and growing so that there is often circulatory instability. In planning a program of activity for the boy or girl during this period, this factor should receive much consideration. A modern program of physical education requires an examination of the heart before one can enter strenuous activity.

Miss Hoover — Can you tell us something of the glandular development during this age, too, Miss Stapleton?

Miss Stapleton — One author has likened the interdependence of the glands to that of a symphony orchestra. "In the orchestra, the strings, the brasses, and wind instruments all have independent functions; yet they are all under the influence of the leader and harmonize in the orchestral effect. If he is a poor leader, the result is a poor orchestra. On the other hand, if a first violin plays off tune after the concert has started, the best director in the world cannot prevent the discord. In the endocrine system the pituitary gland is the orchestra leader." The pituitary gland is a small gland about the size of a pea and it weighs less than two aspirin tablets. This gland has much to do in the control of the other endocrine glands. If the pituitary gland, expecially the frontal lobe, is out of order, growth will not be normal.

Miss Hoover — What about the other glands in the endocrine ststem?

Miss Stapleton — The development of the primary sex cells in adolescence makes possible the individual becoming a parent. In addition to the primary sex cells there are hormones that determine the secondary sex characteristics.

The adrenal glands produce the hormones associated with pain and fear. Superactivity of these glands makes the impossible feats possible when one is over-excited.

An over activity of the adrenal cortex is thought to develop secondary male characteristics in girls.

The thyroid gland is intimately associated with the general level of activity of bodily function. Excess thyroxin causes a person to be excitable, nervous and overactive, while a deficiency of thyroxin causes the individual to be fat, heavy in both mind and body.

Miss Hoover — From what you have been telling of the endocrine system the emotional make-up of the individual is closely related to an endocrine balance.

Miss Stapleton — Yes, such reactions as

1. Breaking out in a cold sweat
2. Suddon pallor
3. Stopping of the saliva flow
4. Dilation of the pupils of the eye --- and
5. Rapid beating of the heart

are all reactions that we often see in the adolescent, without just provocation.

Miss Hoover — What are the most common diseases of this period, Miss Stapleton?

Miss Stapleton — Next to accidents, the greatest single cause of death during the adolescent period is tuberculosis. The unfortunate fact is that there has been but little decrease in the control of tuberculosis with this age group.