1) We can write the Hamiltonian for the helium atom as the sum of two hydrogen atom Hamiltonians plus a perturbation due to the repulsive force between the two electrons. The sum of two hydrogen atom Hamiltonians is

$$H_0 = \frac{p_1^2}{2m_e} + \frac{p_2^2}{2m_e} - \frac{2\hbar c\alpha}{r_1} - \frac{2\hbar c\alpha}{r_2}$$
 (1)

Ignoring any exchange-symmetry effects, the eigenfunctions of this Hamiltonian are just products of eigenfunctions of the hydrogen atom Hamiltonian. For justification, let A_1 and A_2 be operators and let x_1 and x_2 be eigenvectors, with eigenvalues λ_1 and λ_2 , of A_1 and A_2 respectively. Then $(A_1 + A_2)x_1x_2 = \lambda_1x_1x_2 + \lambda_2x_1x_2 = (\lambda_1 + \lambda_2)x_1x_2$. Therefore, eigenfunctions of (1) are

$$\psi_{n_1,l_1,m_1,n_2,l_2,m_2}^{(0)}(\mathbf{r}_1,\mathbf{r}_2) = \psi_{n_1,l_1,m_1}(\mathbf{r}_1)\psi_{n_2,l_2,m_2}(\mathbf{r}_2)$$
(2)

with corresponding eigenvalues

$$E_{n_1,n_2} = -2\alpha^2 c^2 m_e \left(\frac{1}{n_1^2} + \frac{1}{n_2^2}\right) \tag{3}$$

The full perturbed Hamiltonian is then given by

$$H = \frac{p_1^2}{2m_e} + \frac{p_2^2}{2m_e} - \frac{2\hbar c\alpha}{r_1} - \frac{2\hbar c\alpha}{r_2} + \frac{\hbar c\alpha}{|\mathbf{r}_1 - \mathbf{r}_2|}$$
(4)

From the reading on nondegenerate perturbation theory, we know that the first order energy shift is given by

$$\delta E_{1} = \left\langle \psi^{(0)} \middle| V \middle| \psi^{(0)} \right\rangle$$

$$\delta E_{1} = \int d\mathbf{r}_{2} d\mathbf{r}_{1} \frac{\hbar c\alpha}{|\mathbf{r}_{1} - \mathbf{r}_{2}|} \psi_{1,0,0}(\mathbf{r}_{1})^{2} \psi_{1,0,0}(\mathbf{r}_{2})^{2}$$

$$\delta E_{1} = \hbar c\alpha \left(\frac{1}{\pi a^{3}} \right)^{2} \int d\mathbf{r}_{2} d\mathbf{r}_{1} \frac{1}{|\mathbf{r}_{1} - \mathbf{r}_{2}|} e^{-2r_{1}/a} e^{-2r_{2}/a}$$
(5)

where $a = \frac{\hbar}{2\alpha m_e c}$. We can write both integrals in spherical coordinates in which the polar angle measures the angle from r_1 to r_2 and expand the potential as

$$\frac{1}{|\boldsymbol{r}_1 - \boldsymbol{r}_2|} = \frac{1}{r_>} \sum_{\ell=0}^{\infty} P_{\ell}(\cos \theta) \left(\frac{r_<}{r_>}\right)^{\ell}$$
 (6)

If we substitute this for $\frac{1}{|\mathbf{r}_1 - \mathbf{r}_2|}$, then the integral over \mathbf{r}_2 in (5) will eliminate all but the $\ell = 0$ term in the sum, since $\int_{-1}^{1} dx P_{\ell}(x) = 0$ for $\ell \neq 0$. Therefore, (5) becomes

$$\delta E_{1} = \hbar c \alpha \left(\frac{4\pi}{\pi a^{3}}\right)^{2} \int_{0}^{\infty} \int_{0}^{\infty} r_{1}^{2} r_{2}^{2} dr_{2} dr_{1} \frac{1}{r_{>}} e^{-2r_{1}/a} e^{-2r_{2}/a}$$

$$\delta E_{1} = \hbar c \alpha \left(\frac{4\pi}{\pi a^{3}}\right)^{2} \int_{0}^{\infty} dr_{1} \left[\int_{0}^{\infty} dr_{2} r_{1}^{2} r_{2}^{2} \frac{1}{\max(r_{1}, r_{2})} e^{-2r_{1}/a} e^{-2r_{2}/a}\right]$$

$$\delta E_{1} = \hbar c \alpha \left(\frac{4\pi}{\pi a^{3}}\right)^{2} \int_{0}^{\infty} dr_{1} \left[\int_{0}^{r_{1}} dr_{2} r_{1}^{2} r_{2}^{2} \frac{1}{r_{1}} e^{-2r_{1}/a} e^{-2r_{2}/a} + \int_{r_{1}}^{\infty} dr_{2} \frac{1}{r_{2}} e^{-2r_{1}/a} e^{-2r_{2}/a}\right]$$

$$\delta E_{1} = 2\hbar c \alpha \left(\frac{4\pi}{\pi a^{3}}\right)^{2} \int_{0}^{\infty} dr_{1} \int_{0}^{r_{1}} dr_{2} r_{1}^{2} r_{2}^{2} \frac{1}{r_{1}} e^{-2r_{1}/a} e^{-2r_{2}/a}$$

$$\delta E_{1} = 2\hbar c \alpha \left(\frac{4\pi}{a^{3}}\right)^{2} \frac{5a^{5}}{256}$$

$$\delta E_{1} = \frac{5\hbar c \alpha}{8a}$$

$$\delta E_{1} = \frac{5\hbar c \alpha}{8} \frac{2\alpha m_{e} c}{\hbar}$$

$$\delta E_{1} = \frac{5c^{2} \alpha^{2} m_{e}}{4}$$

$$\delta E_{1} \approx 34.01 \text{ eV}$$

$$(7)$$

Therefore, the ground-state energy of helium is

$$E_1 + \delta E_1 \approx -74.79 \text{ eV} \tag{8}$$

2) We start with the relativistic perturbation to the Hamiltonian, given by

$$H_{\rm rel} := -\frac{p^4}{8m_e^3 c^2} \tag{9}$$

We can rewrite this in terms of the "vanilla" Hydrogen atom Hamiltonian as follows

$$H_{\rm rel} = -\frac{1}{2m_e c^2} \left(\frac{p^2}{2m_e}\right)^2$$

$$H_{\rm rel} = -\frac{1}{2m_e c^2} \left(H + \frac{\hbar c\alpha}{r}\right)^2$$
(10)

a) First we must argue that $H_{\rm rel}$ commutes with H. Since we may write $H_{\rm rel}$ according to (9), we need only show that H commutes with $H^{\frac{1}{r}}$. Let $|n\rangle$ be an energy eigenstate, then

$$\langle n|\left[H, H\frac{1}{r}\right]|n\rangle = \langle n|HH\frac{1}{r} - H\frac{1}{r}H|n\rangle$$

$$\langle n|\left[H, H\frac{1}{r}\right]|n\rangle = E_n \langle n|H\frac{1}{r} - H\frac{1}{r}|n\rangle$$

$$\langle n|\left[H, H\frac{1}{r}\right]|n\rangle = 0$$
(11)

Similarly, $[H, \frac{1}{r}H] = 0$. So, H_{rel} is diagonal in the basis of eigenstates of H. Therefore, the energy shifts, to first order, are given by

$$\langle n|H_{\rm rel}|n\rangle = -\frac{1}{2m_e c^2} \langle n|H^2 + \frac{\hbar c\alpha}{r} H + H \frac{\hbar c\alpha}{r} + \frac{\hbar^2 c^2 \alpha^2}{r^2} |n\rangle$$

$$\langle n|H_{\rm rel}|n\rangle = -\frac{1}{2m_e c^2} \left(E_n^2 + 2\hbar c\alpha E_n \left\langle \frac{1}{r} \right\rangle + \hbar^2 c^2 \alpha^2 \left\langle \frac{1}{r^2} \right\rangle \right)$$

$$\langle n|H_{\rm rel}|n\rangle = \frac{1}{2m_e c^2} \left(-E_n^2 - 2\hbar c\alpha E_n \left(\frac{m_e c\alpha}{\hbar n^2} \right) - \hbar^2 c^2 \alpha^2 \left(\frac{m_e^2 c^2 n\alpha^2}{\hbar^2 (L + 1/2) n^4} \right) \right)$$

$$\langle n|H_{\rm rel}|n\rangle = \frac{1}{2m_e c^2} \left(-E_n^2 + 4E_n^2 - 4E_n^2 \left(\frac{n}{L + 1/2} \right) \right)$$

$$\Delta E_{\rm rel} = \frac{E_n^2}{2m_e c^2} \left(3 - \frac{4n}{L + 1/2} \right)$$

b) With $g_S - 1 \approx 1$, the fine structure shift is

$$\Delta E_{\rm fs} = \frac{(E_n^2)n}{m_e c^2} \frac{J(J+1) - L(L+1) - \frac{1}{2}(\frac{1}{2}+1)}{L(L+1/2)(L+1)}$$
(13)

So, with $L = J \pm \frac{1}{2}$, we have

$$\Delta E_{\rm fs} + \Delta E_{\rm rel} = \frac{(E_n^2)}{m_e c^2} \left(\frac{J(J+1) - (J \pm \frac{1}{2})(J \pm \frac{1}{2} + 1) - \frac{3}{4}}{(J \pm \frac{1}{2})(J \pm \frac{1}{2} + 1/2)(J \pm \frac{1}{2} + 1)} n + \frac{1}{2} \left(3 - \frac{4n}{J \pm \frac{1}{2} + 1/2} \right) \right)$$
(14)

Using Mathematica to simplify this gives

$$\Delta E_{\rm fs} + \Delta E_{\rm rel} = \frac{(E_n^2)}{m_e c^2} \left(\frac{3}{2} - \frac{4n}{2J+1} \right)$$

$$\Delta E_{\rm fs} + \Delta E_{\rm rel} = \frac{(E_n^2)}{2m_e c^2} \left(3 - \frac{4n}{J+1/2} \right)$$
(15)

which is surprisingly independent of whether or \pm is + or -.

3) The perturbation due to the Darwin term is given by

$$H_D = \frac{\hbar^2 \pi}{2m_e^2 c^2} \frac{e^2}{4\pi\epsilon_0} \delta^3(\mathbf{r}) \tag{16}$$

a) Since this commutes with the regular hydrogen atom Hamiltonian, we can use first order, non-degenerate perturbation theory. The first order energy corrections are then given by $\delta E_1 = \langle \psi_0 | H_D | \psi_0 \rangle$. Let $|n, l, m\rangle$ be an energy eigenstate of the hydrogen atom. Then we have

$$\begin{split} \delta E_{1} &= \langle n, l, m | H_{D} | n, l, m \rangle \\ \delta E_{1} &= \frac{\hbar^{2}\pi}{2m_{e}^{2}c^{2}} \frac{e^{2}}{4\pi\epsilon_{0}} \int d\Omega \int_{0}^{\infty} r^{2}dr \; \psi_{nlm}(r,\Omega)^{*}\delta^{3}(r)\psi_{nlm}(r,\Omega) \\ \delta E_{1} &= \frac{\hbar^{2}\pi}{2m_{e}^{2}c^{2}} \frac{e^{2}}{4\pi\epsilon_{0}} \int d\Omega \int_{0}^{\infty} r^{2}dr \; \delta^{3}(r) |\psi_{nlm}(r,\Omega)|^{2} \\ \delta E_{1} &= \frac{\hbar^{2}\pi}{2m_{e}^{2}c^{2}} \frac{e^{2}}{4\pi\epsilon_{0}} \int d\Omega \int_{0}^{\infty} r^{2}dr \; \delta^{3}(r) R_{nl}(r)^{2} |Y_{l}^{m}(\Omega)|^{2} \\ \delta E_{1} &= \frac{\hbar^{2}\pi}{2m_{e}^{2}c^{2}} \frac{e^{2}}{4\pi\epsilon_{0}} \int_{0}^{2\pi} \int_{0}^{\pi} \sin(\theta) d\theta \phi \int_{0}^{\infty} r^{2}dr \; \frac{\delta(r)\delta(\theta)\delta(\phi)}{r^{2}\sin(\theta)} R_{nl}(r)^{2} |Y_{l}^{m}(\Omega)|^{2} \\ \delta E_{1} &= \frac{\hbar^{2}\pi}{2m_{e}^{2}c^{2}} \frac{e^{2}}{4\pi\epsilon_{0}} \left(\frac{2}{na_{0}} \right)^{3} |Y_{l}^{m}(0,0)|^{2} \left(\frac{(n-l-1)!}{2n(n+l)!} e^{-\rho} \rho^{2l} L_{n-l-1}^{2l+1}(\rho)^{2} \right) \Big|_{\rho=0} \\ \delta E_{1} &= \frac{\hbar^{2}\pi}{2m_{e}^{2}c^{2}} \frac{e^{2}}{4\pi\epsilon_{0}} \left(\frac{2}{na_{0}} \right)^{3} |Y_{l}^{m}(0,0)|^{2} \left(\frac{(n-l-1)!}{2n(n+l)!} \binom{n+l}{n-l-1} \right)^{2} \right) \delta_{l,0} \\ \delta E_{1} &= \frac{\hbar^{2}\pi}{2m_{e}^{2}c^{2}} \frac{e^{2}}{4\pi\epsilon_{0}} \left(\frac{2}{na_{0}} \right)^{3} |Y_{0}^{0}(0,0)|^{2} \left(\frac{(n-1)!}{2n(n!)} \binom{n}{n-1} \right)^{2} \right) \delta_{l,0} \\ \delta E_{1} &= \frac{\hbar^{2}\pi}{2m_{e}^{2}c^{2}} \frac{e^{2}}{4\pi\epsilon_{0}} \left(\frac{2}{na_{0}} \right)^{3} \frac{1}{8\pi} \delta_{l,0} \\ \delta E_{1} &= \frac{1}{2} \frac{\hbar^{4}}{m_{e}^{2}c^{2}} \frac{1}{n^{3}a_{0}^{4}} \delta_{l,0} \\ \delta E_{1} &= \frac{m_{e}c^{2}\alpha^{4}}{2n^{3}} \delta_{l,0} \end{aligned}$$

b) Adding ΔE_D to $\Delta E_{\rm rel}$ and evaluating the L=0 case gives

$$\Delta E_{\rm rel} + \Delta E_D = \frac{E_n^2}{2m_e c^2} \left(3 - \frac{4n}{1/2} \right) + \frac{m_e c^2 \alpha^4}{2n^3}$$

$$\Delta E_{\rm rel} + \Delta E_D = \frac{E_n^2}{2m_e c^2} \left(3 - 8n \right) + 4 \frac{E_n^2 n}{2m_e c^2}$$

$$\Delta E_{\rm rel} + \Delta E_D = \frac{E_n^2}{2m_e c^2} \left(3 - 4n \right)$$
(18)

which is equivalent to (15) with J = 1/2.

4) Starting with $H_{\rm hfs} = A_{\rm hfs} \frac{I \cdot J}{\hbar^2}$ and $H_B^{\rm (hfs)} = \frac{\mu_B}{\hbar} (g_J J_z + g_I I_z) B_z$ we compute matrix elements of $H_{\rm hfs} + H_B^{\rm (hfs)}$ in the "strong-field basis", $|J| m_J ; I| m_I \rangle$. We first rewrite $H_{\rm hfs}$ as $H_{\rm hfs} = H_{\rm hfs}$

 $\frac{A_{\text{hfs}}}{\hbar^2}(I_zJ_z+\frac{1}{2}(I_+J_-+I_-J_+))$. We know the matrix will be block diagonal (and symmetric) with 2×2 blocks since the raising an lowering operators will annihilate terms that are farther from 1 entry from the diagonal, while the z component operators ensure that diagonal elements remain non-zero. Additionally, the products of raising and lowering operators will only yield terms for which m_I and m_J are offset by 1 on either side of the braket.

Given m_I , and with $H = H_{\rm hfs} + H_B^{\rm (hfs)}$, the matrix elements for a block are given by

$$\langle 1/2 \ 1/2; I \ m_I | H | 1/2 \ 1/2; I \ m_I \rangle$$

$$= A_{\text{hfs}} \frac{m_I}{2} + \mu_B \left(\frac{g_J}{2} + g_I m_I \right) B$$

$$\langle 1/2 \ -1/2; I \ m_I + 1 | H | 1/2 \ -1/2; I \ m_I + 1 \rangle$$

$$= -A_{\text{hfs}} \frac{(m_I + 1)}{2} + \mu_B \left(-\frac{g_J}{2} + g_I (m_I + 1) \right) B$$

$$\langle 1/2 \ -1/2; I \ m_I + 1 | H | 1/2 \ 1/2; I \ m_I \rangle$$

$$= \frac{A_{\text{hfs}}}{2} \sqrt{(1/2 + 1/2)(1/2 - 1/2 + 1)} \sqrt{(I + m_I + 1)(I - m_I)}$$

$$= \frac{A_{\text{hfs}}}{2} \sqrt{(I + m_I + 1)(I - m_I)}$$

$$= \langle 1/2 \ 1/2; I \ m_I | H | 1/2 \ -1/2; I \ m_I + 1 \rangle$$
(19)

Since eigenvalues of a block in a block diagonal matrix are eigenvalues of the original matrix, we need only find the eigenvalues of

$$\begin{bmatrix} A_{\text{hfs}} \frac{m_I}{2} + \mu_B \left(\frac{g_J}{2} + g_I m_I \right) B & \frac{A_{\text{hfs}}}{2} \sqrt{(I + m_I + 1)(I - m_I)} \\ \frac{A_{\text{hfs}}}{2} \sqrt{(I + m_I + 1)(I - m_I)} & -A_{\text{hfs}} \frac{(m_I + 1)}{2} + \mu_B \left(-\frac{g_J}{2} + g_I (m_I + 1) \right) B \end{bmatrix}$$
 (20)

Using Mathematica, we find that the eigenvalues are

$$\Delta E = \frac{1}{4} \left(-A_{\text{hfs}} + 2\mu_B B g_I (1 + 2m_I) \right)$$

$$\pm \sqrt{A_{\text{hfs}}^2 (1 + 2I)^2 - 4A_{\text{hfs}} \mu_B B (g_I - g_J)(1 + 2m_I) + 4\mu_B^2 B^2 (g_I - g_J)^2}$$

$$\Delta E = -\frac{\Delta E_{\text{hfs}}}{2(2I + 1)} + \mu_B B g_I (m_I + 1/2)$$

$$\pm \frac{A_{\text{hfs}}}{4} (1 + 2I) \sqrt{1 - \frac{4\mu_B B (g_I - g_J)(1 + 2m_I)}{A_{\text{hfs}} (1 + 2I)^2} + \frac{4\mu_B^2 B^2 (g_I - g_J)^2}{A_{\text{hfs}} (1 + 2I)^2}}$$

$$\Delta E = -\frac{\Delta E_{\text{hfs}}}{2(2I + 1)} + \mu_B B g_I (m_I + 1/2)$$

$$\pm \frac{A_{\text{hfs}}}{4} (1 + 2I) \sqrt{1 + \frac{4\mu_B B (g_J - g_I)(1 + 2m_I)}{A_{\text{hfs}} (I + 1/2)^2} + \frac{\mu_B^2 B^2 (g_I - g_J)^2}{A_{\text{hfs}} (I + 1/2)^2}}$$

$$\Delta E = -\frac{\Delta E_{\text{hfs}}}{2(2I + 1)} + \mu_B B g_I m \pm \frac{\Delta E_{\text{hfs}}}{2} \sqrt{1 + \frac{4mx}{2I + 1} + x^2}$$
(21)

where

$$\Delta E_{\rm hfs} = A_{\rm hfs} \left(I + \frac{1}{2} \right)$$

$$x = \frac{\mu_B (g_J - g_I) B}{\Delta E_{\rm hfs}}$$

$$m = m_I \pm m_J$$
(22)

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