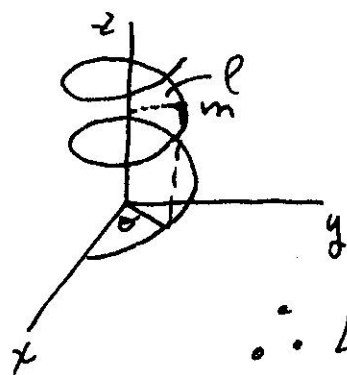


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$$T = \frac{1}{2} m [\dot{r}^2 + r^2 \dot{\theta}^2 + \dot{z}^2]$$

$$U = mgz$$

But  $r = \text{constant}$ ,  $\dot{z} = h\dot{\theta}$

$$\therefore L = \frac{1}{2} m \left[ \frac{r^2}{h^2} \dot{z}^2 + \dot{z}^2 \right] - mgz$$

$$\text{and } P_z = \frac{\partial L}{\partial \dot{z}} = m \left[ \frac{r^2}{h^2} + 1 \right] \dot{z}$$

$$\text{so } \dot{z} = \frac{P_z}{m \left[ \frac{r^2}{h^2} + 1 \right]}$$

$$H = P_z \dot{z} - L = P_z \frac{P_z}{m \left[ \frac{r^2}{h^2} + 1 \right]} + mgz$$

$$= T + U$$

Hamilton's equations of motion

$$\dot{P}_z = -\frac{\partial H}{\partial z} \quad \dot{z} = \frac{\partial H}{\partial P_z}$$

$$\dot{P}_z = -mg \quad \dot{z} = \frac{P_z}{m \left[ \frac{r^2}{h^2} + 1 \right]}$$

Differentiate the second and insert into the first

$$\ddot{z} = -\frac{g}{\left[ \frac{r^2}{h^2} + 1 \right]}$$