

CHAPTER

3

DEEP WATER

—William Douglas

Chapter Analysis

Question Type & Marks	Year					
	2016		2017		2018	
	D	OD	D	OD	D	OD
SA	1	2	-	-	-	-
LA	-	-	-	-	1	1

Introduction :

William Douglas (1898-1980) was born in Maine, Minnesota. After graduating with a Bachelor of Arts in English and Economics, he spent two years teaching at a high school in Yakima. He was an advisor and a friend to President Roosevelt. Douglas was a leading advocate of individual rights. He retired in 1975 with a term lasting thirty-six years and remained for a time the longest period-serving justice in the history of the court. "Deep Water" has been taken from his book "Men and Mountains". It was his personal experience. It reveals how as a young boy, William Douglas nearly drowned in a swimming pool. In this extract, he talks about his fear of water and thereafter, how he finally overcame it.

Summary :

Douglas was about four years old. He visited a beach with his father. They stood in the surf. A powerful wave swept him and knocked him down. He was terrified. He had avoided water since then.

When Douglas was about eleven years old, he had a desire to learn swimming. The Yakima River was treacherous. Many people had drowned in it. His mother advised him never to try to swim in it. But the YMCA pool was safe. It was only two to three feet deep at its shallow end. The other end was about nine feet deep and the drop was gradual.

Douglas decided to learn swimming there. He bought a pair of water wings and went to the pool. He paddled with water wings. He imitated others.

One day he was sitting all alone on the edge of the pool, a well-built young man came there. He looked at skinny Douglas and out of mirth, picked him up and tossed him into the deepest part of the pool. Douglas hit the water surface in a sitting position and began to sink to the bottom slowly. Douglas was terrified, but he could think of a plan to save himself. He decided to spring from the bottom of the pool as soon as his toes touched it.

He hoped he would pop like a cork to the surface. Then, he would lie flat and paddle to the edge of the pool.

As soon as his toes touched the tiled floor of the pool, Douglas bounced with all his strength. But he did not rise quickly. He came up slowly. He opened his eyes. He could see only water. He grew panicky. He was suffocating. He tried to shout but there was no sound. Finally, his eyes and nose came out of the water. He beat his arms. He tried to raise his legs. But they hung like dead weights. He felt something was pulling him downward again.

Once again, he slipped downwards. He had spent all his energy. His lungs ached and his head throbbed. He was getting dizzy. But fortunately he could remember his strategy. Once again he sprang from the bottom of the pool. He was paralysed, stiff and rigid. But when he jumped, he could see only water around him. Then, suddenly he reached the surface. His eyes and nose came out of water. But he began to go down once again.

Once again, he began to drift downwards. He could make no effort. He was relaxed. There was no fear. There was no panic. It was all quiet and peaceful. He felt as if he were floating in space. He was unconscious. When Douglas regained his consciousness, he realised that he had been saved. He was lying on his stomach. He was vomiting. He heard voices. Someone said he had nearly died. The young man who had thrown him into the pool said that he had done it out of fun.

After sometime, Douglas went home. He was weak and trembling. The dreadful experience haunted him again and again. A few years later he went to the waters of the Cascades. He wished to wade into them. The terror seized him again. His legs were paralysed. Whenever and wherever he went fishing, canoeing, bathing and swimming, he was

seized with terror. The joy of living was lost. Finally, Douglas decided to get an instructor to help him overcome his fear of water. The instructor helped him bit by bit, piece by piece. First, he put a belt round Douglas and attached the belt with a rope. He held the end of the rope as they moved up and down the pool. He made Douglas put his face under water and exhale. He held Douglas on the side of the pool and made him kick with legs. He was with Douglas for about six months. When he felt that Douglas was able to swim alone, he left.

Though Douglas was able to swim the length of the pool up and down, he was not sure that the old fear had left him completely. He, however, was prepared to overcome it if it reappeared. Then, he went to Lake Wentworth in New Hampshire. He dived off a dock at Triggs Island. He swam two miles across the lake to Stamp Act Island. He used all the strokes he knew. Only once did the terror return. But Douglas was able to overcome it at once. He still wanted to test himself. So Douglas went to Warm Lake. There, he swam across the other shore and back. Terror did not reappear. Douglas gave out a cry of victory.

His terror of water and his conquest of it, gave him an insight into the meaning of life and death. He had experienced the fear of death as well as the sensation of dying. He felt there is peace in death. So he lived more intensely. He enjoyed life.

Extracts for Comprehension

[4 Marks each]

Q. 1. Read the given passage and answer the questions that follow:

It had happened when I was ten or eleven years old. I had decided to learn to swim. There was a pool at the Y.M.C.A. in Yakima that offered exactly the opportunity. The Yakima River was treacherous. Mother continually warned against it, and kept fresh in my mind the details of each drowning in the river. But the Y.M.C.A. pool was safe. It was only two or three feet deep at the shallow end; and while it was nine feet deep at the other, the drop was gradual. I got a pair of water wings and went to the pool. I hated to walk naked into it and show my skinny legs. But I subdued my pride and did it.

- a. When did the writer decide to learn to swim? 1
- b. Where did he decide to learn swimming? 1
- c. His mother warned him against swimming in the Yakima River because many people _____ 1
- d. The author hated to walk naked to the pool as he had
 - (a) skinny arms (b) bony chest
 - (c) skinny legs (d) hairy legs 1

- Ans. a. The writer decided to learn to swim when he was about ten or eleven years old.
- b. He decided to learn in a swimming pool at YMCA.
 - c. had drowned there.
 - d. (c) skinny legs.

Q. 2. Read the given passage and answer the questions that follow:

My introduction to the Y.M.C.A. swimming pool revived unpleasant memories and stirred childish fears. But in a little while I gathered confidence. I paddled with my new water wings, watching the other boys and trying to learn by aping them. I did this two or three times on different days and was just beginning to feel at ease in the water when the misadventure happened.

I went to the pool when no one else was there. The place was quiet. The water was still, and the tiled bottom was as white and clean as a bathtub. I was timid about going in alone, so I sat on the side of the pool to wait for others.

I had not been there long when in came a big bruiser of a boy, probably eighteen years old. He had thick hair on his chest. He was a beautiful physical specimen, with legs and arms that showed rippling muscles. He yelled, "Hi, Skinny! How'd you like to be ducked?"

- a. What got revived in Douglas' memory at the introduction to the Y.M.C.A swimming pool? 1
 - b. Who was with Douglas when the misadventure at the Y.M.C.A pool happened? 1
 - c. The boy who threw Douglas into the pool was about
 - (a) twenty years old
 - (b) eighteen years old
 - (c) twenty-one years old
 - (d) fifteen years old 1
 - d. What was the title given to the boy by Douglas? 1
- Ans. a. The childhood fear of water got revived in the memory of Douglas
- b. Douglas was alone at that time.
 - c. (b) eighteen years old.
 - d. Douglas called him a beautiful physical specimen.

Q. 3. Read the given passage and answer the questions that follow:

I used every way I knew to overcome this fear, but it held me firmly in its grip. Finally, one October, I decided to get an instructor and learn to swim. I went to a pool and practiced five days a week, an hour each day. The instructor put a belt around me. A rope attached to the belt went through a pulley that ran on an overhead cable. He held on to the end of the rope, and we went back and forth, back and forth across the pool, hour after hour, day after day, week after week. On each trip across the pool a bit of the panic seized me. Each time the instructor relaxed his hold on the rope and I went under, some of the old terror returned and my legs froze. It was three months before the tension began to slack. Then he taught me to put my face under water and exhale, and to raise my nose and inhale. I repeated the exercise hundreds of times. Bit by bit I shed part of the panic that seized me when my head went under water.

- a. Whose help did Douglas decide to take? 1
 b. To which part of Douglas' body was the rope attached? 1
 c. How long in a week did he practice in the pool? 1
 d. Douglas' tension started slackening after
 (a) four months (b) three months
 (c) five months (d) one month 1
- Ans. a. Douglas decided to take help of an instructor.
 b. The rope was attached to Douglas' belt.
 c. Douglas practiced for five days in a week in the swimming pool.
 d. (b) three months.

Q. 4. Read the given passage and answer the questions that follow:

Yet I had residual doubts. At my first opportunity I hurried west, went up the Tieton to Conrad Meadows, up the Conrad Creek Trail to Meade Glacier, and camped in the high meadow by the side of Warm Lake. The next morning I stripped, dived into the lake, and swam across to the other shore and back — just as Doug Corpron used to do. I shouted with joy, and Gilbert Peak returned the echo. I had conquered my fear of water.

The experience had a deep meaning for me, as only those who have known stark terror and

conquered it can appreciate. In death there is peace. There is terror only in the fear of death, as Roosevelt knew when he said, "All we have to fear is fear itself." Because I had experienced both the sensation of dying and the terror that fear of it can produce, the will to live somehow grew in intensity.

At last I felt released — free to walk the trails and climb the peaks and to brush aside fear.

- a. Which peak returned the echo of Douglas' voice? 1
 b. 'All we have to fear is fear itself. Who said these words? 1
 c. With his hard work, Douglas had
 (a) conquered his fear of water
 (b) conquered Mount Everest
 (c) got a good job
 (d) got a promotion 1
 d. What was the feeling of Douglas at the end of the experience? 1
- Ans. a. Gilbert peak returned the echo of Douglas' voice.
 b. President Roosevelt said these words.
 c. (a) conquered his fear of water.
 d. At the end of the experience, Douglas felt released.

Short Answer Type Questions

[2 marks each]

(Answer the following questions in about 30-40 words each.)

Q. 1. Why did Douglas' mother recommend that he should learn swimming at the YMCA swimming pool? [Delhi Set I, 2015]

Ans. Douglas' mother recommended that he should learn swimming at the YMCA pool because it was safe. It was only 2-3 feet deep at the shallow end. The other end was about 9 feet deep and the drop was gradual. 2

Q. 2. Why was the YMCA pool considered safe to learn swimming? [Comptt., Outside Delhi III, 2015]

OR

Why did Douglas prefer to go to YMCA pool to learn swimming? [Comptt., Delhi Set-III, 2014]

OR

Why did William Douglas use the YMCA pool and not Yakima river to learn swimming?

[Outside Delhi Set-I, 2013]

Ans. Value Points : YMCA pool was safe - only two or three feet deep at the shallow end, nine feet deep at the other end, the drop was gradual close to his residence.

[CBSE Marking Scheme, 2014] 2

Detailed Answer : Douglas preferred to go to the YMCA pool because it was safe as it was only two to three feet deep at its shallow end and nine feet deep at the other end and the drop was gradual. Whereas yakima river was treacherous and many

cases of drawing had been reported.

Q. 3. How did William Douglas' aversion to water begin? [Comptt., Delhi Set-I, 2013]

OR

Why did William Douglas develop an aversion to water when he was three or four years old?

[CBSE, SQP I, 2012, Comptt. Delhi Set-I, 2010]

[Foreign Set I, 2017]

OR

When did Douglas first start fearing water?

[Comptt. Outside Delhi Set-II, 2017]

Ans. Value Points : — After the age of three or four
 — drowned under a wave in California beach
 — lost his breath and was frightened

[CBSE Marking Scheme, 2017] 2

Detailed Answer : William Douglas' aversion to water started when he was three or four years old and his father took him to the beach in California. They stood together in the surf. He hung onto his father, yet the waves knocked him down and swept over him. He was buried in water. His breath was gone and he was frightened. His father laughed, but there was terror in his heart at the overpowering force of the waves.

Q. 4. What did Douglas feel and do when he was pushed into the swimming pool?

[Comptt., Outside Delhi Set-I, 2014]

OR

How did Douglas hope to come out when he was thrown into YMCA pool ? [Foreign Set-III, 2017]

Ans. Value Points : — When feet hit the bottom, planned to make a big jump, came to the surface like a cork.

- lie flat on it
- paddle to the edge of the pool

[CBSE Marking Scheme, 2017] 2

Detailed Answer : When he was pushed into the swimming pool, he was scared but planned to hit the bottom as soon as he touched the ground and come up to the surface like a cork. Then he lay flat on the surface of water and paddled to the edge of the pool.

Q. 5. How did Douglas' experience at the YMCA swimming pool affect him ? [Delhi Set III, 2016]

Ans. Value Points :

(a) **Immediate effect**

- Weak and trembling; shook and cried as he lay on bed
- couldn't eat
- haunting fear
- slightest exertion upset him
- wobbly in the knees and sick in the stomach

(b) **Subsequent effect**

- could not go near water for years / strengthened the fear of water
- deprived him of joy of canoeing, boating, swimming and fishing

(Any one)

[CBSE Marking Scheme, 2016] 2

Detailed Answer : Douglas' experience at the YMCA swimming pool left him weak and trembling. When he reached home, he shook and cried, he couldn't eat. The fear of the experience always haunted him and the slightest exertion upset him. At a later stage he couldn't go near water for years. It deprived him of the joy of canoeing, boating, swimming and fishing as the fear of water strengthened with the passage of time.

Q. 6. Mention any two long-term consequences of the drowning incident on Douglas. [CBSE, SQP, 2015]

Ans. The near death experience of drowning had a very strong impact on his psychology. He was deeply perturbed and shaken by the whole experience. A haunting fear of water took control of his physical strength and emotional balance for many years, as he couldn't bear being surrounded by water. He was deprived of enjoying any water - related activities like swimming, fishing or canoeing. 2

Q. 7. What deep meaning did his experience at the YMCA swimming pool have for Douglas ?

[HOTS] [Outside Delhi II, 2016]

Ans. Value Points :

- experience of fear and death and its conquest made him live intensely
- conquering fear made him realise true value of life and helped him enjoy every moment of life

- learnt 'all we have to fear is fear itself'
- made him more confident and determined

(Any one) [CBSE Marking Scheme, 2016] 2

Detailed Answer : After the experience, Douglas started fearing water. As and when he tried to enter water, stark fear would seize him. His legs would become paralyzed and icy terror would grab his heart. He could not enjoy sports like canoeing, boating and swimming. This experience of fear and death and its conquest made him live intensely. He realised the true value of life and finally learnt that 'all we have to fear is fear itself'. Thus he came out of the fear as a confident and determined person.

Commonly Made Error

- Some students are not able to convey the deeper meaning asked in the question.

Answering Tips

- All we have to fear is the fear itself.

Q. 8. Which two incidents in Douglas' early life made him scared of water?

[Comptt., Delhi & Outside Delhi Set 2014]

OR

Which two frightening experiences did Douglas have in water in his childhood ?

[Comptt., Delhi, Set-I, II & III, 2012]

Ans. Value Points : His experience at the beach in California when he was a kid; waves knocked him down and swept over him; when a big boy pushed him into the YMCA pool.

[CBSE Marking Scheme, 2014] 2

Detailed Answer : When he was a kid, he was knocked down by the waves at the beach in California and then, at the YMCA pool, he was thrown inside the pool by a young boy. Both the incidents frightened him and made him scared of water.

Q. 9. How did the instructor make Douglas a good swimmer ? [Comptt., Delhi Set I, 2015]

OR

How did his swimming instructor 'build a swimmer' out of Douglas ?

[Comptt., Outside Delhi Set-II 2014] (TBQ)

OR

How did the Instructor turn Douglas into a swimmer ? [Delhi Set-I, II & III, 2013]

Ans. Value Points :

- A dedicated instructor; took immense pains.
- drove fear out of Douglas' mind by making him practice hard.
- rigorous, systematic practice to overcome the fear of water.

(Any two)

[CBSE Marking Scheme, 2014] 2

Detailed Answer : Douglas' instructor was a dedicated instructor. He took immense pain and drove fear out of Douglas' mind by making him practice hard. He taught him different steps one

by one and then asked him to swim. Finally, Douglas was able to overcome his fear of water and he became a good swimmer.

Q. 10. Why was Douglas determined to get over his fear of water ? [Comptt., Delhi/Outside Delhi, 2018]

Ans. Suggested Value Points : Did not like feeling fearful of water / was deprived the pleasure of fishing, canoeing, boating and swimming/ was determined to overcome his fear (any one)
[CBSE Marking Scheme, 2018] 2

Q. 11. How did Douglas make sure that he had conquered the old terror ?

[Outside Delhi Set-I, II & III, 2013] (TBQ)

OR

How did Douglas overcome the old terror ?

[CBSE, SQP 2012, SQP I, 2011]

OR

How did Douglas finally get rid of the fear, he had of water ?

[Comptt., Outside Delhi Set-I, II & III, 2011]

Ans. Douglas hired an instructor to overcome his fear of water. The instructor put a belt around him. A rope attached to the belt, went through a pulley then ran on an overhead cable. Thus, he was made to go back and forth across the pool, hour after hour. Then, he taught him to put his face under water and exhale. He taught him to raise his nose and inhale. He taught him all the techniques of swimming in water. In this way, he built a swimmer out of Douglas. 2

Q. 12. How did Douglas remove his residual doubts about his fear of water ? [Delhi Set II, 2015]

Ans. Douglas first swam alone in the pool to remove his residual doubts about his fear of water. But then, when he still wasn't sure, he went to Lake Wentworth, Triggs Island and Stamp Act Island. He swam two miles across the lake. Now, he was determined and he swam on. He shouted with joy as he had conquered his fear of water. 2

Q. 13. 'All we have to fear is fear itself'. When did Douglas learn this lesson ?

[Outside Delhi III, 2016]

Ans. Value Points :

- After his successful attempts in Lake Wentworth and Warm Lake he became confident and understood that 'all we have to fear is fear itself'
- during near death experience at the YMCA pool

[CBSE Marking Scheme, 2016] 2

Detailed Answer : Douglas learnt this lesson after overcoming his fear of water by hiring a trainer and learning how to swim. He tried swimming in Lake Wentworth and Warm Lake. Both the attempts were successful. He became confident and understood 'all we have to fear is fear itself'. He realised that all obstacles, fears and terrors can be conquered. We must have the determination and courage to face them.

Q. 14. What lesson did Douglas learn when he got rid of his fear of water ? [Comptt., Outside Delhi I, 2015]

Ans. Douglas learnt that one could get over any fear if one is determined to do so. All it requires is the will and the hard work. There is nothing to fear in this world. The only thing to fear is fear itself because only fear stops us from moving ahead in life. 2

Q. 15. Douglas's mother (ironically) thought that YMCA pool was safe for learning to swim. What are your views ? [HOTS] [Foreign Set II, 2017]

Ans. Value Points : No, YMCA pool not safe -

- Wasn't happy
- Douglas pushed into the deep end by a big bully
- Almost drowned
- Yes, YMCA pool was safe
- pool was safe
- boy pushed him
- act was dangerous

[CBSE Marking Scheme, 2017] 2

Detailed Answer : I think YMCA pool was not safe because Douglas wasn't happy to go and learn there. Moreover, he was pushed into the deep water by a big bully and almost drowned. It led to life time fear of water for Douglas. 2

OR

I think YMCA pool was safe for learning swimming. It's only because of the big bully who pushed Douglas into deep water side of the pool that he developed a fear of water. 2

Commonly Made Error

- Many students defend the mother by answering she did not want anything bad for her child and the like.

Answering Tips

- The question is asking for the views of the student which may be altogether different from the mother.

Long Answer Type Questions

[6 marks each]

(Answer the following questions in about 125-150 words.)

Q. 1. What misadventure did Douglas experience at the YMCA swimming pool ?

[Comptt., Outside Delhi Set-I, 2013] (TBQ)

Ans. The writer had to face an extremely traumatic experience at the YMCA pool. He used to go there to learn swimming. The pool was two feet at its shallow end and nine feet at the deep end.

One day a strong big boy picked him up and threw him into the deepest part of the pool. He sank to the bottom. But he decided to fight back. He thought of going down to the bottom of the pool and hit the floor and jump up like a cork. He tried to jump and come up gradually. But unfortunately, he could not succeed. Thrice, he tried to jump up

but he sank again. As fear had gripped him, all his efforts went in vain. He was nearly drowned. He tried to breathe but swallowed water. He lay there in complete peace without any sensation or the fear of death. But someone saved him. 6

Q. 2. Describe the efforts made by Douglas to save himself from drowning in YMCA swimming pool. [Outside Delhi Set-II, 2013]

OR

How did Douglas try to save himself from drowning in the YMCA pool ?

[Delhi Set-III, 2012]

Ans. When Douglas was picked and tossed into the deep end he was frightened, but not so frightened that he lost his wits, entirely. On the way down he planned that when his feet hits the bottom, he would make a big jump, come to the surface, lie flat on it, and paddle to the edge of the pool.

He imagined he would bob to the surface like a cork. Instead, he came up slowly. He opened his eyes and saw nothing but water. He flailed at the surface of the water, swallowed and choked. He tried to bring his legs up, but they hung as dead weights, paralysed and rigid and he went down again. He struck at the water expanding his strength, remembering that he had to hit the bottom of the floor. But the second time too, he failed, to come up to the surface.

And then, sheer, stark terror seized him. The third time he went down, he tried to scream but ultimately found himself losing consciousness and started sinking to the bottom of the pool with total silence enveloping him. 6

Q. 3. What horrific experiences did Douglas have in his childhood ? What impact did they have on him ? [Comptt., Outside Delhi, Set-I, 2012]

Ans. When Douglas was a small boy, he had a very horrific experience. His father had taken him to a beach in California. There a huge wave washed over him and he was buried under water. After this experience, Douglas was scared of water. Then, when he was about 10-12 years of age, he again had a near drowning experience in the YMCA pool. This increased his fear and he became very scared of water. 6

Q. 4. "I crossed to oblivion and the curtain of life fell". What was the incident which nearly killed Douglas and developed in him a strong aversion to water ? [Foreign, 2014]

OR

How did Douglas develop an aversion to water ?

[Delhi Set-II, 2012]

Ans. Value Points : The incident which nearly killed Douglas and developed in him an aversion to water when :

- he had joined YMCA swimming pool - one day he was sitting alone on the steps of the YMCA pool - a big bruiser of a boy picked him up and tossed him into the deep end of the pool
- Douglas landed in a sitting position, swallowed water and went, at once, to the bottom
- he was frightened but he used his wits and made a big push to come to the surface but those nine feet appeared to be ninety.
- his lungs were about to burst but still when his feet hit the bottom, he summoned all his strength and made a great spring upwards but again was not successful
- grew panicky, still he made two attempts to come out but failed
- shook and trembled with fright - his arms and legs wouldn't move
- blackness swept over his brain, no longer felt any fear, felt the curtain of life falling and death approaching. (Any three)

[CBSE Marking Scheme, 2014] 6

Detailed Answer : Douglas was about four years old when he visited a beach in California with his father. They stood together in the surf. Douglas clung to his father yet a powerful wave swept him and knocked him down. He was terrified. This developed a fear of water in him. Then, when he was eleven years old, he decided to learn swimming at the YMCA swimming pool. He paddled with water wings. One day, as he was sitting all alone at the edge of the pool, a well built young man picked him up and tossed him into the deepest part of the pool. He was almost drowned. This experience had a lasting effect on Douglas. He never went back to the pool. He feared water and avoided it whenever he could.

Whenever he tried to enter water, the terror that had seized him in the pool came back. His legs would become paralysed and icy horror would grab his heart. These two incidents were responsible for Douglas' aversion to water as a child.

Q. 5. Fear is something that we must learn to overcome if we want to succeed in life. How did Douglas get over his fear of water ?

[Delhi / Outside Delhi 2018]

OR

Douglas fully realized the truth of Roosevelt's statement, 'All we have to fear is fear itself'. How did this realization help him brush aside his fear and become an expert swimmer ? [Foreign, 2014]

OR

How did the instructor make Douglas a good

swimmer ?

*[Outside Delhi Set-II, 2012]***Ans. Suggested Value Points :**

- Appointed a swimming instructor, went to the pool, practised five days a week, an hour each day, in six months, learnt to swim, in July tested his newly learnt skills in different lakes and water bodies.

[CBSE Marking Scheme, 2018] 6

Detailed Answer : William Douglas's aversion to water started when he was three or four years old and his father took him to the beach in California. He hung on to his father but the waves swept over him. He was almost buried in water, his breath was gone and he was terrified.

He tried to overcome his fear of water by going to the YMCA swimming pool. But even there he was pushed into the pool by a bully and had a near death experience. This left a very strong impact on his psychology. A haunting fear of water took control of his physical strength and emotional balance for many years and when he tried to go near water, his fear would seize him and his legs would become paralyzed and icy terror would grab his heart.

He decided to overcome his fear. He hired an instructor. His instructor was very dedicated. He took immense pain and drove fear out of Douglas' mind by making him practice hard five days a week for an hour each day. He taught him different steps one by one and then asked him to swim. Finally, Douglas was able to overcome his fear and become a good swimmer.

- Q. 6. The childhood experience of terror of Douglas made him stronger and more determined. Elucidate the above statement supporting it with evidences from the text.**

[CBSE, SQP, 2018-19]**OR**

How did Douglas' experience at the YMCA pool affect him. How did he overcome his fear of water ?

[Comptt., Outside Delhi Set-III, 2012] (TBQ)**Ans. Suggested Value Points :**

- Experience at California beach developed an aversion of water in Douglas
- Misadventure at YMCA pool because of an eighteen year old, developed fear and terror of water in him
- Swallowed water, legs paralyzed, head throbbed, felt terror that knew no understanding
- Could not go near water for years

- But, gathered courage again, as was deprived of canoeing, fishing, swimming
- Hired an instructor and learnt swimming
- Terror returned every time he put his head in water but did not give up
- After learning from instructor, tested himself alone in pool, then went to fresh waters to do away with residual doubts
- Fought with his terror all through with determination and strength.

[CBSE Marking Scheme 2018-19] 6

- Ans.** One day while Douglas was sitting by the pool side, a strong big boy picked him up and threw him into the deepest part of the pool. He sank to the bottom but he tried to jump and come up gradually. As fear had gripped him, all his efforts went in vain. He was nearly drowned. He tried to breathe, but swallowed water. He lay there in complete peace without any sensation or the fear of death. But someone saved him.

He was terrified and the sight of water made him sick. He could not go for fishing or canoeing. So to overcome his fear, he hired an instructor who trained him as a swimmer bit by bit. He was able to overcome his fear. Then, to conquer his residual fear he went to Lake Wentworth and swam two miles on his own. The old fear came back for a while but he was able to conquer it. This experience of fear at first and then conquering, it made his life worth living.

6

- Q. 7. "All we have to fear is fear itself". Describe Douglas' experiences which led to the making of this statement.** **[Comptt., Delhi Set II, 2015]**

OR

"Nothing is impossible in the world, it is our willpower which makes the impossible, possible." Elaborate it with reference to the essay "Deep Water".

OR

We always admire those as heroes who face challenges bravely in different phases of life and emerge successfully. Elaborate on this statement with reference to William Douglas.

[Comptt., Delhi Set I, II, III, 2017]**Ans. Value Points : Deep Water**

- Douglas two traumatic experiences with water
- deprived him of joy of canoeing, swimming, fishing, boating
- fear haunted him for years

- engaged an instructor
- learnt swimming
- tested his fear in lake and rivers
- finally conquered fear, emerged stronger man.

[CBSE Marking Scheme, 2017] 6

Detailed Answer : In this story, Douglas from his early childhood, was terrified of water and avoided it.

But when he entered his teenage, he had a desire to learn swimming. His terror of water created an obstacle in front of him.

William Douglas, for a long time remained fearful of water. This handicap deprived him of the joy of canoeing, boating and swimming. He used every way he knew to overcome his fear of water, but it overpowered him. Finally, one October, he decided to engage an instructor and learn to swim. He went to a pool and practised five days a week, an hour each day. The instructor first put a belt around Douglas. A rope attached to the belt went through a pulley that ran on an overhead cable. The instructor held on to the end of the rope, and they went back and forth. Then, the instructor taught Douglas to

put his face under water and exhale, and to raise his nose and inhale. Next, he taught Douglas how to kick in water with his legs. This is how Douglas learnt swimming step by step.

However, to ensure that he had conquered his fear of water, Douglas went to Lake Wentworth in New Hampshire and dived off at Triggs Island. He swam two miles across the lake to Stamp Act Island. He swam in different ways like the crawl, breast stroke, side stroke and back stroke. Only once, the terror returned to some extent when he was in the middle of the lake. But he overcame it. Yet to clear his doubt, he went up the Lake Tietan to Conrad Meadows, and camped in the high meadows by the side of Warm Lake. The next morning he dived into the lake and swam across to the other shore and back. He shouted with joy as he had conquered his fear of water.

His terror of water and his conquest of the same gave him an insight into the meaning of life and death. He made things possible. He had experienced the fear of death as well as the sensation of dying. He felt there is peace in death. So he lived more intensely and enjoyed his life. He emerged as a stronger man.

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