

## THE GONADS

The gonadal glands, the glands of sex or reproduction, are internal as well as external secreting, Gonadal hyper or hypo condition has a great influence on our mental and physical development including appearance, aggressiveness, stamina, hair growth, sight, and other effected functions.

The Thymus gland, the gland of childhood, is believed to gradually disappear as the testis in the male and ovary in the female develop about the adolescence or puberty age. Therefore, as the Thymus diminishes, the Gonads develop taking over sex growth and effecting all other human peculiarities that accompany hypo or hyper function of the Gonads. I might mention here that it is believed to be the function of the Pineal gland to exert an inhibiting influence upon sex, for when it has been removed before puberty, and unusual sex development occurs, showing the action of the Pineal upon the Gonads.

Aggressiveness and stamina would naturally accompany normal development of the Gonads. Hair growth on face and body is unquestionably governed by the sex gland and is considered as one of the main secondary sex characteristics. The Eunuch and very few women are ever bald. Since the hair is regulated by the endocrine system, it leads us to the thought that Gonadal development must have something to do with hair growth.

Abnormal response of the sebaceous glands to stimulation by the sex hormone may be one reason for baldness of men, but we must also bear in mind that the Thyroid type lack bodily hair and that the Adrenal-cortex controls hair of chest arms and legs.

Glaucoma is mentioned by Max Goldzieher, 235, as occurring invariably at middle age coincident with decreasing Gonadal function, substantiating part of Syntonic  $\alpha\delta$  of Riley's.

Regeneration depends both upon the adequate function of the Gonads and thyroid. Regeneration does not take place after removal of the Thyroid, and is immediately restored upon thyroid medication. The Gonadal functions bearing on Metabolic processes are seen everywhere in human beings, for as the Gonad powers decrease the virility of life decreases in proportion or in other words, the lack of regenerating power in the aged is at least partly due to insufficiency of the sex glands during the late periods of life. The majority of sexually hypo-plastic individuals owe their deficiency to a lack of Pituitary stimulation.

APPEARANCE: The skin is wholly regulated by the glands, and if the Thymus is still active, you will find a child-like appearance with the skin soft and mental reactions immature. Then bringing this thought down to actual cases we may meet in our offices, consider the youth about 18 or 20 who thinks and acts like a 12 to 14 year old normally would. His skin is soft, perhaps has some acne, and with little use for a razor as yet. He usually has small Gonadal teeth, and may be tall in stature. Although he may show no refractive err, the Near Point Phoria is none, or possibly esophoric, and the Near Point adductions are low, probably with the complaint of being uncomfortable when reading.

All of the above mentioned characteristics may not be present, but if some are, Gonadal stimulation or Thymus suppression may be suggest.