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解: (1) $\because r^2 = a^2 \cos 2\theta \therefore u = \frac{1}{r} = \frac{1}{a \sqrt{\cos 2\theta}}$

对上式两边求导, 得

$$\frac{du}{d\theta} = \frac{1}{a} \sin 2\theta (\cos 2\theta)^{-\frac{3}{2}}$$

$$\frac{d^2u}{d\theta^2} = \frac{1}{a} [2(\cos 2\theta)^{-\frac{1}{2}} + 3\sin^2 2\theta (\cos 2\theta)^{-\frac{5}{2}}]$$

则 由 Binet 公式 $-\frac{F}{m} = h^2 u^2 \left(\frac{d^2u}{d\theta^2} + u \right)$

$$F = \frac{-mh^2}{a^2 \cos 2\theta} \cdot \frac{1}{a} [2(\cos 2\theta)^{-\frac{1}{2}} + 3\sin^2 2\theta (\cos 2\theta)^{-\frac{5}{2}} + (\cos 2\theta)^{-\frac{1}{2}}]$$

$$= -\frac{3mh^2}{a^3} (\cos 2\theta)^{-\frac{3}{2}} (1 + \sin^2 2\theta \cos^{-2} 2\theta)$$

$$= -\frac{3mh^2}{a^3} (\cos 2\theta)^{-\frac{1}{2}} = -\frac{3mh^2}{a^3} \left(\frac{r^2}{a^2} \right)^{-\frac{1}{2}} = -\frac{3mh^2}{a^3} \left(\frac{a^2}{r} \right) = -\frac{3mh^2 a^4}{r^4}$$

(2) 行星做椭圆轨道运动, 设运动周期为 τ .

$$\begin{aligned} \bar{T} &= \frac{1}{\tau} \int_0^\tau \frac{1}{2} m v^2 dt = \frac{1}{\tau} \int_0^\tau \frac{1}{2} m \vec{v} \cdot \vec{v} dt = \frac{1}{\tau} \int_0^\tau \frac{1}{2} m \vec{v} \cdot d\vec{r} \\ &= \frac{1}{\tau} \int_0^\tau \frac{1}{2} m d(\vec{v} \cdot \vec{r}) - \frac{1}{\tau} \int_0^\tau \frac{1}{2} m \vec{r} \cdot d\vec{v} = -\frac{1}{2} \frac{m}{\tau} \int_0^\tau \vec{r} \cdot d\vec{v} \end{aligned}$$

由于 $m \vec{a} = m \frac{d\vec{v}}{dt} = -\frac{G M m}{r^2} \frac{\vec{r}}{r}$, 所以

$$\bar{T} = -\frac{1}{2} \frac{1}{\tau} \int_0^\tau \vec{r} \cdot m d\vec{v} = -\frac{1}{2} \frac{1}{\tau} \int_0^\tau \vec{r} \cdot \left(-\frac{G M m}{r^2} \frac{\vec{r}}{r} \right) dt$$

$$= -\frac{1}{2} \frac{1}{\tau} \int_0^\tau \left(-\frac{G M m}{r^2} \frac{\vec{r} \cdot \vec{r}}{r} \right) dt$$

$$= -\frac{1}{2} \frac{1}{\tau} \int_0^\tau \left(-\frac{G M m}{r} \right) dt = -\frac{1}{2} \bar{V}$$