Calculus Stewart Ch5 Sec1

61.

Proof:

$$\pi \int_{-r}^{r} \left(\left(R + \sqrt{r^2 - x^2} \right)^2 - \left(R - \sqrt{r^2 - x^2} \right)^2 \right) dx = \pi \int_{-r}^{r} 4R \sqrt{r^2 - x^2} dx = 4\pi R \int_{-r}^{r} \sqrt{r^2 - x^2} dx$$
$$= 4\pi R \frac{\pi r^2}{2} = 2\pi^2 r^2 R$$

64.

Proof:

$$8\int_0^r \sqrt{r^2 - x^2}^2 dx = 8\left(r^3 - \frac{1}{3}r^3\right) = \frac{16}{3}r^3$$