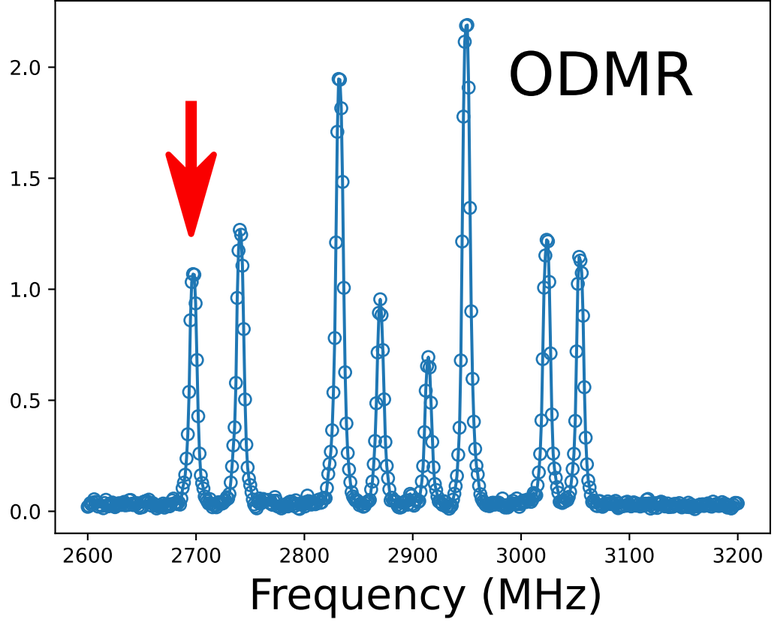
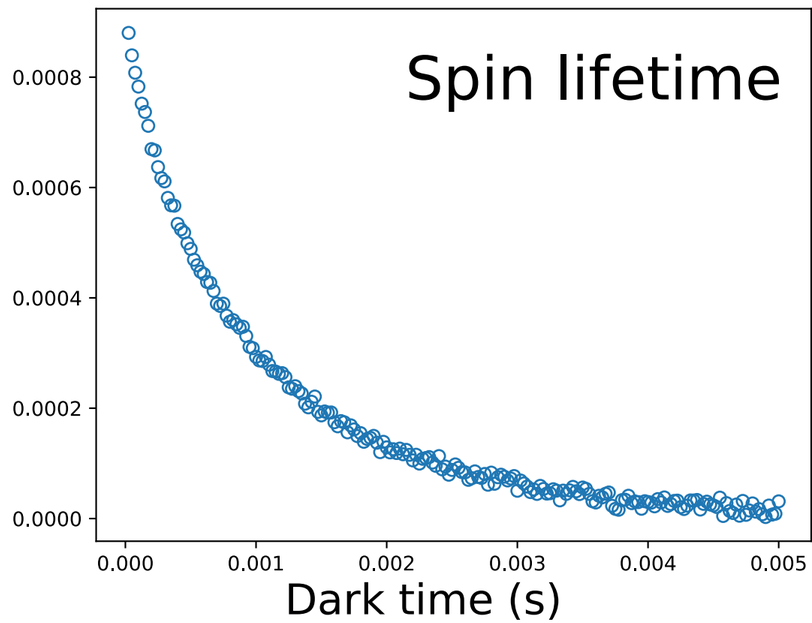
$$\bar{\eta} = \frac{1}{4}\int_{\theta,\phi} |\eta(\theta,\phi)| \mathrm{d}\Omega$$
$$= \frac{1}{4} \times 0.3849$$





$$\mathrm{T} \propto \frac{1}{\bar{\eta}^2}$$

$$\bar{\eta} = \frac{1}{4}\int_{\theta,\phi} |\eta(\theta,\phi)| \mathrm{d}\Omega + \frac{1}{4}\int_{\theta,\phi} |\eta'(\theta,\phi)| \mathrm{d}\Omega$$
$$= \frac{1}{4} * 0.3849 + \frac{1}{4} * 0.8328$$