

Touch is by far the most interesting and necessary of the “five senses.” Any movement requires an acute awareness of one’s own body, which is gained through proprioception, an internal form of tactile sense.

The sense of touch develops before all other senses in embryos and is the main way in which infants learn about their environment and bond with other people. This sense never turns off or takes a break, and it continues to work long after the other senses fail in old age.

Throughout life, people use their sense of touch to learn, protect themselves from harm, relate to others, and experience pleasure. Interestingly, positive touch from others is necessary for an individual’s healthy development.

Despite the presence of all other life requirements, without this positive touch, infants will fail to thrive. Compared to the other senses, touch is very hard to isolate because tactile sensory information enters the nervous system from every single part of the body.

As a result, very little research has been done on touch. However, recent studies have attempted to map how the sense of touch works and how a simple stroke of the skin can alter an individual’s health and behavior. From an article by **Crystal Leonard**

