

By Kim Borg

### **Poetry for a Diver**

Breath-hold divers such as the Ama  
Exhibit keen autonomic control,  
With bradycardia and vasoconstriction  
Oxygen conservation is the goal.  
To dive to great depths comes an increase in pressure  
And scuba gear is required,  
Care must be taken during ascent and descent  
Otherwise barotrauma will conspire.  
Upon descent nitrogen dissolves in the tissues  
And if fast ascent you do not contend,  
Nitrogen bubbles will form in the joints  
And produce a condition called the bends.  
So while leisurely scuba diving in an ocean of pleasure  
Beware of 'raptures of the deep',  
You may feel euphoric but its nitrogen narcosis  
And integrity of the brain you want to keep.