Driving home after class, Jennifer notices her car is overheating, then sees flames bursting from under the hood. In response to this new stressor, her heart begins to beat wildly and she feels faint, what Hans called the alarm reaction or the syndrome.

In the second phase of the syndrome, she swerves over to the side of the road and leaps out of her car. The firefighters who extinguish the flames also comfort Jennifer, but the combined stresses of the day have led her to the third stage.

A few days later, Jennifer comes down with a wicked cold, which might be an effect of the stress weakening her system, including the activity of the and .

Answers may be found in the Appendix at the end of this booklet.