

# Skin Diving Fast Becoming Nation's No. 1 Water Sport

There are more than half a million amateur skin and "lung" diver devotees in this country - plus an equal number who participate occasionally in this fast-growing water sport.

Equipped with fins, masks and snorkels, or underwater breathing equipment, the skin divers spear fish, study marine life, explore wrecks of sunken ships, and photograph the beautiful

sights to be seen only from beneath the surface of the water.

For shallow diving or spearfishing, down to 10 or 15 feet, all that is needed is a tight-fitting face mask with a glass window, flippers to help the diver control his movements under water, and a breathing tube to breath while floating.

It is not necessary to be a crack swimmer. With some practice, the beginner will learn to hold his breath for a minute or more while he swims down. To stay under longer, or for diving deeper than 15 feet, a "lung" or self-contained breathing apparatus is required. For diving with the "lung," an adjustable weight belt is needed to adjust to body's buoyancy. This belt, as well as the "lung" should be held on by quick-release type buckles.

**Other Equipment**

Strongly recommended additional items include a strong sheath knife, a depth gauge and waterproof watch, protective garments for wear in cold water, and an inner tube or float, with an anchor line and weight.

The standard tank used with a "lung" holds enough air for about one hour under water near the surface. Most sports diving is at 30 or 40 feet or less. At such depths marine and fish life is more abundant, the water is warmer, there is usually enough light for good visibility and the diver does not need to worry about decompression problems.

**Strenuous Sport**

Skin diving is a strenuous sport and calls for considerable exertion under water. But experts say that anyone who is in good health need not hesitate to try it.

Just be sure to observe the few:

Have a complete physical check-up before diving with a "lung!" Never dive alone - use the "buddy system."



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**Large Handbag is Must for Women**

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Any seasoned air traveler will tell you that she generally makes her free baggage weight limit thanks to her large handbag. Items carried onto the plane are not weighed.

But no matter how you travel, you'll be glad you had your roomy container. Put camera, maps, everything you need inside to leave your hands free for taking pictures and shopping.

Know where your buddy is at all times.

Master diving with fins, mask and snorkel before attempting "lung" diving. Familiarize yourself with all equipment. Practice with it in shallow water. Use only quick-release buckles. Practice getting out of them quickly.

When using underwater breathing equipment breathe slowly. Never hold your breath when surfacing from any depth.



**SPORTS**-Skin Diving is gaining popularity every day, adding to the demand for outboard motors. This sport has among its enthusiasts those who enjoy it for study of marine life, searching for treasure or spear fishing.

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