Kings 18: 1-21). The Kishon, where the prophets of Baal were slain, is a fordable stream, fifty or sixty feet wide, which drains the waters of Esdraelon, and empties into the sea at the northern slope of Mount Carmel, about two miles east of Haifa. The highest point of Mount Carmel is 1,910 feet above sea level; the point where the monastery stands has an elevation of 480 feet. The mountain consists of limestone with an admixture of hornstone, and possesses a beautiful flora. The rich vegetation of the mountain is due to the proximity of the sea and the heavy dew. As it remains green, even in summer, it forms a refreshing exception to the general aridity of Palestine in the hot season. The original inhabitants regarded the mountain as sacred, and at a very early period it was called the Mount of God. (1 Kings, 18: 19, 30). The beauty of Carmel is also extolled in the Bible. (Isa. 35: 2; Song of Sol. 7: 5). It does not seem to have been thickly populated in ancient times, but was frequently sought as an asylum by the persecuted. (2 Kings, 2: 25; Amos, 9: 3). On the west side of the mountain are numerous natural grottoes. Some of the hermits' grottoes still contain Greek inscriptions. In the twelfth century the hermits began to be regarded as a distinct order, which in 1207 was organized by Pope Honorius III. In 1238 some of these Carmelites removed to Europe. In 1252 the monastery was visited by St. Louis. Since then the monks have frequently been ill-treated. In 1291 many of them were killed; and the same was the case in 1635, when the church was converted into a morgue. Afterwards, however, the monks regained their footing on the mountain. In 1775

the church and monastery were plundered. When Napoleon besieged Acre in 1799, the monastery was used by the Franks as a hospital. After Napoleon's retreat the wounded were murdered by the Turks, and are buried under a small pyramid outside the gate of the monastery. In 1821, on the occasion of the Greek revolt, Abdallah, pasha of Acre, caused the church and monastery to be entirely destroyed under the pretext that the monks might be expected to favor the enemies of the Turks. But the present new buildings were soon afterwards erected. At present there are about twenty monks in the monastery. The church which forms a part of the monastery buildings is built in the modern Italian style. Below the high altar, which we were permitted to see, is a grotto, to which five steps descend, and where Elijah the Prophet is said once to have dwelt. The spot is revered by both Christians and Moslems.

Descending to the plain north of the mountain, we visited the so-called School of the Prophets, consisting of a large cavern, partly artificial, in which the holy family is said to have reposed in returning from Egypt. The walls of the cavern, which is a favorite resting place for both Christians and Moslems, are covered with names of pilgrims.

On our way to the colony we visited the fine German graveyard in which lie the earthly remains of two of our Elders from Zion, who died while in the discharge of their duties as missionaries in Palestine. The monuments, almost like, were erected over their resting places recently. Each consist of a marble shaft, broken off at the top, resting upon a square pedestal of grey sandstone. A marble plate containing the inscription is incased on the front side of the pedestal. On one I read:

"In fond remembrance of John A. Clark, son of Ezra and Susan Clark, born February 28, 1871, at Farmington, Utah, U. S. A.; died February 8, 1895, at Haifa, Palestine. A missionary of the Church of Jesus Christ of Latter-day Saints."

The German inscription on the other monument read as follows:

"Adolf Haag, von Payson, Utah, U. S. A., geb. 19 Febr., 1865, in Stuttgart, Deutschland, gest. 3. Oct., 1892, in Haifa, Palastina, Ein Missionar der Kirche Jesu Christi der Heiligen der letzten Tage."

The two graves are only sixteen feet apart. Besides the monuments each grave is enclosed with a neat frame of sandstone; and the flowers and shrubs growing on them show that some friendly hand is engaged at times in bestowing the necessary attention for proper preservation.

After our return to the house of Brother Hilt we held a little meeting, at which we partook of the Sacrament and bore testimony. I addressed the congregation in a manner hitherto unknown in all my missionary experience; but I was understood; for the Spirit of God rested upon us, and caused our hearts to rejoice and our souls to be drawn together in the love of the Gospel of Jesus Christ. There were only five of us present, as Seded Kegel, one of the members, did not attend. In the afternoon, accompanied by Elder Grau and Seded Magdalina Hilt, I paid another visit to the graveyard, for the purpose of taking a snap shot with my kodak. We spent the evening singing German and English hymns; and thus I spent my first Sunday in Palestine.

Monday, June 29. After breakfast I visited Sister Kegel, a widow 75 years old, and Sister Caroline Hilt, after which I spent most of the day writing. Toward evening Elder Grau accom-

panied me to the sanitarium and hotel on the top of Mount Carmel, just behind the German colony, about two miles away. From the sanitarium, which has a healthy and romantic situation about 900 feet above sea level, a road leads off in a southeasterly direction along the ridge or summit of the mountain to El-Muhraka—the place of burning—which is the south-east point of Mount Carmel. On the summit is a little Latin chapel, and a little lower toward the east, hidden in the wood, are ruins, possibly the remains of an old castle. This spot is said to have been the scene of the slaughter of the prophets of Baal (1 Kings, xviii:40.)

### MOTOR EDUCATION.

Dr. Hall began his sixth lecture by a few incidents in his own career. He said in substance:

Twenty-five years ago I graduated from a famous German university—graduated with that sense of completeness and finality which generally envelopes and exalts the ambitious young man on the occasion of taking out his first degree.

There really seemed little else to learn; but wishing to enter upon some line of scientific investigation I applied to a noted specialist for advice. After looking me over and taking stock of my knowledge, he casually remarked that I might spend the next year studying the sartorius muscle of a frog's leg!

The sartorius or tailor's muscle is so named from a belief that it is this muscle which the tailor uses when he squats on his table for work. The fact soon becomes apparent to me, that my subject was not the complete leg of a frog, but only one of twenty-two muscles that go to make up that useful limb. What was there in this small strip of reptilian tissue to engage a man's mind for one year?

It was with such misgivings that I entered upon my investigations. The first discovery I made was as to the insufficiency of my college training. My knowledge of chemistry and electricity had to be patched and supplemented, and I was compelled to enter the domain of mechanics in order to invent and perfect certain apparatus necessary to my experiments.

The work soon assumed respectable proportions, and little by little I perceived that whatever general principles or laws I should discover respecting this bit of muscular tissue would be true of all muscle, whether animal or human; and the thought that I was really on the frontier of investigation, and that it was possible for me to add my individual discoveries to the ever-widening map of truth—gave unusual rest to my labors.

(Here Dr. Hall entered into a brief discussion of the discoveries he had aimed at, drew illustrations on the black board of the apparatus devised for the purpose, also illustrated by drawings some of the physiological laws that he discovered and demonstrated. The exposition was of a scientific character, and I find that my interest must have been such that I neglected to take notes; consequently, as I would not trust my memory for the technical details of it, I leave out this part of the lecture.)

The year passed away too quickly; but my investigations were at length completed, and though the memoir I contributed to the science of anatomy and physiology was small in comparison with the labor involved, it taught me to appreciate the worth, purpose and dignity of what are usually regarded as trifles. Thereafter men could not so readily say of me, what was said by Tennyson of Peter Bell: