

$$N_{\text{eff}}^2, \text{ same}$$

$$\dot{x}_c = \dot{x}_a$$

$$x_a = x(t_a)$$

$$x_c = A \sin(\omega t) + B \cos(\omega t)$$

$$x_b = x(t_b)$$

$$t \rightarrow t - t_a \quad t_a \rightarrow 0$$

$$t_b \rightarrow T$$

$$x_c|_{t=t_a} = B \cos \omega t_a = x_a \Rightarrow B = x_a$$

$$x_c|_{t=t_b} = A \sin \omega t_b + x_a \cos \omega t_b = x_b \Rightarrow A = \frac{x_b - x_a \cos \omega T}{\sin \omega T}$$

$$x_c = A \sin \omega t + x_a \cos \omega t$$

$$\dot{x}_c = \omega [A \cos \omega t - x_a \sin \omega t]$$

$$x_c^2 = A^2 \sin^2 \omega t + x_a^2 \cos^2 \omega t + 2A x_a \sin \omega t \cos \omega t$$

$$\dot{x}_c^2 = \omega^2 [A^2 \cos^2 \omega t + x_a^2 \sin^2 \omega t - 2A x_a \sin \omega t \cos \omega t]$$

$$S_{01} = \frac{m\omega^2}{2} \int_0^T (\dot{x}_c^2 / \omega^2 + x_c^2) dt = \frac{m\omega^2}{2} \left[\frac{A^2 \sin^2 \omega T \cos \omega T}{\omega} \right.$$

$$\left. - 2A x_a \frac{\sin^2 \omega T}{\omega} \right] = \frac{m\omega^2}{2 \sin \omega T} \left[(A^2 - x_a^2) \sin^2 \omega T \cos \omega T \right.$$

$$\left. - 2A x_a \sin^2 \omega T \right] = \frac{m\omega}{2 \sin \omega T} \left[(x_b^2 + x_a^2 \cos^2 \omega T - 2x_a x_b \cos \omega T) \sin^2 \omega T \right.$$

$$\left. - 2(x_a x_b - x_a^2 \cos \omega T) \sin^2 \omega T \right] = \frac{m\omega}{2 \sin \omega T} \left[(x_b^2 + x_a^2) \cos \omega T - x_a x_b \right]$$