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$$F(x, y) = A_0 + \sum_{m=1}^{\infty} \sum_{n=1}^{\infty} A_{m,n} \cos\left(\frac{m\pi x}{L}\right) \cos\left(\frac{n\pi y}{H}\right)$$

Multiply both sides through by  $\cos(m'\pi x/L) \cos(n'\pi y/H)$  for arbitrary but fixed positive integers  $m', n'$  and integrate over  $0 < x < L$  and  $0 < y < H$ . The orthogonality of these cosine functions on these intervals will cause all the terms in the series to vanish except when  $m = m'$  and  $n = n'$ , resulting in

$$\int_0^H \int_0^L F(x, y) \cos(m'\pi x/L) \cos(n'\pi y/H) dx dy = A_{n'm'} \int_0^H \int_0^L \cos^2(m'\pi x/L) \cos^2(n'\pi y/H) dx dy$$

which implies

$$A_{n'm'} = \frac{\int_0^H \int_0^L F(x, y) \cos(m'\pi x/L) \cos(n'\pi y/H) dx dy}{\int_0^H \int_0^L \cos^2(m'\pi x/L) \cos^2(n'\pi y/H) dx dy}.$$

Since  $n'$  and  $m'$  were arbitrary dummy indices, we can change them to  $n$  and  $m$ . Also, the integral in the denominator equals  $\frac{LH}{4}$ , so we get

$$A_{nm} = \frac{4}{LH} \int_0^H \int_0^L F(x, y) \cos(m\pi x/L) \cos(n\pi y/H) dx dy.$$