1. Assuming all the operators are Hermitian,

$$[A, BC] = (ABC - BCA + BAC - BAC)$$
$$= [(AB - BA)C + B(AC - CA)]$$
$$= B[A, C] + [A, B]C. \quad \Box$$

2. From the Hamiltonian relation from in class (October 27), for any non-time-dependent operator Q,

$$\sigma_H \sigma_Q \ge \frac{\hbar}{2} \left| \frac{\mathrm{d}}{\mathrm{d}t} \left\langle Q \right\rangle \right|.$$

Then using the position operator x for Q,

$$\sigma_H \sigma_x \ge \frac{\hbar}{2} \left| \frac{\mathrm{d} \langle x \rangle}{\mathrm{d}t} \right|$$
$$\ge \frac{\hbar}{2m} |\langle p \rangle|. \quad \Box$$

3. (a) From (4.10),

$$[p_i, r_j] = -i\hbar \delta_{ij},$$

Then from (4.96),

$$[L_z, x] = [xp_y - yp_x, x]$$
$$= [xp_y, x] - [yp_x, x] = -(-i\hbar y) = i\hbar y. \quad \Box$$

For the other dimensions,

$$[L_z,y]=[xp_y-yp_x,y]=x[p_y,y]=-i\hbar x.$$
 \square $[L_z,z]=0$, as there's no p_z in the commutator. \square

$$\begin{split} [L_z,p_x] &= [xp_y-yp_x,p_x] = p_y[x,p_x] - p_x[y,p_x] = i\hbar p_y. \quad \square \\ [L_z,p_y] &= p_y[x,p_y] - p_x[y,p_y] = -i\hbar p_x. \quad \square \\ [L_z,p_z] &= 0, \text{ as there's no } z\text{'s.} \quad \square \end{split}$$

(b) From (4.96),

$$[L_z, L_x] = [L_z, yp_z - zp_y] = p_z[L_z, y] - z[L_z, p_y]$$
$$= -i\hbar x p_z + iz\hbar p_x$$
$$= i\hbar (zp_x - xp_z) = i\hbar L_y. \quad \Box$$

(c) For the position commutator and by the identity in Problem 1,

$$[L_z, r^2] = [L_z, x^2 + y^2 + z^2]$$

= $[L_z, x]x + x[L_z, x] + [L_z, y]y + y[L_z, y] + 0$
= $i2\hbar yx - i2\hbar yx = 0$.

Similarly for the momentum operator,

$$\begin{split} \left[L_{z}, p^{2}\right] &= \left[L_{z}, p_{x}^{2} + p_{y}^{2} + p_{z}^{2}\right] \\ &= \left[L_{z}, p_{x}\right] p_{x} + p_{x} \left[L_{z}, p_{x}\right] + \left[L_{z}, p_{y}\right] p_{y} + p_{y} \left[L_{z}, p_{y}\right] + 0 \\ &= i \hbar p_{y} p_{x} + i \hbar p_{x} p_{y} - i \hbar p_{x} p_{y} - i \hbar p_{y} p_{x} = 0. \end{split}$$

(d) For the Hamiltonian $H = p^2/2m + V$,

$$[L_x, H] = \frac{1}{2m} [p^2, L_x] + [L_x, V(r)]$$

= 0 + 0, by part (c).

4. Study Chapter 4.3.