$\frac{dV}{dx} = -w$	$\frac{dM}{dx} = V$
$V = V_p - \int_{x_p}^{x} w\, dx$	$M = M_p + \int_{x_p}^{x} V\, dx$
$V_p^+ = V_p^- + \Delta V$	$M_p^+ = M_p^- + \Delta \mathrm{M}$

$f \geq N\mu$	$T_{high} = T_{low} e^{\mu\beta}$

$I_x = \int \tilde{y}^2\, dA$	$I_y = \int \tilde{x}^2\, dA$	$J_o = \int \tilde{r}^2\, dA = I_x + I_y$ $\tilde{r} = \sqrt{\tilde{x}^2 + \tilde{y}^2}$	$I_{xy} = \int \tilde{x}\tilde{y}\, dA$
$k_x = \sqrt{\frac{I_x}{A}}$	$k_y = \sqrt{\frac{I_y}{A}}$	$k_o = \sqrt{\frac{J_o}{A}}$	
$I_x = I_{x'} + d_x^2 A$ $I_x > I_{x'}$	$I_y = I_{y'} + d_y^2 A$ $I_y > I_{y'}$	$I_o = I_{o'} + d^2 A$ $I_o > I_{o'}$	

$I_x = \int r_x^2\, dm$ $= \int \tilde{y}^2 + \tilde{z}^2\, dm$	$I_y = \int r_y^2\, dm$ $= \int \tilde{x}^2 + \tilde{z}^2\, dm$	$I_z = \int r_z^2\, dm$ $= \int \tilde{x}^2 + \tilde{y}^2\, dm$
$k_x = \sqrt{\frac{I_x}{m}}$	$k_y = \sqrt{\frac{I_y}{m}}$	$k_z = \sqrt{\frac{I_z}{m}}$
$I_x = I_{x'} + d_x^2 m$ $I_x > I_{x'}$	$I_y = I_{y'} + d_y^2 m$ $I_y > I_{y'}$	$I_z = I_{z'} + d_z^2 m$ $I_z > I_{z'}$