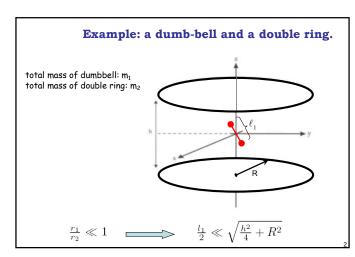
the double ring

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1



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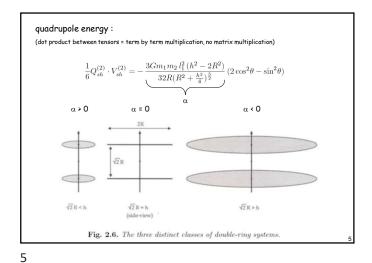
monopole energy:
$$E_{pol}^{(0)} = V_{sh}^{(0)} \cdot Q_{sh}^{(0)}$$

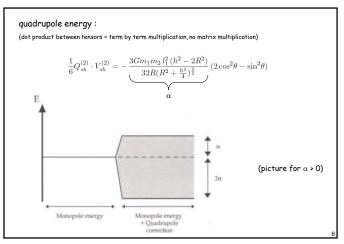
$$= -\frac{Gm_1m_2}{\sqrt{\frac{h^2}{4} + R^2}}$$
 quadrupole moment tensor of dumbbell:
$$cQ_{sh}^{(2)} = \frac{3m_1l_1^2}{4} \begin{bmatrix} \sin^2\theta\cos^2\phi - \frac{1}{3}\sin^2\theta\sin\phi\cos\phi\sin\theta\cos\theta\cos\phi\\ \sin^2\theta\sin\phi\cos\phi\sin^2\theta\sin^2\phi - \frac{1}{3}\sin\theta\cos\theta\sin\phi\\ \sin\theta\cos\theta\cos\phi\sin\phi\cos\phi\sin\phi\cos\theta\sin\phi & \cos^2\theta - \frac{1}{3} \end{bmatrix}$$
 quadrupole field due to double ring:
$$eV_{sh}^{(2)} = -\frac{Gm_2\left(h^2 - 2R^2\right)}{8R(R^2 + \frac{h^2}{4}\right)^{\frac{1}{2}}} \begin{bmatrix} -1 & 0 & 0\\ 0 & -1 & 0\\ 0 & 0 & 2 \end{bmatrix}$$
 (diagonal! \Rightarrow PAS)

quadrupole energy : (dot product between tensors = term by term multiplication, no matrix multiplication) $\frac{1}{6}Q_{sh}^{(2)} \cdot V_{sh}^{(2)} = -\frac{3Gm_1m_2\,l_1^2\left(h^2-2R^2\right)}{32R(R^2+\frac{h^2}{4})^{\frac{5}{2}}}\left(2\cos^2\theta-\sin^2\theta\right)$ α

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