

$$\begin{aligned}
 (a) \quad \text{if } \chi_2 &= \frac{1}{2} (-x^2 - y^2 + 2z^2) = \frac{1}{2} A_{ij} x^i x^j \\
 &= \frac{r^2}{2} (-\sin^2 \theta \cos^2 \varphi - \sin^2 \theta \sin^2 \varphi + 2 \cos^2 \theta) \\
 &= r^2 \left(\frac{2 \cos^2 \theta - \sin^2 \theta}{2} \right) = r^2 \left(\frac{3 \cos^2 \theta - 1}{2} \right)
 \end{aligned}$$

$$\text{Then } p_2 = \frac{3 \cos^2 \theta - 1}{2}$$

$$(b) \quad V = d\chi_2 = -x dx - y dy + 2z dz$$

Since $e_{ij} = \frac{1}{2} \left(\frac{\partial V_i}{\partial x^j} + \frac{\partial V_j}{\partial x^i} \right)$ in Cartesian coordinates,

$$\text{and } v_i = \frac{\partial \chi_2}{\partial x^i}, \text{ we have } e_{ij} = \frac{\partial^2 \chi_2}{\partial x^i \partial x^j} = A_{ij} = \begin{pmatrix} -1 & 0 & 0 \\ 0 & -1 & 0 \\ 0 & 0 & 2 \end{pmatrix}$$

Then the rate of energy dissipation per unit volume

$$\text{is } 2\eta e_{ij} e_{ij} = 2\eta (1^2 + 1^2 + 2^2) = 12\eta \quad (\text{constant})$$

and in a sphere of volume $\frac{4\pi}{3} \rho^3$, energy is dissipated at a rate $12\eta \cdot \frac{4\pi}{3} \rho^3 = 16\pi\eta \rho^3$.

(c) According to Einstein, the normal component of stress on the sphere of radius ρ does work at the rate $8\eta \rho^3 \int_{-1}^1 p_2^2 d(\cos \theta) d\varphi = 16\pi\eta \rho^3 \int_{-1}^1 p_2^2 d(\cos \theta)$

$$\text{But } \int_{-1}^1 p_2^2 d(\cos \theta) = \int_{-1}^1 (3x^2 - 1)^2 dx = \frac{2}{5}$$

so more energy is dissipated than is coming in.

(The explanation is that more energy is coming in than this: the tangential components of stress also do work.)