(14.1) Fill in the algebra leading to eqn 14.32.

This is equation (14.32).

$$\hat{H} = \int d^3 p \sum_{\lambda=1}^2 E_{\mathbf{p}} \hat{a}_{\mathbf{p}\lambda}^{\dagger} \hat{a}_{\mathbf{p}\lambda}$$
 (14.32)

Consider equation (14.28).

$$\mathcal{H} = \frac{1}{2}(\mathbf{E}^2 + \mathbf{B}^2) \tag{14.28}$$

We need to integrate Hamiltonian density \mathcal{H} to obtain \hat{H} , that is,

$$\hat{H} = \int d^3x \, \mathcal{H}$$