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*The Internal Secretions and Human Well-being:*  
PROFESSOR M. F. GUYER ..... 159

*Scientific Events:*

*Drought in the Nesting Areas of Waterfowl in the United States and Canada; The International Passamaquoddy Fisheries Commission; The Faraday Celebration; The Joseph Henry Lectureship of the Philosophical Society of Washington* ..... 166

*Scientific Notes and News* ..... 168

*Discussion:*

*The Uncertainty Principle and Free Will:* PROFESSOR ARTHUR H. COMPTON. *Geomorphic Nomenclature:* DR. F. BASCOM. *Lord Kelvin's "Mortal Spring":* PROFESSOR EVAN THOMAS. *On "The New Cytology":* PROFESSOR JEAN OLIVER. *Chromosomes of Petunia:* DR. ALICE M. OTTLEY. *Newton's Saying:* DR. CHARLES HERRMAN ..... 172

*Societies and Academies:*

*The Second International Congress of the History of Science and Technology:* DR. DAVID EUGENE SMITH ..... 175

*Scientific Apparatus and Laboratory Methods:*

*A Triple-spectrum Discharge Tube:* R. WILLIAM SHAW and GEORGE B. SABINE. *The Adjustable Double Slit:* PROFESSOR PAUL KIRKPATRICK ..... 179

*Special Articles:*

*Further Observations on an Inhibitor Principle Associated with the Causative Agent of a Chicken Tumor:* DR. JAMES B. MURPHY and ERNEST STURM. *Human Serum, Age and Multiplication of Homologous Fibroblasts:* DR. RAYMOND C. PARKER. *A Practical Test for Potency of Extract of Corpora Lutea:* DR. REGINALD G. HARRIS and DOROTHY M. NEWMAN ..... 180

*Science News* ..... 10

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## THE INTERNAL SECRETIONS AND HUMAN WELL-BEING<sup>1</sup>

By Professor M. F. GUYER

UNIVERSITY OF WISCONSIN

PERHAPS there is no field of biological investigation to-day that is attracting more attention on the part of both biologists and the public than that concerned with the glands of internal secretion—secretions which do not pass out from their place of origin through ducts as do ordinary glandular products, but which are absorbed directly into the blood or lymph and circulated through the body. The interest of the public has been aroused in this new knowledge through its rather wild exploitation in the press under such captions as "The Chemistry of the Soul,"

<sup>1</sup> Address given at the forty-fifth annual meeting of the Iowa Academy of Science, May 1, 1931; in substance, a section from the author's forthcoming textbook, "Animal Biology," published by Harper and Brothers.

"The Glands of Destiny," "Rejuvenation through Monkey Glands" and other equally sensational titles, together with the occasional truths that filter through from time to time regarding the really remarkable part played by the internal secretions—or hormones as they are technically called—in our physical and mental well-being.

The ductless or endocrine glands which produce these various internal secretions occur in all backboneed animals from fishes to man. The secretions themselves are second in importance only to the nervous system in keeping the parts of the body in harmonious operation. They are also necessary for normal development and growth. They can stimulate or inhibit the activity of some organ or tissue in a part

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