

Diving

by Sara Stafford



Shall I compare breathing air to diving?
There is far more pressure below the surface,
hence below the sea one experiences squeezing,
though the raptures of the deep offer some solace.

Diving changes gas volumes according to the ideal gas law,
hence on descent gases compress, while on ascent they expand.
Barotrauma of descent is relieved through the maneuver of Valsalva
while ascent offers consequences you and your friends cannot stand.

Worst of all are the effects of nitrogen gas,
which enters solution at high pressures, especially in fat.
When pressure decreases, the bends and chokes come to pass.
Bubbles in the CNS cause deafness, loss of vision, and paralysis –
we don't want that.

To solve all these problems, common sense is the key.
Slow ascent is essential to enjoy the sea.

