Question1

What had happened when Douglas was three or four years old?

Answer

When Douglas was three or four years old he was on the California beach with his father. There the sea waves knocked him down and swept over him. He felt breathless buried in the water and was frightened; but his father laughed at him.

Question2

What was the misadventure of Douglas? How did it end?

Answer

The misadventure was his being ducked by a big bruiser of a boy of eighteen in the YMCA swimming pool. He was drowned and nearly dying in the pool; but was somehow miraculously saved from the mouth of death

Question3

How was the instructor successful in making Douglas a perfect swimmier?

Answer

The instructor made Douglas a perfect swimmer by removing his fear of being drowned and teaching him swimming piece by piece in a period of three months. During the training he let Douglas swim back and forth of the pool tying him with a pulley. He taught him to put his face under the water to exhale raise above it to inhale.

Question4

How did Douglas finally overcome his fear of water?

Answer

Douglas overcame his fear of water by challenging the fear itself and going for several round of swimming in the pool; but finally the residual fear he overcame when he went up to Tie ton to Conrad meadows and swam across the other shore and back of the warm lake as Doug Corpron used to do.

Question5

What thought of Roosevelt deeply impacted Douglas? How did the thoughts apply to his life? **Answer**

The thought of Roosevelt that there is terror in the fear of death had deep impact on Douglas. He had experienced both the sensation of dying and the terror of the fear of death. But later he brushed aside his fear by challenging it by the will to live and succeeded.