Counting triangles.
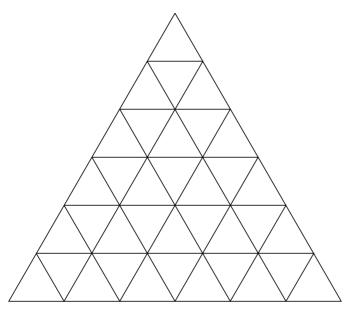
When you have built a card house, it is natural to ask: how many triangles are there?

Figure

When your family has counted the triangles in this card house of 6 stories, the next problem arises: Does any of you get the correct number?

(There are 78, to check your counting!)

What is the general formula? And why is it correct?