



# INDIAN SCHOOL DARSAIT

## DEPARTMENT OF ENGLISH



Subject : ENGLISH	Topic : Deep Water	Worksheet : 8
Resource Person: Mrs Jyothilakshmi Ranjit	Date : _____	
Name of the Student : _____	Class: XII Division : _____	Roll Number : _____

	Short answers questions	3
1.	<p>What is the "misadventure" that William Douglas speaks about? Douglas refers to the incident at the Y.M.C.A. swimming pool where he almost drowned as a "misadventure." The author was about ten or eleven years old at the time and had barely begun to learn swimming, primarily by aping others. As he was thrown suddenly into the water by someone and he couldn't swim, he started drowning. The struggle to come to surface and to avoid getting drowned left him with a deep fear of water which deprived him from enjoying water-related activities for many years.</p>	3
2.	<p>Why did Douglas go to Lake Wentworth in New Hampshire? Douglas went to Lake Wentworth in New Hampshire to get rid of his fear of water. He took training from a coach in a swimming pool. Though his fear for water decreased, it had not completely left him. Then he went to the lake to test his fear to swim all alone. He swam two miles in the lake. Thus he conquered his phobia of water.</p>	3
3.	<p>How did this experience affect him?  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 experience.</p>	<b>3</b>
4.	<p>Why was Douglas determined to get over his fear of water? Douglas regretted being deprived of enjoying water activities like canoeing, boating, swimming, fishing, etc. The wish to enjoy them and the craving to regain his lost confidence, while being in water, made him try every possible way to get rid of his fear. He was finally able to overcome this mental handicap by getting himself a swimming instructor and further ensuring that no residual fear was left.</p>	3
5.	<p>Which factors led Douglas to decide in favour of Y M C A pool? Douglas decided in favour of Y M C A pool, as it was an ideal place to learn swimming. It was safe as it was only two- three feet deep at the shallow end. Though it was nine feet deep at the other end, the drop was gradual.</p>	3
	<b>LONG ANSWER TYPE QUESTIONS:-</b>	
1.	<p>How did Douglas overcome his fear of water? At first, he tried to overcome his fear of water on his own. But when this failed, he got an instructor for himself who worked on Douglas' fear very methodically. With his help, Douglas began by learning to be at ease in water. After this, he practiced exhaling-inhaling in water to eliminate the fear of putting his head inside the water. Then, he moved on to master individual steps of swimming which were, finally,</p>	6



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	<p>integrated into a complete experience of swimming, by his instructor. After about six months, Douglas could not only swim well but was, also, free of his fear to a great extent.</p> <p>At this stage, Douglas' journey of truly overcoming his fear to its tiniest vestiges began. He swam alone in the pool. He went to Lake Wentworth to dive. He tried every possible stroke he learnt. Finally, in his diving expedition, in the Warm Lake, he conquered his fear completely.</p>	
2.	<p>How did the instructor "build a swimmer" out of Douglas?</p> <p>The instructor worked gradually on Douglas' psychology, moved on to his physical movements and then integrated each part to build a swimmer out of him. Initially, he made Douglas swim back and forth across the swimming pool so that he could get used to it. He used an elaborate mechanism with a rope, belt, pulley and an overhead cable to help them stay connected while Douglas was in the pool. Then, one-by-one, he made Douglas master the individual techniques of swimming, like putting his head in the water, exhaling and inhaling while in water, movements of his hands, body, legs, etc. Finally, he integrated these perfected steps into a whole experience of swimming for Douglas.</p>	6
3.	<p>Why does Douglas as an adult recount a childhood experience of terror and his conquering of it? What larger meaning does he draw from his experience?</p> <p>Douglas recounts his childhood experience at the Y.M.C.A. pool to enable the readers to understand the exact nature and intensity of the terror. The fear of being surrounded by the water, the fear of putting his head in the water, the fear of choking and the fear of his limbs going numb couldn't have been explained to a reader unacquainted with Douglas' childhood experience. In that case, the elaborate strategy adopted by the author (and his instructor) and the time-taken by him to learn or master even simple things, though put in the perspective of his fear of water, couldn't have been understood properly.</p> <p>By quoting Roosevelt, "All we have to fear is fear itself," Douglas indicates the larger meaning that he draws from his experience. For him, the importance of life became evident when he encountered death or rather its proximity threatening his life.</p>	6
4.	<p>Douglas tried hard to reach to the level of perfection by perseverance. Comment.</p> <p>Practice means constant use of one's intellectual and aesthetic powers. Perfect means ideal, complete and excellent. Proper planning and practice promote perfect performance. Practice depends on training and it means repeating an activity. Constant practice also sharpens talent. One has to follow certain qualities to be perfect. These are hard work, strong will power, faith, tolerance, positive approach, self-confidence and dedication. Practice is the best way by which one can achieve perfection. Practice makes one feel and understand the same idea or thing again and again. Determined to overcome his phobia of water, Douglas got trained under an instructor. He conquered this terror with an adamant determination, patience, undeterred single mindedness and relentless efforts. He became fearless and courageous. Practice enables a person to reach the heights of success in all walks of life. Practice develops outstanding qualities in one's character. Practice not only brings perfection but also helps in building character.</p>	6



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