



I'm usually Ok to do without smoking with short hops of an hour or two, but now we're planning to fly from Los Angeles to Hong Kong. It's a 15-hour non-stop each way, my first ever, and I'm not sure how I can handle it. Any suggestions? *MRL, Malibu CA*

A: Remember the old days when smoking was allowed on flights? Several ideas. Ask the airline if vaping is permitted. If so, stock up some for the flights. If not, bring candy that contains nicotine. Check the varieties and sources online. To make the flight hours pass, try a sleeping pill and/or order several wine and liquor drinks. Also, before flying, fill up your smartphone or laptop with soothing music and videos, such as Ella Fitzgerald classics, Gene Kelly dances and tuneful Elvis movies.