For the symmetric stress tensor  $\Theta^{\mu\nu}$ , the corresponding integrals in (12.106) are

$$\int \Theta^{00} d^3 x = \frac{1}{8\pi} \int \left( \mathbf{E}^2 + \mathbf{B}^2 \right) d^3 x \qquad \qquad \int \Theta^{0i} d^3 x = \frac{1}{4\pi} \int \left( \mathbf{E} \times \mathbf{B} \right)_i d^3 x \tag{1}$$

This form is not manifestly covariant because of the 3-space integral volume element  $d^3x$ . To generalize this for all inertial frames, we will write  $d^3x$  as covariant vector  $n_v d\sigma$ , where

$$n^{\nu} = (\gamma, \gamma \beta) = \frac{U^{\nu}}{c} \tag{2}$$

is 1/c times the 4-velocity and  $d\sigma$  is the Lorentz invariant volume element which is equal to dxdydz in the rest frame S. If S' moves with relative velocity  $\beta c$  with respect to S, then the hyperplane in S' with constant time  $t' = t'_0$  (i.e., the "now" plane at  $t' = t'_0$ ) is represented in S by the equation

$$n_{\mu}x^{\mu} - ct_{0}' = 0 \tag{3}$$

which is identical to the Lorentz transformation between S and S'. The volume element on this hyperplane, seen from S is  $n^{\mu}d\sigma$ .

The manifestly covariant form of the integrals in (1) is thus

$$P^{\mu} = \int \Theta^{\mu\nu} n_{\nu} d\sigma \tag{4}$$

Note for S,  $n^{\mu} = (1,0,0,0)$ , (4) and (1) are eauivalent. But as seen from S', the integration domain's hyperplane involves both time component and space component, justifying the sum over  $\mu$  index in (4). Another way to justify the inner product  $\Theta^{\mu\nu}n_{\nu}$  is to think of the integral (4) as the flux of tensor  $\Theta^{\mu\nu}$  through the hyperplane with normal  $n^{\nu}$  (see equation (6.122) as an analogy in 3-space).

Because it is covariant, it certainly transforms as a 4-vector between inertial frames, but it may not be a "constant" 4-vector in the sense that it might be dependent on a particular choice of frame (or rather, a hyperplane  $\Sigma$  in the 4-spacetime). To prove its constancy, we must invoke the "source-free" condition

$$\partial_{\mu}\Theta^{\mu\nu} = 0 \tag{5}$$

Now consider two inertial frames S and S', whose "now" hyperplane are  $\Sigma$  and  $\Sigma'$ , respectively. In S,  $\Sigma$  is a hyperplane orthogonal to the time axis, but  $\Sigma'$  is tilted with respect to the time axis (but still space-like). Let  $V_4$  be the 4-volume enclosed by  $\Sigma$  and  $\Sigma'$ , and a time-like hypersurface  $\Sigma_{\infty}$  connecting them at infinity, i.e.,

$$\partial V_4 = \Sigma \cup \Sigma' \cup \Sigma_{\infty} \tag{6}$$

Then by Gauss theorem, we have

$$\int_{V_4} \partial_{\mu} \Theta^{\mu\nu} dV_4 = \int_{\Sigma} \Theta^{\mu\nu} n_{\nu} d\sigma - \int_{\Sigma'} \Theta^{\mu\nu} n'_{\nu} d\sigma' + \int_{\Sigma_{\infty}} \Theta^{\mu\nu} n_{\nu,\infty} d\sigma_{\infty}$$
 (7)

The second term has minus sign because the normal vector must be pointing "outwards". Now with the source-free condition, LHS vanishes. Because of the boundedness of the field, the third term also vanishes, leaving the two surface integrals on  $\Sigma$  and  $\Sigma'$  equal to each other, i.e., the integral (4) is independent of the choice of  $\Sigma$ .