

Journey to the end of the Earth

इस अध्याय के सभी महत्वपूर्ण प्रश्न – उत्तर सहित। पहले खुद हल करने की कोशिश करो, फिर उत्तर मिलाओ।

अभ्यास प्रश्न-उत्तर (हर टॉपिक से)

» Introduction to William Douglas and 'Deep Water'

प्रश्न 1 (आसान). Who is the author of 'Deep Water'?

उत्तर – William O. Douglas.

प्रश्न 2 (आसान). What kind of account is 'Deep Water'?

उत्तर – An autobiographical account.

प्रश्न 3 (मध्यम). What is the primary fear William Douglas addresses in 'Deep Water'?

उत्तर – His fear of water, specifically from a near-drowning incident.

प्रश्न 4 (कठिन). How does the autobiographical nature of 'Deep Water' contribute to its central theme?

उत्तर – The autobiographical nature makes the theme of overcoming fear highly personal and relatable, as it chronicles Douglas's genuine struggle and ultimate victory, adding authenticity and depth to the message.

» Early Aversion to Water: The California Beach Incident

प्रश्न 5 (आसान). What was the initial cause of Douglas's fear of water?

उत्तर – The initial cause was an incident at a California beach where he was knocked down by waves.

प्रश्न 6 (आसान). How old was Douglas when this first incident occurred?

उत्तर – He was 'three or four years old' at the time of the incident.

प्रश्न 7 (मध्यम). Describe Douglas's feelings during the California beach incident. Why did his father's reaction differ from his?

उत्तर – Douglas felt 'frightened' and experienced 'terror in my heart' due to the 'overpowering force of the waves'. His father 'laughed', probably seeing it as a harmless playtime, while Douglas was genuinely terrified.

प्रश्न 8 (कठिन). How did this 'early aversion' lay the groundwork for his later deep-seated fear, even before the swimming pool incident?

उत्तर – This 'early aversion' introduced him to the idea of water's 'overpowering force' and the feeling of being 'buried in water', creating a primal fear that the later swimming pool incident intensified into a phobia, rather than creating it from scratch.

» The Y.M.C.A. Pool and the Misadventure

प्रश्न 9 (आसान). Why did Douglas choose the Y.M.C.A. pool over the Yakima River?

उत्तर – He chose the Y.M.C.A. pool because it was considered safe, unlike the treacherous Yakima River his mother warned him about.

प्रश्न 10 (आसान). What was the depth of the deep end of the Y.M.C.A. pool?

उत्तर – The deep end of the Y.M.C.A. pool was nine feet deep.

प्रश्न 11 (मध्यम). Describe the 'misadventure' that took place at the Y.M.C.A. pool.

उत्तर – The misadventure was when an 18-year-old boy picked Douglas up and tossed him into the 9-foot deep end of the pool, leading to his near-drowning experience.

प्रश्न 12 (कठिन). What was Douglas's mental state and strategy as he sank for the first time after being thrown into the pool?

उत्तर – As he sank, Douglas was frightened but not yet out of his wits. His strategy was to hit the bottom, make a big jump to the surface, lie flat, and paddle to the edge of the pool.

» The Experience of Drowning: Panic and Strategy

प्रश्न 13 (आसान). What was Douglas's initial strategy to save himself?

उत्तर – To make a big jump from the bottom, come to the surface, lie flat, and paddle to the edge.

प्रश्न 14 (आसान). What color was the water he saw?

उत्तर – Dirty yellow tinge.

प्रश्न 15 (मध्यम). What did Douglas mean by 'my lungs were ready to burst'?

उत्तर – It meant he was holding his breath for too long and felt immense pressure and pain in his lungs, indicating extreme suffocation.

प्रश्न 16 (कठिन). How did the experience of 'sheer, stark terror' manifest in Douglas's physical and mental state?

उत्तर – Physically, his arms and legs became 'dead weights, paralysed and rigid'; he 'shook and trembled'. Mentally, it was a terror 'that knows no understanding, terror that knows no control', making him 'shrieking under water' and 'stiff, rigid with fear', unable to call for help.

» Repeated Attempts and the Onset of Oblivion

प्रश्न 17 (आसान). What happened when Douglas 'sucked for air' for the third time?

उत्तर – When Douglas 'sucked for air' for the third time, he got water instead of air.

प्रश्न 18 (आसान). What 'swept over his brain' when all effort ceased?

उत्तर – A 'blackness swept over his brain' when all effort ceased.

प्रश्न 19 (मध्यम). Describe Douglas's feelings immediately after 'all effort ceased' and 'a blackness swept over his brain.'

उत्तर – After all effort ceased and a blackness swept over his brain, Douglas felt quiet and peaceful. He experienced no more fear, terror, or panic, describing it as 'nice... to be drowsy... to go to sleep... to be carried gently... tender arms like Mother's.'

प्रश्न 20 (कठिन). Explain how the description of 'tender arms like Mother's' in this moment contributes to the theme of the 'onset of oblivion.'

उत्तर – The description of 'tender arms like Mother's' highlights the deceptive and serene nature of the 'onset of oblivion.' It suggests that as Douglas loses consciousness, the terrifying reality of drowning transforms into a comforting, almost dreamlike state. This illusion of safety, associated with a mother's embrace, signifies the complete surrender to a peaceful blackness, masking the immediate danger and drawing him further into unconsciousness, where fear is temporarily 'wiped out' before life's curtain falls.

» Immediate Aftermath and Lingered Trauma

प्रश्न 21 (आसान). What physical reactions did Douglas have immediately after being pulled from the water?

उत्तर – He felt 'wobbly in the knees and sick to my stomach' with 'the slightest exertion'.

प्रश्न 22 (आसान). Did Douglas return to the pool after the incident? Why or why not?

उत्तर – No, he 'never went back to the pool' because 'he feared water'.

प्रश्न 23 (मध्यम). How did the fear of water affect Douglas's recreational activities later in life? Quote the text.

उत्तर – It 'ruined my fishing trips; deprived me of the joy of canoeing, boating, and swimming'.

प्रश्न 24 (कठिन). Describe the psychological impact of the near-drowning experience on Douglas as it lingered for years, using specific phrases from the text.

उत्तर – A 'haunting fear was in my heart' that 'stayed with me as the years rolled by'. Whenever he encountered water, 'the terror... would come back' and 'take possession of me completely', making his 'legs ... paralysed' and 'Icy horror... grab my heart'.

» The Persistent Grip of Fear

प्रश्न 25 (आसान). What specific feeling did Douglas experience when the fear returned?

उत्तर – Icy horror.

प्रश्न 26 (आसान). Did the fear disappear quickly after the incident?

उत्तर – No, 'this handicap stayed with me as the years rolled by'.

प्रश्न 27 (मध्यम). Name three water-related activities that Douglas's fear ruined for him.

उत्तर – Fishing, canoeing, and swimming.

प्रश्न 28 (कठिन). How did the fear physically manifest itself when Douglas tried to engage in water activities?

उत्तर – His legs would become paralysed, and an 'icy horror would grab my heart'.

» The Instructor's Systematic Approach to Overcoming Fear

प्रश्न 29 (आसान). डगलस ने अपने डर पर काबू पाने के लिए सबसे पहला कदम क्या उठाया?

उत्तर – उन्होंने एक प्रशिक्षक (instructor) को नियुक्त किया और तैरना सीखने का फैसला किया।

प्रश्न 30 (आसान). प्रशिक्षक ने डगलस की सुरक्षा के लिए शुरुआत में किस चीज़ का इस्तेमाल किया?

उत्तर – एक बेल्ट और उससे जुड़ी रस्सी जो एक चरखी (pulley) से गुजरती थी।

प्रश्न 31 (मध्यम). डगलस को तैरने के लिए तैयार करने में प्रशिक्षक ने किन दो शारीरिक क्रियाओं पर जोर दिया?

उत्तर – सांस लेने के अभ्यास ('put my face under water and exhale, and to raise my nose and inhale') और पैरों से किक मारने ('kick with my legs') पर जोर दिया।

प्रश्न 32 (कठिन). 'Piece by piece, he built a swimmer' – इस वाक्य से आप क्या समझते हैं, और यह डगलस की यात्रा में क्यों महत्वपूर्ण है?

उत्तर – इसका मतलब है कि प्रशिक्षक ने डगलस को तैरने के हर छोटे हिस्से को अलग-अलग सिखाया, जैसे सांस लेना, पैर चलाना, हाथ चलाना, और जब हर हिस्सा सिद्ध हो गया, तो सबको एक साथ जोड़ दिया। यह महत्वपूर्ण है क्योंकि इसने दिखाया कि डर को हराने और एक बड़ा कौशल सीखने के लिए एक व्यवस्थित, चरण-दर-चरण दृष्टिकोण कितना ज़रूरी है।

» Self-Testing and Conquering Residual Doubts

प्रश्न 33 (आसान). डगलस कौन सी पहली झील में खुद को आजमाने गए?

उत्तर – लेक वेंटवर्थ

प्रश्न 34 (आसान). डर कितनी बार वापस आया जब वह लेक वेंटवर्थ में तैर रहे थे?

उत्तर – सिर्फ एक बार

प्रश्न 35 (मध्यम). जब डर वापस आया तो डगलस ने उससे क्या कहा?

उत्तर – उन्होंने हँसते हुए कहा, "Well, Mr Terror, what do you think you can do to me?"

प्रश्न 36 (कठिन). डगलस ने किन अलग-अलग स्ट्रोक का इस्तेमाल किया ताकि यह सुनिश्चित कर सकें कि डर पूरी तरह से चला गया है?

उत्तर – उन्होंने क्रॉल, ब्रेस्ट स्ट्रोक, साइड स्ट्रोक, और बैक स्ट्रोक का इस्तेमाल किया।

» The Deeper Meaning of Conquering Fear

प्रश्न 37 (आसान). What did Douglas mean by 'The experience had a deep meaning for me'?

उत्तर – It meant his triumph was not just about swimming, but about overcoming a profound psychological barrier.

प्रश्न 38 (आसान). According to Roosevelt, what is the only thing we have to fear?

उत्तर – According to Roosevelt, 'All we have to fear is fear itself'.

प्रश्न 39 (मध्यम). How did facing the 'sensation of dying' ultimately affect Douglas's 'will to live'?

उत्तर – Facing the 'sensation of dying' ironically increased his 'will to live' by making him appreciate life more deeply after conquering that ultimate fear.

प्रश्न 40 (कठिन). Beyond water, how did conquering his fear impact Douglas's overall approach to life, as described by 'free to walk the trails and climb the peaks'?

उत्तर – Conquering his fear of water made him feel 'released' and 'free' from all fears, empowering him to embrace life's adventures like walking trails and climbing peaks, signifying a broader psychological freedom to brush aside any fear.

हल किए हुए उदाहरण (step-by-step)

उदाहरण 1. Identify the central theme of William Douglas's 'Deep Water' and its autobiographical nature.

- › First, recall that William Douglas is the author and the story is about his own life.
- › Next, remember the main event: 'William Douglas nearly drowned in a swimming pool' when he was young.
- › Then, connect this event to the fear it created: 'his fear of water'.
- › Finally, note how he dealt with this fear: 'how he finally overcame it'. This entire journey of facing and conquering a personal fear is the central theme.

उत्तर – The central theme of 'Deep Water' is the triumph over fear, specifically the fear of water. It is autobiographical because it details William Douglas's personal experience of nearly drowning as a young boy and his subsequent struggle and eventual success in overcoming his debilitating fear of water.

उदाहरण 2. William Douglas's 'early aversion to water' started with which specific incident and at what age?

- › Identify the key phrase 'early aversion to water' to recall the first incident mentioned in the text.
- › Recall the details of this first incident, specifically the location and the people involved.
- › Remember the age of Douglas when this incident took place.

उत्तर – William Douglas's 'early aversion to water' started when 'he was three or four years old' at a 'beach in California' where 'the waves knocked him down and swept over him'.

उदाहरण 3. Describe William Douglas's experience at the Y.M.C.A. pool just before and during the 'misadventure.'

- › Initially, Douglas chose the Y.M.C.A. pool because it was considered safe compared to the Yakima River. He began learning by imitating other boys, gradually gaining confidence.
- › One day, when he was alone, an 18-year-old 'bruise' of a boy approached him.
- › The boy, perhaps jokingly, yelled, 'Hi, Skinny! How'd you like to be ducked?' and threw Douglas into the 9-foot deep end.
- › Douglas swallowed water and immediately sank to the bottom. He felt fear but maintained his wits, planning to jump from the bottom, surface, and paddle to safety.
- › He attempted this strategy three times, but each time he came up slowly, saw only dirty yellow water, and struggled to breathe or move his limbs.
- › After the third attempt, all effort ceased. He felt a sense of calm, followed by a 'blackness' and a peaceful sensation, as if drifting off to sleep, feeling 'tender arms like Mother's' around him, signifying his near-death experience.

उत्तर – William Douglas initially felt confident at the safe Y.M.C.A. pool, but a misadventure occurred when an older boy threw him into the deep end. Despite his planned strategy to jump to the surface, he failed three times, experiencing panic, suffocation, and ultimately a peaceful, almost dreamlike surrender to unconsciousness as he nearly drowned.

उदाहरण 4. Describe William Douglas's experience of 'panic' and his 'strategy' during his near-drowning incident.

- › Initially, Douglas 'planned' to make a 'big jump' from the bottom of the pool, 'come to the surface, lie flat on it, and paddle to the edge'.
- › However, his descent 'seemed a long way down', and his 'lungs were ready to burst' even before hitting the bottom.
- › When he tried to 'spring upwards', he came up 'slowly', seeing only 'dirty yellow water', leading him to 'grow panicky'.
- › He 'suffocated', 'tried to yell but no sound came out', and his body became 'paralysed and rigid'.
- › He experienced 'sheer, stark terror' that 'knows no understanding, terror that knows no control', feeling 'shrieking under water' and 'paralysed under water'.

उत्तर – William Douglas initially devised a strategy to push off the bottom and surface like a cork. However, this plan quickly dissolved into overwhelming panic as he experienced suffocation, saw only murky water, and found his body paralyzed with fear, leading to 'sheer, stark terror' where he could neither move nor make a sound.

उदाहरण 5. Explain the significance of the phrase 'The yellowish light was going out' in Douglas's drowning experience.

- › The phrase 'The yellowish light was going out' literally describes Douglas's vision blurring and dimming as he was sinking deeper.
- › Symbolically, this fading light represents his hope and consciousness diminishing.
- › It signifies the approaching 'onset of oblivion,' where his senses, including sight, were shutting down.
- › This detail underscores the extremity of his situation, indicating he was losing his fight for survival and nearing unconsciousness, or even death.

उत्तर – The phrase 'The yellowish light was going out' signifies Douglas's fading hope and consciousness, marking the terrifying approach of unconsciousness and the end of his struggle.

उदाहरण 6. William Douglas पर उनके डूबने के अनुभव का तुरंत और लंबे समय तक क्या प्रभाव पड़ा?

- › पहला प्रभाव: हादसे के तुरंत बाद शारीरिक और मानसिक बेचैनी थी। 'The slightest exertion upset him, making him wobbly in the knees and sick to his stomach.' उन्हें थोड़ी सी मेहनत पर घबराहट होती थी।
- › दूसरा प्रभाव: 'I never went back to the pool. I feared water.' उन्होंने फिर कभी उस तालाब में नहीं गए और पानी से डरने लगे, उसे टालने लगे।
- › तीसरा प्रभाव: यह डर सालों तक उनके साथ रहा। 'The terror that had seized me in the pool would come back.' जब भी वह पानी के पास जाते, पुराना डर वापस आ जाता था।
- › चौथा प्रभाव: शारीरिक रूप से, 'My legs would become paralysed. Icy horror would grab my heart.' उनके पैर सुन्न हो जाते थे और दिल में दहशत बैठ जाती थी।
- › पांचवां प्रभाव: इस डर ने उनकी खुशियों को छीन लिया। 'It ruined my fishing trips; deprived me of the joy of canoeing, boating, and swimming.' वह अपनी पसंदीदा गतिविधियाँ जैसे मछली पकड़ना और तैराकी नहीं कर पाते थे।

उत्तर – Douglas पर डूबने के अनुभव का तत्काल प्रभाव शारीरिक कमजोरी और पानी के प्रति घृणा थी। लंबे समय तक, एक 'haunting fear' उनके साथ रहा, जिससे उनके पैर पानी में सुन्न पड़ जाते थे और उनका दिल दहशत से भर जाता था। इस डर ने उनकी मछली पकड़ने, कैनोइंग और तैराकी जैसी कई पसंदीदा गतिविधियों का आनंद छीन लिया।

उदाहरण 7. डगलस के पानी के डर ने उनकी कौन-कौन सी पसंदीदा गतिविधियों को कैसे प्रभावित किया?

- › पहला, डगलस को पानी वाली गतिविधियाँ जैसे मछली पकड़ना (fishing), नौका विहार (canoeing), और तैराकी (swimming) बहुत पसंद थीं।
- › दूसरा, जब भी वे इन गतिविधियों में शामिल होने की कोशिश करते, 'the terror that had seized me in the pool would come back' - डर उन पर हावी हो जाता, उनके पैर लकवाग्रस्त हो जाते और दिल में बर्फीला डर बैठ जाता।
- › तीसरा, 'It would take possession of me completely. My legs would become paralysed. Icy horror would grab my heart' - डर उन पर हावी हो जाता, उनके पैर लकवाग्रस्त हो जाते और दिल में बर्फीला डर बैठ जाता।
- › आखिर में, इस डर की वजह से वे इन पसंदीदा चीज़ों का आनंद नहीं ले पाते थे, उनकी जिंदगी का एक बड़ा हिस्सा अधूरा रह जाता था।

उत्तर – डगलस के पानी के डर ने उन्हें उनकी पसंदीदा जल-गतिविधियों जैसे मछली पकड़ना, नौका विहार, और तैराकी से दूर कर दिया, जिससे उनके पैर लकवाग्रस्त हो जाते थे और दिल में बर्फीला डर बैठ जाता था।

उदाहरण 8. डगलस ने पानी के डर को दूर करने के लिए प्रशिक्षक की मदद से कौन-कौन से मुख्य कदम उठाए?

- › पहला कदम: उन्होंने एक 'instructor' (प्रशिक्षक) को काम पर रखा और तय किया कि वे नियमित रूप से 'five days a week, an hour each day' अभ्यास करेंगे।
- › दूसरा कदम: प्रशिक्षक ने उन्हें 'belt around' बांधा, जो 'rope attached to a pulley' से जुड़ी थी, जिससे वह डगलस को नियंत्रित कर सके और सुरक्षा दे सके।
- › तीसरा कदम: उन्होंने 'back and forth across the pool' बार-बार तैरने का अभ्यास किया, जिससे डगलस को पानी में होने की आदत पड़े।

› चौथा कदम: डगलस को पानी के नीचे 'face under water and exhale' करना और 'raise nose and inhale' करना सिखाया गया, जिससे सांस लेने का डर कम हो।

› पांचवां कदम: उन्होंने 'kick with my legs' का अभ्यास किया, पहले पैर काम नहीं करते थे, लेकिन धीरे-धीरे उन्होंने उन पर नियंत्रण पाया।

› छठा कदम: आखिर मैं, 'perfected each piece, he put them together into an integrated whole' – सभी सीखे हुए हिस्सों को जोड़कर डगलस को एक पूर्ण तैराक बनाया गया।

उत्तर – डगलस ने प्रशिक्षक की मदद से बेल्ट-पुली सिस्टम, नियमित अभ्यास, सांस लेने का अभ्यास, पैरों से किक मारने का अभ्यास और अंत में सभी कौशल को एक साथ जोड़कर अपने पानी के डर को दूर किया।

उदाहरण 9. Douglas ने Lake Wentworth में खुद को कैसे परखा और अपने डर पर पूर्ण विजय कैसे प्राप्त की?

› पहला कदम, 'So I went to Lake Wentworth in New Hampshire'– डगलस न्यू हैम्पशायर की लेक वेंटवर्थ गए।

› दूसरा कदम, 'dived off a dock at Triggs Island, and swam two miles across the lake to Stamp Act Island'– उन्होंने ट्रिग्स आइलैंड के एक डॉक से छलांग लगाई और स्टैम्प एक्ट आइलैंड तक दो मील तैरे।

› तीसरा कदम, उन्होंने 'crawl, breast stroke, side stroke, and back stroke' जैसे विभिन्न स्ट्रोक से तैराकी की ताकि कोई डर न छूटे।

› चौथा कदम, जब डर 'in miniature' वापस आया, तो 'I laughed and said, "Well, Mr Terror, what do you think you can do to me?"'– उन्होंने हँसते हुए डर को चुनौती दी, जिससे डर भाग गया।

› पांचवां कदम, 'Yet I had residual doubts'– फिर भी थोड़े संदेह थे, तो वह 'Warm Lake' गए और 'swam across to the other shore and back'– उस पार तैर कर वापस आए।

› अंतिम परिणाम, 'I shouted with joy...I had conquered my fear of water'– वह खुशी से चिल्लाए और घोषणा की कि उन्होंने अपने पानी के डर को जीत लिया है।

उत्तर – डगलस ने लेक वेंटवर्थ और वॉर्म लेक में अकेले तैरकर, अलग-अलग स्ट्रोक का उपयोग करके, और अपने डर को चुनौती देकर अपने सभी बचे हुए संदेहों पर विजय प्राप्त की।

उदाहरण 10. William Douglas's experience taught him that 'the will to live' increased after facing the 'sensation of dying' and 'terror'. Explain this deeper meaning.

› Identify the core experience: Douglas nearly drowned, felt 'sensation of dying' and 'terror'.

› Connect this to the deeper psychological impact: Instead of paralyzing him, this direct confrontation with the ultimate fear (death) had an inverse effect.

› Explain the outcome: By surviving and actively conquering this fear, his inherent desire to live, 'the will to live', became stronger and more intense.

› Relate to broader life: This wasn't just about swimming; it was about realizing that facing and conquering stark terror makes one appreciate life more deeply and empowers them to face other fears.

उत्तर – Douglas's near-death experience, where he felt both dying and profound terror, ironically strengthened his 'will to live.' By facing and overcoming the deepest fear, he realised life's value and gained an intense desire to live fully, free from other fears.

बोर्ड परीक्षा के लिए खास

• यह कहानी सिर्फ एक घटना नहीं है, इसके 'autobiographical' पहलू पर और 'overcoming fear' के थीम पर प्रश्न अक्सर आते हैं।

• इस घटना को 'पहला डर' या 'शुरुआती अनुभव' के तौर पर याद रखें, क्योंकि प्रश्न में अक्सर पूछा जाता है कि डर की शुरुआत कहाँ से हुई थी।

- यह 'misadventure' William Douglas के डर का मुख्य कारण है। बोर्ड परीक्षा में इस घटना का विस्तार से वर्णन, उनके द्वारा किए गए 'plans' और 'emotions' पर ध्यान देना बहुत ज़रूरी है।
- यह हिस्सा बोर्ड परीक्षा के लिए बहुत महत्वपूर्ण है। अक्सर इस पर आधारित 6 नंबर के सवाल आते हैं, जिसमें Douglas के डर और उससे बाहर आने की मानसिक स्थिति का वर्णन करना होता है।
- इस हिस्से में 'sheer, stark terror' से 'quiet and peaceful' की तरफ का transition और 'oblivion' का मतलब बहुत महत्वपूर्ण है। इसे ध्यान से समझना, क्योंकि अक्सर ऐसे moments की emotional journey के बारे में प्रश्न आते हैं।
- बोर्ड परीक्षा में, इस हिस्से से 'character analysis' या 'cause and effect' वाले प्रश्न अक्सर पूछे जाते हैं। आपको Douglas पर पड़े शारीरिक और मानसिक प्रभावों को विस्तार से समझाना होगा।
- यह बात ध्यान रखना कि लेखक ने बताया है कि 'This handicap stayed with me as the years rolled by' – यह लाइन महत्वपूर्ण है यह दिखाने के लिए कि डर कितने लंबे समय तक रहा।
- इस भाग से 'instructor's systematic approach' के विभिन्न चरणों पर आधारित प्रश्न अक्सर आते हैं। हर चरण को क्रम से और उसके महत्व के साथ याद रखें।
- यह भाग दिखाता है कि डगलस ने कैसे अपने डर पर 'complete victory' पाई। परीक्षा में 'How did Douglas make sure that he conquered the old terror?' जैसे प्रश्न अक्सर आते हैं, तो इस 'self-testing' वाले हिस्से को अच्छे से याद रखना।
- इस हिस्से से अक्सर 'What larger meaning does Douglas draw from this experience?' या 'Comment on the philosophical significance of Douglas's triumph over fear' जैसे प्रश्न आते हैं। रूजवेल्ट के कोट और 'will to live' को ज़रूर शामिल करें।

एक नज़र में रिवीज़न

- › William Douglas's 'Deep Water' is an autobiographical account of overcoming his fear of water after a near-drowning.
- › Childhood fear began at California beach; waves knocked him down.
- › Douglas chose Y.M.C.A. pool; an older boy threw him into deep end, near-drowning experience.
- › Douglas's planned jump failed; experienced suffocation, paralysis, and stark terror.
- › Douglas's repeated attempts, fading light, followed by surrender to peaceful oblivion.
- › Near-drowning caused immediate physical weakness, long-term 'haunting fear', ruined water activities.
- › Fear of water persisted, ruining fishing, canoeing, paralysing legs, causing icy horror.
- › Instructor's methodical training: belt, pulley, breathing, kicking, 'piece by piece' mastery.
- › डगलस ने दो झीलों तैरकर अपने 'residual doubts' पर विजय पाई।
- › Conquering terror strengthens 'will to live'; 'fear itself' is the real enemy.