

CHAPTER-3 | Deep Water

QUIZ-01

1. What past experience contributed to Douglas's initial fear of water?

- A. A movie he watched as a child
- B. A near-drowning in the Yakima River
- C. An incident at the beach with his father
- D. A fall in a swimming pool (C)

Explanation: As a child, Douglas was knocked down by waves at a California beach while with his father, which instilled a fear of water in him.

2. Why did Douglas choose the YMCA pool to learn swimming?

- A. It was the closest facility to his home
- B. It was safe with a gradual slope
- C. His school mandated swimming lessons
- D. It was recommended by his father (B)

Explanation: The YMCA pool was considered safe due to its gradual slope and manageable depth, making it an ideal place to learn swimming.

3. What unexpected event triggered Douglas's traumatic experience in the pool?

- A. He slipped and fell into the deep end
- B. A lifeguard mistakenly pushed him
- C. A big boy threw him into the deep end
- D. He lost his balance while diving (C)

Explanation: An older boy unexpectedly picked him up and threw him into the deep end of the pool, causing his near-drowning experience.

4. What physical and mental reactions did Douglas experience during the drowning incident?

- A. Calmness and alert thinking
- B. Joy and excitement
- C. Paralysis, panic, and hallucinations
- D. Determination and strength (C)

Explanation: Douglas experienced intense fear, physical paralysis, and hallucinations, including sensations of drowsiness and peace as he nearly drowned.

5. What was the impact of the near-drowning incident on Douglas?

- A. He became a swimming champion
- B. He began to fear all physical activity
- C. He developed a lifelong fear of water
- D. He decided never to visit the YMCA again (C)

Explanation: The traumatic experience left Douglas with a deep-rooted fear of water, affecting him for many years.

6. How did Douglas eventually decide to deal with his fear?

- A. He ignored it and avoided water
- B. He read books about swimming
- C. He hired an instructor to learn swimming
- D. He joined a water therapy program (C)

Explanation: Determined to overcome his fear, Douglas hired a swimming instructor who systematically trained him in stages.

7. What method did the instructor use to teach Douglas swimming?

- A. He let Douglas practice on his own
- B. He used a belt-and-pulley system for support
- C. He taught him only breathing techniques
- D. He made him swim in lakes and rivers (B)

Explanation: The instructor used a belt-and-rope system attached to a pulley, gradually helping Douglas overcome his fear and learn techniques.

8. What realization helped Douglas conquer his fear completely?

- A. That fear itself was the only thing to fear
- B. That swimming was easy
- C. That he could rely on others for help
- D. That deep water is not dangerous (A)

Explanation: Douglas embraced Roosevelt's idea that "all we have to fear is fear itself" and confronted his terror directly, ultimately conquering it.

9. Which of the following did Douglas do to test whether he had truly overcome his fear?

- A. He took part in a swimming contest
- B. He swam alone in Lake Wentworth and Warm Lake
- C. He taught other children to swim
- D. He swam daily in the YMCA pool (B)

Explanation: To ensure he had conquered his fear, Douglas swam alone across Lake Wentworth and Warm Lake.

10. What broader message does Douglas convey through his experience?

- A. Swimming should be learned at a young age
- B. Accidents help build strength
- C. Facing one's fears is essential for freedom
- D. Water sports are dangerous (C)

Explanation: The story emphasizes that confronting and overcoming fear is crucial for personal growth and freedom.