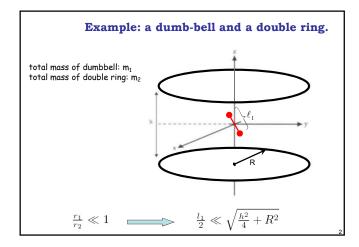
the double ring

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

