



- GENIE
- VIDEOS
- NEWS
- LIFESTYLE
- WELLBEING
- FOOD & WINE
- ENVIRONMENT
- TRAVEL
- THE EDIT
- Q



Joy of Water: Myvatn Lake In Iceland

BY TREVOR HUGHES

18 AUGUST 2020

SHARE THIS    

Happy Ali, in partnership with Lonely Planet, will bring you a series of beautiful, iconic images of lakes, rivers, seas, waterfalls, beginning today with the picture above of a lonely hut in a lonely lake in Iceland.

Leonardo da Vinci said that "Water is the driving force of all nature."

Water is the life-blood of our planet, of ourselves. The majority of the Earth's surface is covered, not by land, but by water. About one billion years ago the first simple life forms emerged from the sea and today the human body is composed of about 60% water: the heart and the brain 73%.

When our astronomers and our scientists gaze deep into the night sky searching for life in the far reaches of space the first thing they look for is signs of water. For without water there can be no life.

Water also brings happiness. A recent study called Blue Gym has shown that those living near the coast, or close to bodies of water are happier and healthier, with reduced levels of stress.

Iceland lies just outside the Arctic Circle. In summer, the temperature rarely climbs above 13°C and in winter averages minus 5°C. Jona Frimansdottir and other residents of the small town of Myvatn bathe in this lake throughout the year but Jona's favourite time to swim is not in the summer but in the winter.

'It refreshes the body,' he says. 'But it also refreshes the soul.'



Image from Lonely Planet's *The Joy of Water.*



Leave a Comment

Your email address will not be published. Required fields are marked *

Type here..