$$\beta = \frac{\hat{\jmath}_0 \mathcal{M}_0 \gamma^2}{3}$$

$$\beta = \frac{I_{\mu_0} \gamma^2}{257 P^3}$$

$$\hat{z} = \gamma \bar{z}$$

$$T' = \int_{0}^{\infty} j ds =$$

$$=\frac{2}{3}\pi \pi \tilde{y}_0 \gamma^3$$

$$I = \frac{2\pi}{3} j_0 R^3$$

$$\bar{J}_0 = \frac{3 I}{2 \sqrt{1} R^3}$$