

THE PURSUIT OF HAPPINESS

Psychologists and social scientists have done much to shed light on depression and anxiety in recent years, but several researchers are now turning their attention to studying happiness. At the University of British Columbia Okanagan, psychology professor Dr. Mark Holder heads a research group nicknamed the "Happy Lab." His group researches how leisure, music, relationships, temperament, and biology affect happiness, as well as methods of measuring happiness.

A recent study of 315 Canadian children revealed a strong link between spirituality and happiness; the group is now repeating the study with children in New Delhi, India. —Christine Rowlands



THE ARNICA ALTERNATIVE

Arnica is a popular homeopathic remedy for pain, swelling, and bruising. In a double-blind study published in 2008 in the *Journal of Alternative and Contemporary Medicine*, researchers found that arnica tablets reduce wound irritation as effectively as Diclofenac, an anti-inflammatory drug. Patients who received arnica after foot surgery reported better mobility than those who took Diclofenac, with equal wound healing progress.

Derived from flowers of the *Arnica* herb that grows wild in mountainous regions, it is available in several forms, including gels and tablets. Seek a homeopathic practitioner who can determine the right form and dilution for you. —CR



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