



- 2) Which factors made Douglas decide in favour of YMCA pool to learn swimming?
- 3) What were the series of emotions and fears that Douglas experienced when he was thrown into the pool?
- 4) How did his swimming instructor 'build a swimmer' out of Douglas?
- 5) How did Douglas make sure that he conquered the old terror?
- 6) Why was Douglas determined to get over his fear of water?
- 7) What did Douglas experience when he went down to the bottom of the pool for the first time?



- 1) "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?
- 2) Douglas fully realised the truth of Roosevelt's statement, "All we have to fear is fear itself." How did this realisation help him brush aside his fear and become an expert swimmer?
- ".....there was terror in my heart at the overpowering force of the waves."

 When did Douglas start fearing water? Which experience had further strengthened its hold on his mind and personality?
- 4) Describe the misadventure that initiated Douglas' hydrophobia.



CHALLENGE QUESTION

- 1) It is Douglas' will power that enabled him to overcome his fear of water. This reveals that with a strong will human beings can overcome all kinds of fear. Explain with two illustrations from real life.
- 2) Determination and perseverance can help us to overcome most obstacles in life. Give personal examples to justify this statement.