Hormones balance and coordinate the workings of the body. There are many misconceptions about the endocrine system and few people are aware of its nature and importance. Hormones: A Very Short Introduction explains what hormones are, where they come from, what they do, how they work, and how they evolved. It describes how the endocrine system operates, explaining how hormones regulate water, salt, and calcium in the body, how they affect reproduction and our appetites, and how they help us adjust to different environments, such as travel across time zones. The ethical and moral issues surrounding research methods, testing on animals, and hormone misuse are also considered.