



Mal de Mer - Oh My Aching Stomach!

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As an avid student of the sea, I am always amazed when I read that even some of the 'round the world sailors get mal de mer or seasickness. While they get over it in a few days, which everyone does if out there long enough, I wonder how they can put to sea knowing with certainty that they will be sick as dogs for two or three days.

What Causes Seasickness?

Seasickness starts in your inner ear. It is caused by the rocking of the boat at sea. Of course there is the person who gets seasick at the dock. While they are genuinely sick, it from emotion not motion. They are convinced that they will get sick. I know of one sailor who only gets seasick in the English Channel. The first time he crossed it was during the Normandy Invasion and he was sitting with plenty of other soldiers also getting seasick all over each other.

How Can I Stop It?

Keep your eye on the horizon. If you start to get the least bit queasy, stand up or lie down - but get out of that chair. Having your innards pressing on your stomach while it reacts to the signals from your inner ear, is a recipe for projectile emissions.

Resist the temptation to avail yourself of the "puke deck", i.e., evacuating overboard. Your internal balance system is shot. One bad jibe by the boat and you will be following your lunch into the drink. If you become seasick, and you didn't start preventative measures the night before you sailed, pray that you can fall asleep, because there is nothing else you can do other than let nature take its course.

How Do I Prevent It?

There are plenty of over-the-counter remedies (or palliatives) that come in pill or patch form -

Dramamine, Marezine, Bonine, Scapolamine (ear patches), etc. If you are going to try one, you might want to start with Marezine, since it is the least likely to cause drowsiness. Scapolamine is probably the most effective and its effects also last the longest, about 72 hours. It can have side effects, however, and requires a doctor's prescription. Phenergan, a suppository, can also be purchased

over the counter.

A natural aid is ginger. You can stock up at the Japanese restaurant or just buy the tablets (or the cookies.) Many people swear by it and I have seen it work with my kids. But start the night before. One of the more esoteric remedies for the Western sailor is the wristband. It is supposed to work on the acupuncture pressure point about an inch and a half above

your inner wrist. If it works for you, use it.

If you are interested in being part of USCG Forces, email me at USCGAUX2006@aol.com or go direct to MaryJo Cruickshank, who is in charge of new members matters, at FSO-PS@emcg.us and we will help you "get in this thing..."

February 2007 - Moriches Inlet					
The Time Offsets mentioned in the column are as follows:					
Tidal Time Offsets from Moriches Inlet:	USCG Station	Potunk Point	Mastic Beach	Smith Pt Bridge	
High Tide	+45 min	+4.5 hrs	+4.5 hrs	+3 hrs	
Low Tide	+2 hrs	+5 hrs	+5 hrs	+4 hrs	
Day	High	Low	High	Low	High
Wed 21		03:17 AM / -0.35	09:31 AM / 3.15	03:30 PM / -0.42	10:00 PM / 3.34
Thu 22		04:11 AM / -0.15	10:27 AM / 2.91	04:17 PM / -0.20	10:55 PM / 3.23
Fri 23		05:13 AM / 0.06	11:25 AM / 2.69	05:14 PM / 0.04	11:52 PM / 3.10
Sat 24		06:25 AM / 0.22	12:25 PM / 2.51	06:23 PM / 0.24	
Sun 25	12:53 AM / 2.96	07:39 AM / 0.27	01:30 PM / 2.40	07:36 PM / 0.32	
Mon 26	01:58 AM / 2.87	08:44 AM / 0.23	02:37 PM / 2.39	08:42 PM / 0.29	
Tue 27	03:05 AM / 2.85	09:41 AM / 0.14	03:43 PM / 2.48	09:39 PM / 0.21	
Wed 28	04:08 AM / 2.92	10:31 AM / 0.05	04:40 PM / 2.64	10:31 PM / 0.11	

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