

up in bed! Two nurses rushed to him. He pulled off the oxygen mask and tried to struggle free of the electric blanket. The nurses held his arms and tried to calm him. "Let go of me," he demanded. "What's going on? What happened?"

A few weeks later, Justin went home. He was healthy and normal in every way. That day, that frozen swimming pool, and his plunge to the bottom are just distant—and chilly—memories for Justin.

Do you find this story hard to believe? Do you find it hard to believe that someone could be completely underwater for more than twenty minutes and still live to talk about it?

It seems impossible, but it can happen. Here's why: When someone plunges into freezing water—just before that moment when freezing water is about to turn to a huge block of ice—he or she may be "quick-frozen." Blood vessels near the skin automatically shut down. The brain and other organs cool rapidly and need very little oxygen. The heart beats very slowly, and may even stop. Basically, the person is in a state of suspended animation.

That is what happened to Justin Bunker. And that is why he is alive and well today.