# Proof without Words: On Sums of Squares and Triangles 

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Remarks: If the diagram above is extended to contain the odd squares too, then it becomes clear that $\sum_{k=1}^{n} k^{2}=\sum_{k=1}^{n} T_{k}+\sum_{k=1}^{n-1} T_{k}$, which can also be derived from the results given in either of the PWW [4] or [5]. Thus,

$$
\sum_{k=1}^{2 n} T_{k}=4\left(\sum_{k=1}^{n} T_{k}+\sum_{k=1}^{n-1} T_{k}\right)=4 T_{n}+8 \sum_{k=1}^{n-1} T_{k}
$$

which can also be derived by summing the squares of the even integers using the result given in the PWW [2] and the definition of $T_{n}$. Finally, the reader is invited to compare this to other PWW involving sums of squares and triangular numbers, especially [1] and [3].

## REFERENCES

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Summary. We visually display a relationship between sums of squares and the sum of an even number of triangular numbers. Connections to some PWW appearing in the literature are briefly discussed.

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