```
\label{eq:continuous} \begin{array}{lll} \text{In[85]:=} & b = 1; \\ & c = 1; \\ \\ & \text{Plot} \Big[ \text{Join} \Big[ \text{Table} \Big[ \text{Sqrt} \Big[ h^2 + m^2 \, \frac{\pi^2}{b^2} \Big] \,, \, \{\text{m}, \ 1, \ 4\} \Big] \,, \, \, \{\text{h}\} \Big] \,/ \, \cdot \, \{\text{m} \to 1\} \,, \\ & \{\text{h}, \ 0, \ 15\} \,, \, \, \text{Evaluated} \to \text{True} \,, \, \, \text{ImageSize} \to \{700, \, 500\} \,, \\ & \text{AxesLabel} \to \, \{\text{Style} \big[ \text{"hc"} \,, \, \, \text{FontSize} \to 15] \,, \, \, \text{Style} \big[ \text{"$\omega_{\text{m}$}$"} \,, \, \, \text{FontSize} \to 15] \,\} \\ & \Big] \end{array}
```

