

Introduction.

The terms 'work', 'energy' and 'power' are frequently used in everyday language. A farmer clearing weeds in his field is said to be working hard. A woman carrying water from a well to her house is said to be working. In a drought affected region she may be required to carry it over large distances. If she can do so, she is said to have a large stamina or energy. Energy is thus the capacity to do work. The term power is usually associated with speed. In karate, a powerful punch is one delivered at great speed. In physics we shall define these terms very precisely. We shall find that there is at best a loose correlation between the physical definitions and the physiological pictures these terms generate in our minds.

Work is said to be done when a force applied on the body displaces the body through a certain distance in the direction of force.