

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.