

39-1 The Endocrine System

If you had to get a message to just one or two of your friends, what would you do? You might use the telephone. Wires running from your house to theirs would carry the message almost instantaneously. The telephone is a good way to reach a small number of people, but what if you wanted to get that same message to thousands of people? You might decide to broadcast it on the radio, sending the message in a way that made it possible to contact thousands of people at once.

Your nervous system works much like the telephone. Many impulses move swiftly over a system of wirelike neurons that carry specific messages from one cell to another. But another system, the endocrine system, does what the nervous system generally cannot.  **The endocrine system is made up of glands that release their products into the bloodstream. These products deliver messages throughout the body.** In the same way that a radio broadcast can reach thousands or even millions of people in a large city, the chemicals released by the endocrine system can affect almost every cell in the body. In fact, the chemicals released by the endocrine system affect so many cells and tissues that the interrelationships of other organ systems to one another cannot be understood without taking the endocrine system into account.

Hormones

The chemicals that “broadcast” messages from the endocrine system are called hormones. **Hormones** are chemicals released in one part of the body that travel through the bloodstream and affect the activities of cells in other parts of the body. Hormones do this by binding to specific chemical receptors on those cells. Cells that have receptors for a particular hormone are called **target cells**. If a cell does not have receptors or the receptors do not respond to a particular hormone, the hormone has no effect on it.

In general, the body’s responses to hormones are slower and longer-lasting than the responses to nerve impulses. It may take several minutes, several hours, or even several days for a hormone to have its full effect on its target cells. A nerve impulse, on the other hand, may take only a fraction of a second to reach and affect its target cells.

 **Figure 39-1**  The endocrine system releases hormones that affect the activities of other cells. Much of the increase in heart rate and breathing that the people are experiencing on this ride is due to the actions of hormones.



Guide for Reading



Key Concepts

- What is the function of the endocrine system?
- How does the endocrine system maintain homeostasis?

Vocabulary

hormone
target cell
endocrine gland
endocrine gland
protoglandin

Reading Strategy: Making Comparisons

As you read, list the differences and similarities between types of glands, and between types of hormones.

Section 39-1

1 FOCUS

Objectives

- 39.1.1** *State* the function of the endocrine system.
- 39.1.2** *Describe* hormones and glands.
- 39.1.3** *Explain* how the endocrine system maintains homeostasis.

Guide for Reading

Reading Strategy

Explain to students that the prefix *endo-* means “within” and that endocrine glands are glands that secrete substances into the bloodstream within the body. Ask: If *exo-* means “outside,” what do you think *exocrine glands* are? (Glands that secrete substances to the outside.) These substances pass out of the glands into ducts, which lead either directly to the outside of the body (sweat or milk ducts) or into internal structures (saliva and digestive enzymes).

Reading Strategy

Have students study the figures and read the captions to preview the material in the section. Suggest that they write down any questions they have about the material based on the figures and then try to find the answers as they read the section.

2 INSTRUCT

Hormones

Build Science Skills

Using Analogies. Help students understand the endocrine system by comparing it with familiar human relationships in which one person directs the actions of others—such as coach and team, conductor and orchestra members, traffic officer and motorists, and movie director and actors. Ask: How are these relationships similar to those of the endocrine system? (An endocrine gland is like a director; the hormones are like verbal or visual directions, and cells are like the people being directed.) 



SECTION RESOURCES

Print:

- **Teaching Resources**, Lesson Plan 39-1, Adapted Section Summary 39-1, Adapted Worksheets 39-1, Section Summary 39-1, Worksheets 39-1, Section Review 39-1
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- Interactive and Gamified eBooks

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