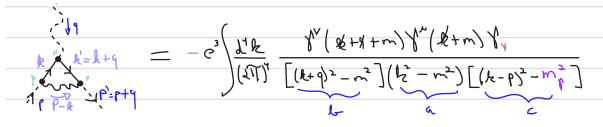
1 Starting to the expression on the top of pg 110 of the lecture notes:



show that it can but put in the form:
$$-\frac{1}{2} \left[\sqrt{\frac{1}{2}} + \frac{1}{2} \left(\sqrt{\frac{1}{2}} \right) + \frac{1}{2} \left(\sqrt{\frac{1}{2}} \right) \right]$$

and that δF_1 and δF_2 and given by eqs. 111.1 and 110.1 respectively.