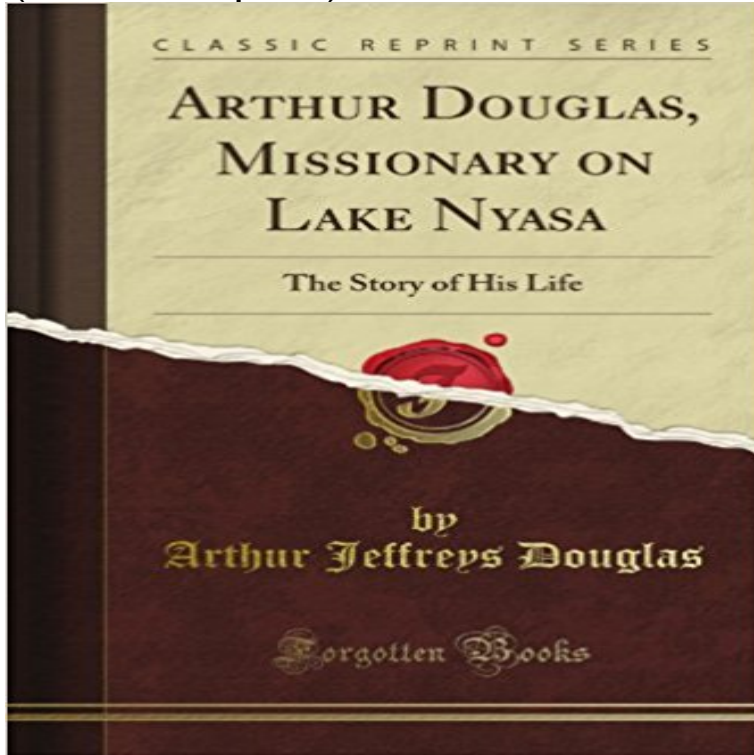


Arthur Douglas, Missionary on Lake Nyasa: The Story of His Life (Classic Reprint)



Lake Nyasa at the hands of a Portuguese corporal. Arthur Douglas was out in Africa as a Christian missionary. The only offence which he committed was that of protecting some native girls from the unruly lust of another white man. It is certainly not straining language, therefore, to say that he died a martyr's death. At the kind request of his brothers and sisters and of the Universities Mission I undertook this memoir, and its compilation has been a labour of love. It has been my object to let the letters tell their own story, and it will be seen that they do, in no small degree, give a vivid picture of Douglas's life in Africa first at Kota Kota, then at Likoma, and lastly at S. Michael's College, while the letters themselves are supplemented here and there with recollections of their author which have been kindly sent to me by several of his fellow-workers in the Mission. In the earlier chapters especially, and indeed throughout, I have been greatly helped by those who were nearest and dearest to him. The two golden threads which run through his whole career are, I think, dutifulness and prayerfulness. Coming from an almost ideal home he had early learnt the lesson of implicit obedience to duty; and as soon as he arrived at Elythe habit of prayer, which he had no doubt in the same way formed in childhood, began to grow and deepen. How beautifully these two threads wove themselves into his after life this little volume abundantly shows. (Typographical errors above are due to OCR software and do not occur in the book.) About the Publisher Forgotten Books is a publisher of historical writings, such as: Philosophy, Classics, Science, Religion, History, Folklore and Mythology. Forgotten Books Classic Reprint Series utilizes the latest technology to regenerate facsimiles of historically important writings. Careful attention has been made to accurately preserve the original format of ea

Skip to content Fitness & Diet Experts Exercise & Nutrition Matters! Menu Home About Us Terms and Conditions Privacy Policy Contact Us Personal Trainers & Bodybuilding Choosing a Personal Trainer(Personal Trainers & Bodybuilding) Why a trainer might be appropriate for you Selecting a personal trainer may be a step in the direction that is right if you desire to lose weight, get healthy and/or build muscle. A great coach can assist you to set up a plan that meets your aims and educate you the greatest way to exercise. Finding and selecting a trainer may be daunting a bit confusing and, for some. It is challenging going in with extra information about how fitness works can allow it to be a little simpler, although requesting assistance. (Personal Trainers) What is a Personal Trainer? A personal trainer should be, at the very least, educated and certified through a recognised fitness organization (see below). This individual's job will be to assess your level of fitness, figure out what your aims are (or help you establish targets) create a plan and keep you motivated. She or he will push you beyond your comfort level — something tough to do by yourself. A trainer additionally provides: 1. Guidance on achieving your goals 2. Instruction about fundamental nutrition, cardio and bodybuilding 3. Each week a reason to appear at the gym 4. Accountability 5. Methods to assist monitor your improvement What is a Program Like? Each session typically lasts about an hour. The first meeting is dedicated to assessing body measurements, fitness level, health and workout background and goals. Be ready to step on the scale, have your body fat measured and answer questions that were particular about your goals. After this, you'll spend each session performing cardiovascular exercise, weight-training, flexibility or other activities depending on what your aims are. Your trainer will show you give you tips for getting the most out of each workout, enable you to determine how much weight to use and just how to do the exercises. What to try to find In a Personal Trainer 1. Education: A personal trainer should be accredited through a recognised personal training organization. The more education your trainer has, the better your workouts will be, although a workout science or other related college degree isn't crucial. 2. CPR: your coach should have an updated qualification in CPR and/or firstaid. 3. Experience: Make sure your trainer has expertise, particularly with regards to your goals. As an example, if you are a bodybuilder, you want some body educated in that area. 4. Details: If you've got a particular clinical issue, injury or illness (such as being pregnant, difficulty becoming pregnant, heart troubles, diabetes, etc.) ensure your trainer has education in these fields and communicate with your doctor. 5. A good-listener: A good trainer ensure he comprehends your aims and should listen carefully to what you say. 6. Attention: A good trainer should be targeted only during your sessions on you. 7. Monitoring improvement: A great coach will often assess your progress and alter things if necessary.

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