



There's an old sailors' saying: If you don't make a new love connection on a singles-only cruise, you're libido is either dead or should be.

If you're anxious enough to shell out a thousand bucks or so to take that special sailing, there are basic tips you should take along to help you find love at sea. Here are some suggestions:

1. No matter how youthful you think you look after Botox and hair dye, sign up for a cruise with your own age group. If in your 60s, don't sail on a 20s and 30s only cruise. Make sure the cruise you choose is exactly the one you want. Be aware of ethnic, religious, gay, cougar and other special cruises you may want to join or avoid. 2. If it's your first cruise and you have a queasy stomach, be careful. Despite the fact that modern cruise ships don't roll around like the Mayflower, seasickness does happen to landlubbers. Just to make sure, take along anti-seasickness pills.

3. On the subject of seasickness on cruises, most is caused by other reasons. The eat-till-you-burst buffets and midnight chocolate feasts look and taste good, but overeating and the rolling ocean can make you head for the head. Watch the booze intake, too. Moderation in everything, except snuggling with your new acquaintance, is best on your first cruise.

4. When you meet that special new one, don't come on too strong, especially with an obvious line and pack of personal lies. Take it easy, be considerate and nature will take its course. If you're truthful, you won't have to remember the routine you made up.

5. While cruising is one of the safest ways to meet new people, consider what you want to do with your new friend when the cruise is over. If you've been fibbing about your career, financial situation, marriage or other facts, a follow-up land-based romance may not be a good idea.