



from **AMERICAN AIRLINES**

FOR RELEASE On Receipt

Few persons suffer from motion sickness, but those who do find only misery in travel.

Dr. Kenneth L. Stratton, director of American Airlines' medical division, has some advice that will make travel more pleasant for motion sickness sufferers.

Alcohol taken before a trip disposes one toward motion sickness in any of its forms. People who think they will not be sick if they have empty stomachs when embarking on a flight, a rail trip, an automobile jaunt or a steamship voyage use false logic, he says. A light meal of easily digestible food is preferable to no food at all.

The air transport medical authority has just concluded a year of intensive study of the motion sickness problem, particularly in air travelers.

"Motion sickness," he says, "is the general term for the nausea that afflicts some travelers no matter what kind of transportation they use. It goes under the name of air sickness for air travelers and sea sickness for steamship passengers and various terms for other modes of locomotion. But it is all the same thing."

The cause of motion sickness, like the cause of the common cold, has never been pinned down to an ultimate source. Some authorities believe motion sickness results from a confusion between the eyes and the body's stabilization mechanism. Others believe that abnormal motion, such as the swaying of an automobile or the pitching of a ship at sea, affects the organs of balance.

(more)

There is no question, according to Dr. Stratton, that apprehension plays a large part in many cases. But one's physical condition is perhaps more important at any given time. Alcohol, greasy foods, apprehension and morbid physical condition predispose the traveler toward illness.

Dr. Stratton has made the motion sickness drug, dramamine, a standard item of equipment on every American Airlines and American Overseas Airlines plane. "We made a survey last year to determine its effectiveness in air travel," the doctor explains. "We tried the drug on 719 cases of persons with air sickness. They ranged in age from five years on up, and we gave them a standard dose of one tablet, or 100 milligrams. Better than 80% of them enjoyed complete or partial relief.

"Our studies showed that 8% to 10% of this group had mild side reactions, mostly drowsiness. We cut the dosage in half and found that the drug retained its curative power but lost all but an insignificant fraction of its side effects."

The big advantage of dramamine over other palliatives is that it cures active cases either wholly or partially. Other drugs have been effective only as preventives. Dramamine itself is the best preventive yet developed for motion sickness. In almost every case when it is taken in advance of a trip, the traveler suffers no malaise. Dr. Stratton advises chronic sufferers from air sickness or other forms of the illness to get a prescription for dramamine from their physicians and take 50 milligrams half an hour before departure.

Before the general availability of dramamine, until about a year ago, American Airlines carried hyoscine and several forms of the barbituates as curatives. They seldom cleared up sickness after it developed, but sometimes prevented it when the passenger complained in time. These drugs were abandoned when the airline discovered much better results with the newer drug.

(more)

It is nearly impossible to get accurate statistics on the incidence of air sickness over an extended period, Dr. Stratton says. But all the available evidence shows that only about one-half of one per cent of air travelers suffer from it.

American's new pressurized planes have done much to reduce sickness in flight. They are generally more comfortable and therefore less likely to induce nausea even in slight or moderate turbulence. And they are able to fly at great heights - usually above all unpleasant weather - where passengers experience bumpiness infrequently.

The doctor's final word is one of caution. The tendency of dramamine to cause drowsiness or dizziness is slight. However, he advises against its use by anybody planning to drive a car, fly a plane or pilot a boat, as a matter of personal safety. It wouldn't pay to lose a life as the cost of preventing a bellyache.

EJD42650
1400-03-06-10-15-27-50-75-
80-85-95-99