1. **Endocrine glands are also called:**
   A. Duct glands
   B. Ductless glands
   C. Exocrine glands
   D. Digestive glands (B)

Explanation : Endocrine glands lack ducts and release hormones directly into the blood.

2. **Hormones are best described as:**
   A. Nutrient chemicals
   B. Intercellular messengers
   C. Digestive enzymes
   D. Blood cells (B)

Explanation : Hormones are non-nutrient chemicals produced in trace amounts and act as intercellular messengers.

3. **The hypothalamus mainly regulates secretion of:**
   A. Pituitary hormones
   B. Pancreatic enzymes
   C. Bile juice
   D. Saliva (A)

Explanation : Hypothalamic releasing and inhibiting hormones control the synthesis and secretion of pituitary hormones.

4. **Which hormone is also called anti-diuretic hormone?**
   A. Oxytocin B. Vasopressin
   C. Prolactin D. Melatonin (B)

Explanation : Vasopressin reduces water loss through urine, so it is also called anti-diuretic hormone or ADH.

5. **Melatonin is secreted by the:**
   A. Thyroid gland
   B. Pineal gland
   C. Adrenal gland
   D. Pancreas (B)

Explanation : Pineal gland secretes melatonin, which helps regulate the 24-hour sleep-wake rhythm.

6. **Deficiency of iodine causes:**
   A. Diabetes mellitus B. Goitre
   C. Addison's disease D. Acromegaly (B)

Explanation : Iodine deficiency reduces thyroid hormone synthesis and causes enlargement of the thyroid gland called goitre.

7. **Parathyroid hormone mainly increases:**
   A. Blood glucose level
   B. Blood calcium level
   C. Blood oxygen level
   D. Blood urea level (B)

Explanation : PTH increases Ca^{2+} levels in blood by acting on bones, kidneys and digestive absorption.

8. **Adrenaline and noradrenaline are called:**
   A. Digestive hormones
   B. Emergency hormones
   C. Growth hormones
   D. Calcium hormones (B)

Explanation : They are rapidly secreted during stress and emergency situations, so they are called fight-or-flight hormones.

9. **Insulin is secreted by:**
   A. Alpha cells of pancreas
   B. Beta cells of pancreas
   C. Thyroid follicles
   D. Adrenal cortex (B)

Explanation : β-cells of the Islets of Langerhans secrete insulin, which lowers blood glucose levels.

10. **Steroid hormones mainly act by binding to:**
    A. Membrane-bound receptors only
    B. Intracellular receptors
    C. Ribosomes only
    D. Synaptic receptors (B)

Explanation : Steroid hormones usually enter target cells and bind to intracellular receptors to regulate gene expression.

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