tion of a motion, while Energy is motion or the capacity to become motion, and this carries with it the idea of work. Force will be more fully defined farther on.

There are two kinds of energy—kinetic or moving energy, and potential or energy of position. In discussing this subject it is our wish to get clearly into the mind of the reader the great physical law known as the "conservation of energy"; how it is related to animal and vegetable existence and especially how it may be related, if at all, to that higher order of existence that seems to be so intimately connected with the mind and soul.

The phrase "conservation of energy" does not cover the whole subject that it is intended to cover. It involves the correlation of energy, or, as it has been called in earlier times, the correlation of forces, as well as the transmutation of energy, by which is meant a change from one form to another. For instance, heat as an energy may be converted into another form called electricity, and this in turn may be reconverted into heat. This process is called transmutation. The energy, as such, representing a definite amount of work, remains the same in both cases. Heat, light, magnetism, electricity, are all different modes or forms of energy working through motion; the fact that they are interchangeable is their "correlation"; the fact that the amount of