## Contents

**Preface** 1

**I. What happens in us** 5
- Creating, - Talent - Imagination - Language - Curiosity
- Play - Communication - Organisation,-
- Engagement + happiness - Deduction + induction - Chaos + order
- Anxiety-rage-syndrome - Rebounds - Blockades - Quality -
- Music, fashion, sailing -

**II. What happens with buildings** 35
- Gravitation + wind - Water - Warmth + radiation - Sound - Life
- Entropy + fire

**II.1. Physic: natural laws** 41

**Forces** 43
- Forces in nature: 44
  - wind – gravitation - earthquake
- Forces in buildings: 49
  - own-weight - complete-weight
- Forces in building elements: 50
  - pressure – tension – bending - shaving- torsion

**Warmth** 55
- Warmth content: 57
  - specific warmth - latent-warmth - chemic-warmth
- Warmth transport: 61
  - conduction - convection - radiation
- Glasshouse-effect: 65
  - windows – glasshouse - solar collector

**Water** 69
- Ice 70
- Liquid 70
- Steam 74

- pressure – lift - surface tension - capillarity- permeability – solution

Bibliografische Informationen http://d-nb.info/1058580280
Sound Waves:
- longitudinal - transversal - frequency + amplitude
- sound speed - standing wave - “Doppler-effect”

Sound sensitivity:
- sound level - loudness

Sound protection:
- air sound - body sound

Energy:
Energy-sources - Energy quality - Energy cascade

Energy optimizing:
- town planning - development plans - building conceptions - construction

Entropy
2nd thermodynamic sentence - Irreversibility - Order - Life - Cycle - Fire

II. Materials

Heavy materials
- Natural stones:
  - magma stones - sediment stones
  - metamorphic stones - natural stones today - clay

Industrial stones:
- ceramic stones - mineral stones
  - plaster - chalk - cement - mortar, stone floor

Concrete

Light materials
Fibre insulations:
- organic fibres - mineral fibres - transparent heat-insulation -
  Foam insulations:
- synthetic foam - mineral foam - organic foam - Other insulations

Glass
Sound protection - Fire protection - Pressed + profiled glass
Non-transparent glass
III. How to design buildings

Creative constructing

Emancipation or adaptation – Addition or integration - Skilled or industrial

Bearing structure

Pillars
- Clamped pillars - Pending pillars – Combinations Tension cables

Beams
- Simple beam - Slope beam - Under-cabled beam
  Framework beam - Multi-field beam - Bearing hierarchy

Frames
- Tension frame - Two joint frame - Three joint frame

Bows
Tons
Domes
Walls
Membranes
Bodies
Connections
  Tension details – pillars - tension frames - frame corner
  Joints - pressure joints - tension joints
  Shell 205
    - bearing shell
  - bearing structure outside - bearing structure inside

Grids 211

Logisstic technology 215
Local energy - Local heating + ventilation - Local water - Local materials

The end 224