



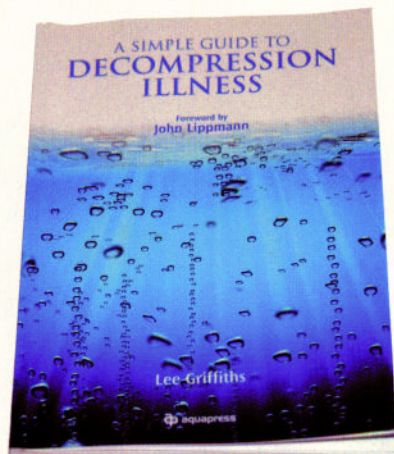
A SIMPLE GUIDE TO DECOMPRESSION SICKNESS **£12.99**

by Lee Griffiths • Aquapress • ISBN 1905492057

THE PUBLISHERS say that 'every diver should read this book', a tad hysterical, as the salient facts about decompression sickness are all set out in the BSAC's course books. Nevertheless, this a very readable guide, taking the reader from the basics of barotrauma to the horrors of arterial gas embolisms, with much numbness and tingling in between.

There's a bit more detail than in diving coursebooks, and the general tone suggests it may have been written initially for medical students. Along the way, Griffiths gives us his opinions on issues such as chamber models (you want a multi-place one, preferably with climate control and a toilet) and in-water recompression (risky, with the dangers outweighing the advantages).

Ultimately, though, there is no 'magic wand' to diagnose DCS with a simple test – even a state-of-the-art Doppler ultrasound scanner can only detect bubbles in the bloodstream, and not in other tissues of the body. The bends come in many guises, and this book will help you understand and maybe even recognise some of them.

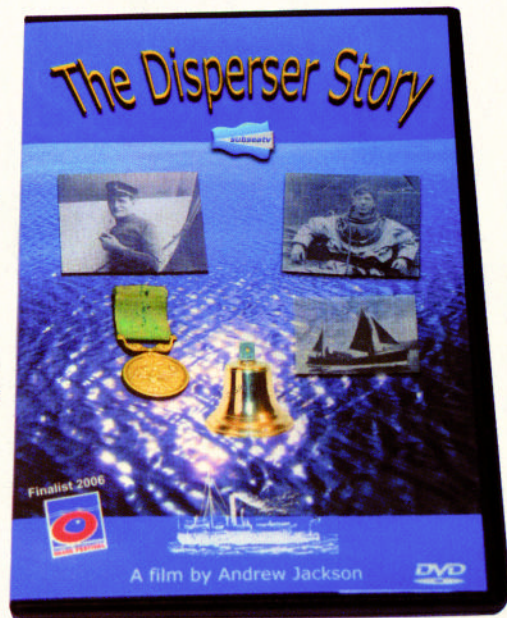


DVD: THE DISPERSER STORY **£13.99**

A film by Andrew Jackson • from www.subseatv.com

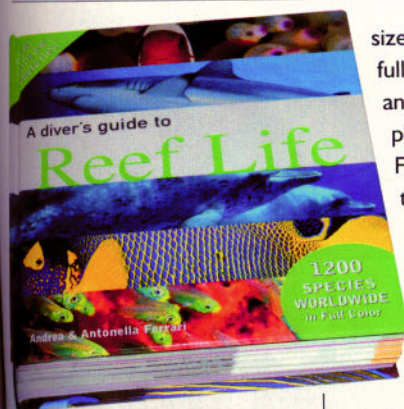
I WAS impressed to hear that Scarborough Sub-Aqua Club has its own film-making division, and I thoroughly enjoyed this film when it made the finals of the 2006 British Underwater Image Festival. It is several things – the story of a sinking at sea, a glimpse at a forgotten time along the Yorkshire coast and a classic lesson in wreck-finding,

BSAC-style. Most importantly, this film recounts an incredible act of bravery by a RNLI coxswain that is worthy of remembering in history, but we also see how the wreck of the salvage ship, Disperser, was eventually tracked down and dived. Then there is the pay-off, in which the divers find and recover the ultimate artefact. A good story, well told.



A DIVER'S GUIDE TO REEF LIFE **£30**

by Andrea and Antonella Ferrari • Nautilus Publishing • ISBN 9832731011



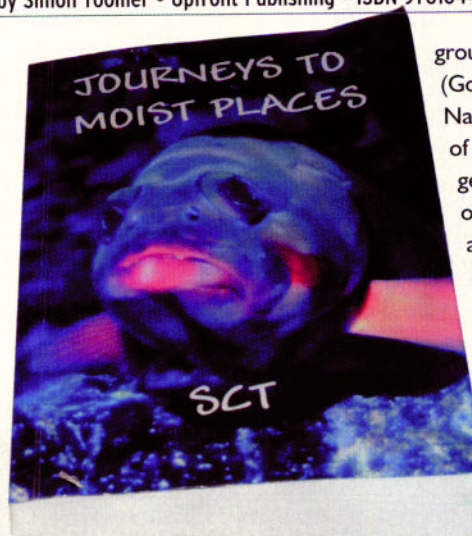
THIS STUNNING reference guide is bursting at the seams with outstanding photographs. Its 478 pages include 1,200 tropical marine species, from the Red Sea to the Caribbean and the Indo-Pacific. All the

size, and life habits, with full colour photographs and even underwater photography tips. Following an introduction to coral-reef systems, how they work and how we can protect them, the book launches into the species starting with *Chondrichthyes* (cartilaginous fish),

or sharks and rays to the uninitiated, and moving onto mammals. The guide is easy to use and has been indexed by both scientific and common names. Bound with reinforced stitched binding for tough use in diving conditions, this book should tolerate the attentions

JOURNEYS TO MOIST PLACES **£9.99**

by Simon Toomer • Upfront Publishing • ISBN 9781844263660



THOSE WHO identify with the funnier side of diving will chuckle at the entries in this diary of dive trips – from Capernwray in February

group of 'GONADS' (Golden Oldies Nautical Association of Divers), who get up to all sorts of diving mischief and normally end up spending their après dive hammered in a local pub. Each dive trip is treated to its own chapter interspersed with amusing little

ditties. UK divers will enjoy reading about some of their favourite dive sites, but its not recommended for the faint-hearted or those who dislike