Making use of the harmonic oscillator approximation for the single-particle potential (cf. Fig. 2-22 Bohr and Mottelson, 1969) one can write (cf. Eq. (2-130) of the above reference),

write (of. Eq. (a-130) of the above reference
$$\sum_{k=1}^{4} \langle r_k^2 \rangle = \frac{\hbar}{M \omega_0} \sum_{k=1}^{4} (N_R + \frac{3}{4}) = \frac{3}{5} A R^2$$

where A=N+2 in the nuclear mass number, while the nuclear radius R=r<sub>0</sub>A<sup>1/2</sup>, with r<sub>0</sub>=1,2fm, It is of notice that N<sub>K</sub> is the oscillator principal quantum number associated with the stat K (y. Fig. 2-23 Bohr and Mottels on, 1964).

The average internucleon distance can be determined from the relation (Brink and Broglia, 2005, App. C)

$$a' = \left(\frac{3}{A}\right)^{1/5} = \left(\frac{4\pi R^3}{A}\right)^{1/5} = \left(\frac{4\pi}{3}\right)^{1/5} \cdot 1.2fm.$$

$$\approx 2 fm$$

Thun,

$$\Delta_L = \frac{\sqrt{\frac{2}{9}}R}{2fm} \approx 2.3, \quad (A \approx 120).$$

while it is difficult to compare crystal, aperiodic finite crystal and atomic nuclei, arguebby, the above value indicates; that a nucleus is liquid-like. More precisely, it is made out of a non-Newtonian fluid, which reacts elastically to sudden sollicitations, and plastically to sudden sollicitations, and plastically the guisson. In any case, one expects from 1=23 that mean free path is long, larger than nuclear of mensions.