



Q21. What was the first piece of exercise the Instructor gave Douglas? How long did it take to yield the desired result?

Ans: The instructor made him go across the pool an hour a day for five days with the help of a rope attached to his belt. The rope went through a pulley that ran on an overhead cable. The instructor held on to the end of the rope. They went back and forth across the pool. A bit of panic seized him every time. Moreover, the old terror returned and his legs froze when the instructor loosened his grip on the rope and Douglas went under water. It was after three months that the tension began to decrease.

Q22. Which other exercise did the Instructor prescribe for Douglas to make him shed the panic caused by water?

Ans: He taught Douglas to put his face under water and exhale. Then he was to raise his nose and inhale. He repeated this exercise hundreds of time. Bit by bit he shed part of the panic that seized him when his head went under water.

Q23. Which exercise helped Douglas to loosen his stiff legs and make them work as he desired?

Ans: The Instructor held Douglas at the side of the swimming pool. Then he made Douglas kick with his legs. He did just that for weeks. At first his legs refused to work. But gradually they relaxed. Finally, he was able to command them.

Q24. Why does Douglas say: 'The Instructor was finished. But I was not finished?' How did he overpower tiny vestiges of the old terror?

Ans: The Instructor's work was over when he built a swimmer out of Douglas piece by piece and then put them together into an integrated whole. However, Douglas was not satisfied as the remnants of the old terror would return when he swam alone in the pool. He would frown on terror go for another length of the pool.

Q25. Why did Douglas go to Lake Wentworth in New Hampshire? How did he make his terror flee ?

Ans: Douglas was not sure whether all the terror had left even after the training from October to April and practice till July. So, he went to Lake Wentworth and swam two miles. Terror returned only once when he was in the middle of the lake. He had put his face under and saw nothing but bottomless water. The old sensation returned in a smaller size. He laughed and rebuked terror. His terror fled away and he swam on.

LONG ANSWER TYPE QUESTIONS

Q1. "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?

Ans: The water waves which knocked down young Douglas and swept over him at the beach in California filled him with fear. He was then three or four years old. All this happened when he had clung to his father. He was buried under 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.

His introduction to the Y.M.C.A. swimming pool revived unpleasant memories and stirred childish fears. He had gathered some confidence when a misadventure happened as a big boy threw him

at the nine feet deep end of the pool. His efforts to rise to the surface and paddle to the side failed twice. He would have drowned if he had not been rescued in time. This terror of water overpowered his limbs and made them stiff. His mind was haunted by fear of water. It was, in fact, a handicap to his personality.

Q2. Give an account of the fears and emotions of Douglas as he made efforts to save himself from being drowned in the Y.M.C.A. swimming pool.

Ans: Douglas was frightened as he was going down. His active mind suggested a strategy to save himself from being drowned in water. He knew that water has buoyancy. He must make a big jump as his feet hit the bottom. He hoped to rise up like a cork to the surface, lie flat on it and paddle to the edge of the pool.

Before he touched bottom, his lungs were ready to burst. Using all his strength, he made a great jump. He rose up very slowly. He saw nothing but yellow coloured dirty water. He grew panicky and he was suffocated. He swallowed more water as he tried to shout. He choked and went down again. His stiff legs refused to obey him. He had lost all his breath.

His lungs ached and head throbbed. He was getting dizzy. He went down through darkwater again. An absolute terror seized Douglas. He was paralysed under water. His reasoning power told him to jump again. He did so, but his arms and legs wouldn't move. His eyes and nose came out of water, but not his mouth. He swallowed more water and went down third time. Now a blackness swept over his brain. He had experienced the terror that fear of death can produce as well as the sensation of dying.

Q3. How did the misadventure in Y.M.C.A. swimming pool affect Douglas ? What efforts did he make to conquer his old terror? Did he succeed?

Ans: Douglas had nearly died in the swimming pool. For days there was a haunting fear in his heart. The slightest exertion upset him. He avoided going near water as he feared it. The waters of the cascades, fishing for salmon in canoes, bass or trout fishing—all appeared attractive activities. However, the haunting fear of water followed Douglas everywhere and ruined his fishing trips? It deprived him of the joy of canoeing, boating and swimming. The fear of water became a handicap. He used every method he knew to overcome this fear. Finally, he decided to engage a trainer and learn swimming. In seven months the Instructor built a swimmer out of Douglas. However, the vestiges of the old terror would return when he was alone in the pool. He could now frown on terror and go for another length of the pool. This went on till July. Douglas was not satisfied.

He went to Lake Wentworth and swam two miles. The terror returned only once when he had put his face under water and saw nothing but bottomless water. In order to remove his residual doubts he hurried west to Warm Lake. 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. He finally succeeded in his effort.

Q4. Comment on the appropriateness of the title 'Deep Water'
OR

Do you think the title 'Deep Water' is apt? Give reasons in support of your answer.

Ans: The title 'Deep Water' is quite appropriate to this extract from 'Of Men and Mountains' by William O. Douglas. The title is highly suggestive and at once focuses our attention on the main theme—experiencing fear of death under water and the efforts of the author to overcome it.

All the details in the essay are based on his personal experience and analysis of fear. The psychological analysis of fear is presented from a child's point of view and centres round deep water and

drowning.

The overpowering force of the waves at the California beach stir aversion for water in Douglas. His mother warns him against swimming in the deep waters of the treacherous Yakima River. The nine feet deep water of the swimming pool appears more than ninety to Douglas. However, when he conquers fear he can dive and swim in the deep waters of Lake Wentworth and Warm Lake. : Thus the title is apt and suggestive.

Q5. What impression do you form of William O. Douglas on the basis of reading Deep Water?’

Ans: William Douglas leaves a very favourable impression on us. He appears quite truthful and courageous. He gives a detailed account of his fears and emotions as he struggles against deep water to save himself from being drowned. Confessing one’s faults and shortcomings is not easy. It needs courage, honesty and will power. Douglas has all these qualities.

His efforts to overpower the fear of water show his firm determination, resolution and strong will power. He has an analytic mind which diagnoses the malady and prompts him to search the cure. He is frightened of deep water, but not yet frightened out of his wits.

In his heroic struggle against fear, terror and panic, he rises to heroic stature. He becomes an idol, a living image of bravery and persistent efforts. He typifies the will not to surrender or yield. His indefatigable zeal is a source of inspiration for all and specially for the youth. In short, William Douglas impresses us as a frank, truthful, honest and determined person.

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