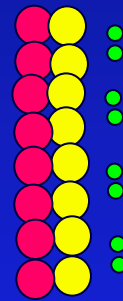


Energy vs Mass

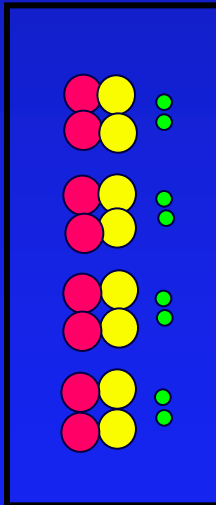
He ($m=4.0026$ u)



O ($M=15.9995$ u)



4 x He = 16.01 u



Mass difference = 0.01 u
= binding energy

So energy is the same as mass somehow ??

➔ $E = mc^2$ (phys 102)