Figure 1. Graphs of the functions $q$ and $h$ as a function of $t$, $0 \leq t \leq 280$.

Figure 2. Graphs of the functions $q$ and $h$ as a function of $t$ (mod $2\pi$), $0 \leq t \leq 280$. The scale of the horizontal axes in both diagrams and the vertical axes in the second ($h$) is in units of $2\pi$. 