```python
import random

def tempMonitor():
  minRoomTemp=15
  maxRoomTemp=25
  minRoomHum=30
  maxRoomHum=50
  temp = random.randint(14,26)
  humidity = random.randint(29,51)
  if ((temp>=minRoomTemp)and(temp<=maxRoomTemp) and (humidity>=minRoomHum) and (humidity<=maxRoomHum)):
    print("The temperature and humidity is optimum")
    tempMonitor()
  else:
   if(temp<minRoomTemp):
     print("The temperature is too cold:"+ str(temp))
   if(humidity<minRoomHum):
     print("The humidity is low:"+ str(humidity))
   if(temp>maxRoomTemp):
     print("The temperature is too hot:"+ str(temp))
   if(humidity>maxRoomHum):
     print(" ALERT: The humidity is high:"+ str(humidity))
  return


tempMonitor()
```