

**Lesson 3****DEEP WATER**

- By William Douglas

**THEME:** In this essay William O .Douglas talks about his fear of water and thereafter, how he finally overcomes it.

**IMPORTANT POINTS TO REMEMBER:****1. Developed aversion to water**

- (i) 3 to 4 years old: father took him to the beach in California.
- (ii) waves knocked him down.
- (iii) swept over him.
- (iv) fear of water sets in

**2. Yakima River :**

- (i) dangerous
- (ii) mother-warned him against it.
- (iii) kept fresh in his mind - each drowning in the river.

**3. Misadventure at Y.M.C.A.(safe pool)**

- (i) Y.M.C.A. pool-shallow end is 2-3 feet deep; 9 feet at the deep end
- (ii) An 18 yr old bully tossed him into the deep end
- (iii) Douglas' plan (strategy)-when he hits the bottom of the pool-he would jump & come to the surface.
- (iv) went 9 feet down
- (v) failed to rise, suffocated, lungs ached, head throbbed. fear-stricken
- (vi) became unconscious, nearly died.

**4. Effect/Impact of Fear :**

- (i) ruined his fishing trips
- (ii) deprived him of the joy of canoeing , boating & swimming.

**5. HIRED AN INSTRUCTOR TO OVERCOME FEAR OF WATER :**

- (i) practised 5 days a week-1hour each day
- (ii) used belt& rope to teach swimming
- (iii) Taught to exhale under water & inhale above water
- (iv) Taught Limb coordination
- (v) Taught different strokes-crawl stroke, breast stroke, side stroke& back stroke

**6. TESTED HIMSELF :**

- (i) Went to Lake Wentworth in Hampshire-swam 2 miles to Stamp Act Island
- (ii) Went upto Meade Glacier to swim in warm lake near Gilbert Peak.

**CHARACTER SKETCH OF DOUGLAS**

- \*adventurous by nature.
- \*had a zest for life.
- \*courageous/bold.
- \*indomitable spirit-to overcome his fear.
- \*not frightened by crisis-accepted it as a challenge.

**SOLVED QUESTION****Q.1. Answer the following questions in 30-40 words :**

- (i) How did the fear of water ruin Douglas' leisure activities?

**Value Points: EFFECT/IMPACT of FEAR:**

- (i) ruined his fishing trips  
 (ii) deprived him of the joy of canoeing , boating& swimming.

**Practice Questions**

- (ii) What factors led Douglas to decide in favour of Y.M.C.A. pool?  
 (iii) Why did Douglas go to Lake Wentworth in Hampshire?  
 (iv) How did the instructor "build a swimmer" out of Douglas?  
 (v) What does the author mean by "All we have to fear is fear itself"?

**Q2. Answer the following questions in 120-150 words:****Solved Question:**

Q.1."All we have to fear is fear itself." Elucidate.

**Value points:**

- \*Douglas quotes Roosevelt-"All we have to fear is fear itself."
- \*instead of running away from fear- we must fight it - Douglas justifies the statement by recounting his YMCA experience and how it impacted his adult life.
- \*fear of water would raise it's ugly head every time he was near water -trouble Douglas.
- \* He decided to deal with his fear by hiring an instructor to teach swimming.
- \*alone at pool-tiny vestiges (remains) of terror return occasionally.
- \*challenge fear-
- \*went to Lake Wentworth-laughed & challenged fear
- \*remove residual fear-went to Warm Lake-swam across to the other shore &back.
- \*shouted with joy-when he experienced no fear.
- \*overcame his fear by-determination, strong will-power ,perseverance.

Q.2."At last I felt released". Describe the efforts made by Douglas to find this moment of release from fear.



Q.3. Determination and courage is the strength of man. Elaborate with reference to the lesson "Deep Water."

**VALUE BASED QUESTION:**

- Q.1. In the essay "Deep Water" Douglas conveys the message that one should not accept defeat and if one tries one can conquer one's fear. Write a speech to be delivered in the morning assembly about the ways one can adopt to overcome his/her fear like addressing the morning assembly after being chosen as a prefect, fear of appearing in examination.
- Q.2. A big boy pushed Douglas into the deep end of the swimming pool which could have led to his death. Concerns regarding bullying and ragging still continue in many teenage groups. Discuss the problem of bullying and its effect on the victim. Also, suggest ways to deal with this problem.