

For release  
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Sun's heat! For millions of years the sun (and the stars also) have kept shining, giving out heat and light with seemingly no diminution of energy. It was formerly thought that gravity was the source of the energy because heat is produced when masses of gas contract, just as any mass of matter becomes warmer when compressed. It is now believed that this explanation is inadequate, and that heat is supplied by the atoms composing the mass being changed to another kind, liberating heat energy. This theory is a development of Einstein's theory of relativity, which indicates that mass and energy are interchangeable.

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