



*W*hat is it about falling water that creates such strong feelings of euphoria?

Is it the sight of wet spray in the air? The sound of water splashing against stone? The look and feel of soft moss, ferns, and other greenery?

Those all play a part, to be sure, but the main reason may be that waterfalls create negative ions, which studies have shown make people feel better and more energized. ▶

*water*





CLOCKWISE FROM OPPOSITE PAGE:  
 A waterfall tumbling over rock and alpine  
 wildflowers in Glacier National Park by  
 Jeffrey Rich; Grotto Falls (Hyalite Creek),  
 near Bozeman, by Radd Icenoggle;  
 a rainbow trout leaping into a waterfall  
 during spawning season by John  
 Lambing; an alpine stream weaving  
 through rocky terrain in the Absaroka-  
 Beartooth Wilderness by George Robbins;  
 spring runoff propelling Cottonwood  
 Creek over moss-covered logs  
 by Judy Wantulok.



# terfalls







CLOCKWISE FROM UPPER LEFT: Running Eagle Falls, in northwestern Montana, by Paul Updike; Natural Bridge Falls, south of Big Timber, by Bob Kurzenhauser; a pool near Ptarmigan Falls, on the Iceberg Lake Trail in Glacier National Park, by Cynthia A. Delaney; Jungle Creek Waterfall, within the South Fork of the Flathead River Wild and Scenic River Corridor, by Steven Gnam; a rocky ledge of Rockwell Falls, in the Two Medicine Valley, by Chuck Haney; Baring Creek, cascading through Sunrift Gorge in Glacier National Park, by John Lambing.



Negatively charged ions are produced in nature by lightning, ocean surf, and waterfalls. When water droplets smash against each other, atoms release electrons and turn into negative ions. Among their effects on people, the ions help the body absorb and utilize oxygen. Though some doctors doubt the therapeutic effect, many people swear that negative ions relieve headaches, reduce depression, and produce a sense of well-being. Will the negative ions at waterfalls soothe you? There's one easy way to find out. 🐘

