

## Short-Answer Questions

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**Q.1. When Douglas realised that he was sinking, how did he plan to save himself?**

**[CBSE Delhi 2010]**

**Ans.** Douglas did not lose hope. He planned that as soon as he would hit the bottom of the pool, he would push himself up. He sprang up as he planned and came slowly to the surface.

**Q.2. What sort of terror seized Douglas as he went down the water with a yellow glow? How could he feel that he was still alive?**

**[CBSE Delhi 2010]**

**Ans.** Douglas was seized with extreme terror and panic. He tried to shriek under water and felt absolutely paralysed with fear. He felt stiff and rigid and the screams seemed to freeze in his throat. The beating of his heart and the pounding in his head were the only reminders that he was still alive.

**Q.3. Why did Douglas go to Lake Wentworth in New Hampshire?**

**[CBSE Delhi 2011]**

**Ans.** 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.

**Q.4. Which factors led Douglas to decide in favour of Y.M.C.A. pool?**

**[CBSE (AI) 2011]**

**Ans.** 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.

**Q.5. Why did Douglas go to Lake Wentworth in New Hampshire? How did he make his terror flee?**

**[CBSE (AI) 2012]**

**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 himself under water and saw nothing but bottomless water. The old sensation returned, but only at a smaller magnitude. He laughed and rebuked terror.

**Q.6. What efforts did Douglas make to get over his fear of water?**

**[CBSE (AI) 2012]**

**Ans.** Douglas hired an instructor who taught him to face water and exhale. He taught Douglas various techniques to handle water and learn swimming. Eventually to ensure that his fear was completely off his mind, Douglas Swam 2 miles across the lake went worth, and for any residual fear to be cleared he hurried west to the Conrad Meadows and dived into the Warm lake from on top of the Gilbert peak. He had finally conquered his fear of water.

**Q.7. How did the instructor turn Douglas into a swimmer?**

**[CBSE Delhi 2013]**

**Ans.** Douglas wanted to overcome his fear of water. For this, he took the help of an instructor who taught him all the strokes of swimming. He taught him to practice every part of his body separately – his limbs, his hands, how to exhale and inhale when out of water and inside water. After perfecting each part, he integrated the whole and built a complete swimmer out of Douglas.

**Q.8. What was the author's early childhood fear of the water? How did it affect him the rest of his life?**

**Ans.** The author and his father once went to the beach of California when the former was three or four. While playing in the surf of the sea, the author was knocked down by the water and was buried under it. He lost his breath and a deep fear developed in his mind.

**Q.9. Why did Douglas' mother recommend that he should learn swimming at the YMCA swimming pool?**

**[CBSE Delhi 2015]**

**Ans.** Douglas' mother recommended that he should learn swimming at the YMCA swimming pool because it was much safer than the river where a lot of drownings had taken place. It was only 2-3 feet deep at the shallow end and 9 feet deep at the other end.

**Q.10. Mention any two long term consequences of the drowning incident on Douglas.**

**[CBSE Sample Paper 2016]**

**Ans.** After the drowning incident, Douglas always felt terrified near water. He was deprived of enjoying water activities like canoeing, boating, swimming, fishing, etc. Fear gripped him and all this spoiled his holidays.

**Q.11. What deep meaning did his experience at the YMCA swimming pool have for Douglas?**

[CBSE (AI) 2016]

**Ans.** After his near death experience at the YMCA pool, Douglas started fearing water. He could not enjoy any water sports or go fishing. He decided to overcome his fear and learnt swimming again. He became confident and understood that 'all that we have to fear is fear itself'.

**Q.12. 'All' we have to fear is fear itself'. When did Douglas learn this lesson?**

[CBSE (AI) 2016]

**Ans.** These words mean that we fear, fear the most. Those who have undergone this experience of fear can only appreciate its worth. Douglas faced it twice in life. He had a terrible fear of water. He could not go for swimming, canoeing, boating, rafting, etc. he realized that it would ruin his life since it was following and haunting him wherever he went. Fear is our hard core enemy.