$$H = \int \frac{1}{4\pi a^2} dl$$

$$= \int_0^{2\pi} \frac{1}{4\pi a^2} a d\theta$$

$$= \frac{1}{2a}$$

$$= \frac{\alpha^2}{2(\alpha^2+\epsilon^2)^{\frac{3}{2}}} I$$

飞軸 正の方向