

Ah, I can remember the times well.

I was about 10 years old and enamored with the field of science. At that time, of course, (the 1950s) television was in its infancy.

One of the best TV programs for me was Space Patrol which was broadcasted in the Los Angeles area.

(Note handout: advertisement with young boy wearing "Space Patrol Helmet.")

As the advertisement reads: This is "the official headgear worn by Commander Corry, Major Robertson, Cadet Happy and interplanetary pioneers. The same helmet children see and hear about on the radio, television and in comic magazines." Commander Corry was my hero.

That is me they were talking about in the advertisement -- not the child -- rather one of the "interplanetary pioneers." They had one of these helmets for sale at the local Market Basket store in San Gabriel where I grew up. Despite earning 50 cents a week allowance and the helmet costing \$4.95 I just HAD to have it. \$4.95 was a lot of money in those days.

I eventually got it, with a little help from my parents. I was in heaven. But it was more than that. Whenever I saw that space helmet I Tinged inside my tummy.

Throughout the years, other things (and people) made my insides Tingle: a 62' Pontiac Grand Prix with 3 X 2 barrel carburetors; being on stage in a high school play; my first girlfriend. In talking with friends I found out that Tingling was a phenomenon that they had experienced also, but focused, as one would expect, on different things: fog machines, strobe lights, different girls. To Tingle was a phenomenon that often got a person through difficult, or at least boring, periods.

Our human nutritional needs include food, vitamins and minerals. In the field of psychiatry, when one is trying to determine if someone is capable of taking care

of themselves, the question is asked if that person can provide for their basic needs of food, clothing and shelter.

Abraham Maslow was a psychologist who was an advocate for Humanistic Psychology. He is famous, in part, for his hierarchy of needs. These included physiological needs, such as water, oxygen and food; safety, love and belonging, and a sense of esteem.

But even with these needs in mind I would like to posit that we humans also need ...to Tingle.

When was the last time something made you Tingle?

Do you think that as we mature we not only don't need to Tingle occasionally or for that matter are incapable of Tingling? I don't think so.

If fact, Tingling, in my opinion is not just a superfluous part of life – it is a necessary part of life. It can, in fact, be part of one's religious experience. St. Teresa of Avila described her experience of religious ecstasy as “a caressing of love so sweet which takes place between the soul and God.”

Sounds something like Tingling in the tummy to me.

OK. So it's hard to go around all day Tingling. But that's different than saying we don't ever, or even shouldn't Tingle. It is one of our human needs, not just a discretionary accident.

It's time to identify and seek out that which Tingles each of us. The choices are almost limitless – just nothing illegal or immoral.

Do not say “oh, that's impossible,” or, “I don't want to admit, even to myself, that **that** makes me Tingle.” Instead, we should identify what makes us Tingle and make one of the tasks of life to seek it out. It's one of the secrets to a good life.

As for me, I'm going to try to find another space helmet... for \$4.95.