

DEEP WATER

THEME:

- A real –life personal account of experiencing fear and the steps taken to overcome it
- psychological analysis of fear.

ABOUT THE LESSON

- William O Douglas had an aversion to water and a passion to learn swimming .When he was three or four years , a huge wave knocked him down and swept over him in the beach of California
- Douglas suffered from hydrophobia .He joined YMCA pool to remove his old terror .A misadventure took place with him while sitting alone and waiting for others to come at YMCA.
- A bruiser boy came and tossed Douglas into deep end of the pool , nine feet were more like ninety and his lungs were ready to burst. He planned to make a big jump upwards but came up slowly and he swallowed water. Stark terror seized him.
- At last he ceased all his efforts and he became unconscious. His fear of water deprived him of the joys of canoeing, boating, swimming and fishing.
- He hired an instructor to learn swimming .He taught him how to inhale and exhale in water.
- He practiced five days a week and an hour each day.
- At last Douglas went to Wentworth Lake and dived off at Triggs island. He swam for two miles and he finally overcame his old terror. Will to live is stronger than fear of death.