3.Deep Water ( Flamingo)

This lesson is an excerpt from ‘Of Men and Mountains’ by William Douglas.

In this lesson, he writes about his fear of water, and how he overcame that fear.

William Douglas was the longest serving advocate—Judge in the history of the U.S. He served for 36 years.

He was only three years old when at California beach, a huge wave overtook him. His father was with him, but he fell down and was terrified. This terror did not leave him.

The Yakima river was dangerous, but the Y.M.C.A pool was safe. Douglas wanted to learn swimming at the pool. He was eleven, and went and sat on the side of the pool when no one was there.

A huge boy 18 of age came and pushed him into the deep end of the pool. Douglas went down, tried to come up, tried all the movements he knew about, to come up. He came up and went down again.

Death was close, water filled his lungs. He knew he was fainting, and would die but no one came to help.

Eventually, somebody pulled him out of the pool and gave him first aid.

This fear did not leave him for years.

Later, his father engaged a tutor for him. He gave him a belt, a rope and a pulley and made him practice thoroughly day after day, in safe conditions.

Douglas became a good swimmer, yet terror did not leave him. This went on for seven months.

Douglas carefully avoided canoeing, boating and all types of fishing expeditions.

Ultimately, he lost his fear of swimming by swimming across Lake Wentworth--------two miles.

Then he swam across Lake Warm. Finally he faced all terror and conquered his fear of water.

Word Meaning

1.autobiography what a man writes about himself

2.terror great fear

3.misadventure bad experience

4.summoned ordered

5.panicky full of fear

6.nightmare bad dream

7.shrieking crying loudly

8.oblivion nothing was there

9.exertion tiredness

10.handicap restriction

11.intensity great measure

12.residual remaining

13.miniature small in size