```python
In [20]: #Method 1 -- only from 1 to 100;

         total = 0

         for i in range(1,101):

             total+=i

         print(total)
```
```
5050
```
```python
In [21]: #Method 2 -- for all cases;

         start = int(input('Enter the starting number: '))

         stop = int(input('Enter the ending number: '))

         total = 0

         for i in range(start,stop+1):

             total+=i

         print(total)
```
```
Enter the starting number: 1
Enter the ending number: 100
5050
```
```python
In [ ]:
```