$$\int_{M} \underbrace{n \operatorname{cov}(n^{2})}_{N} d\Omega = \frac{n^{2}}{J} \cdot \operatorname{accem}(n^{2}) - \int_{N}^{2} \underbrace{\frac{3n}{n-n^{4}}}_{N-n^{4}} d\Omega$$

$$\int_{M} \underbrace{n^{2}}_{N} = \frac{n^{2}}{J} = \frac{n^{2}}{J} \operatorname{accem}(n^{2}) - \int_{N}^{2} \frac{3n}{J} \cdot \underbrace{(1-n^{4})}_{N-1} d\Omega$$

$$= \frac{2n}{J-(n^{2})^{2}} = \frac{n^{2}}{J} \operatorname{accem}(n^{2}) - \int_{N}^{2} \frac{(1-n^{4})}{J} + C$$

$$= \frac{n^{2}}{J} \operatorname{accem}(n^{2}) - \int_{N}^{2} \frac{(1-n^{4})}{J} + C$$