Apollonia was an ancient Greek port city in Cyrenaica, now Susah in the district of al-Jabal al-Achdar in Libya. It was founded in the late seventh or early sixth century BCE. The exploration of its underwater ruins in 1958 and 1959 and the return to the site in 2003 form the chronological framework of Nicholas C. Flemming’s autobiography, *Apollonia on My Mind: The Memoir of a Paraplegic Ocean Scientist*. The subtitle of the book appears to be an understatement, however, because, as reading the book quickly shows, Flemming is a pioneer in many areas of marine science. Flemming not only was active as a scientific diver but was also a central figure in the establishment of overarching organizations. Among other things, he was chairman of the UK Scientific Diving Supervisory Committee for several years. In his memoir, Flemming describes various stages of his life and scientific work in eleven chapters. An appendix lists literature for further information.

Since a car accident in 1969, Flemming has been paraplegic and confined to a wheelchair. However, this did not hinder him in his urge to research, dive, and travel. In one chapter, he gives advice on how a paraplegic can dive and travel. Another chapter focuses on the practice and safety of diving itself as a technical exercise in the conduct of scientific research. It includes the maintenance of safe training standards, safety of employees, and risk management.

Flemming’s early experience with the Royal Marines Special Boat Service provided the foundation for a scientific research career under water. His interest in exploring sunken cities was initially sparked by observations made from helicopters. In October 1957, he and two fellow students founded the Cambridge University Underwater Exploration Group (CUUEG), which was dedicated to the exploration of these underwater ruins. Other students joined the group, and the first expedition took place in August 1958. Flemming and his group mapped Apollonia in the first scientific, con-
trolled mapping of an entire underwater city. Using self-built waterproof housing and a 16mm Bell & Howell camera, they carried out color filming underwater. The techniques and system that they applied were innovative and ahead of their time.

Many interesting and new findings were made during this first expedition. They were able to show that slaves, sponge divers, and murex-purple-shell divers had been used for underwater work on the rocky coast of the island during the construction of the harbor. They created an artificial underwater obstacle to serve as a breakwater. In 1959, after the second visit, Flemming realized that many questions were still unanswered and required further research. Flemming's interest shifted to researching how coastal earthquakes and global sea level changes had altered the Mediterranean coastline. To investigate this, he explored undersea caves, looking for features that would point him to the different levels of the water table.

Flemming’s interests and activities continued to expand, and his international contacts and places of work became just as diverse. In the 1960s, he made several international trips to congresses, conferences, and companies to exchange experiences and learn about new technologies. Among other things, he worked on deep-sea submersibles, the recovery of mineral resources from the depths, fish farming, the construction of Heliox diving equipment, and the new technology of saturation diving for long stays on the seabed.

For political reasons, travel to Libya was not possible for several decades. It was not until 2003 that Flemming was able to revisit Apollonia, the starting point of his scientific activities, together with his family. The chapter title “Requiem for Apollonia” indicates that there has unfortunately been a great deal of destruction to the ancient site in recent decades. Nevertheless, Flemming concludes, there is still a great need for research there.

Flemming’s memoir bears witness to important milestones in underwater archaeology over the last sixty years. Scientific diving developed into a new research method, which only became possible when simple, lightweight diving equipment became available on the market for everyone in the middle of the twentieth century. Scientific diving can be categorized as a paradigm shift and continues to offer much potential for research, as very large parts of our oceans are still largely unexplored.

Of particular importance is a list of possible trends and necessary developments in marine research and the marine economy, which Flemming already described in the 1960s. Much has come to fruition in the meantime; some things are still waiting to be implemented. This can provide oceanographers with information for further research and development. This highly readable and richly illustrated book is recommended for anyone interested in the development of underwater archaeology and ocean exploration.