The number problem is the following:

Add the integers (whole numbers) from 1 to 100. That is ----

1 + 2 + 3 + ... + 98 + 99 + 100

This can be long and frustrating. However, problems like these can be solved by observing patterns and changing the problem to one that is similar but simpler.

Consider a like problem: add the integers from 1 to 20.

1 + 2 + 3 + ... + 18 + 19 + 20

Notice the results when you add 1 and 20, 2 and 19, 3 and 18, etc.

How many such pairs are there? What do those pairs add up to?

Now apply the same idea of pairs to the original problem and you'll have a solution in no time.