

Contents

<i>Foreword</i>	v
<i>Preface</i>	vii
<i>Acknowledgments</i>	ix
<i>Notations</i>	xv
1. Orders of Magnitude and Dimensional Analysis	1
1.1 A few orders of magnitude *	1
1.2 Dimensional analysis *	6
2. Motion in the Gravity Field	13
2.1 Safety parabola *	13
2.2 Shape of a liquid jet *	15
2.3 The tautochrone curve **	18
2.4 Gravitational cavity **	22
3. Friction	29
3.1 Energy balance for forced oscillations *	29
3.2 Solid friction versus fluid friction *	32
3.3 Fluid friction and delayed response **	37
3.4 Absence of dissipation in a system with friction **	40
4. Rotating Frames	45
4.1 The rotating saddle *	45
4.2 When Coriolis enters the game *	49

5.	Oscillators	57
5.1	Oscillation period **	57
5.2	Optimal transport of a bunch of atoms **	63
5.3	Trajectory in a curved guide**	69
5.4	Role of non-linearities ***	72
6.	A Few Theorems in Mechanics	81
6.1	The virial theorem **	81
6.2	Adiabatic invariants ***	85
6.3	Lax form and constants of motion ***	91
7.	Collisions	101
7.1	Collisions and thermalization *	101
7.2	Minimum distance of approach *	105
7.3	Landau's criterion of superfluidity **	106
7.4	Collision cross section **	110
7.5	Slowing atoms with a moving wall **	125
8.	Manipulation of Charged Particles	135
8.1	Coulomb crystal *	135
8.2	Normal modes of a one-dimensional ion chain **	138
8.3	Monopole mode for interacting particles **	146
8.4	Mass spectrometry **	149
8.5	Ponderomotive force **	161
8.6	Effective potential and phase jump **	167
9.	“Cold” Atoms	173
9.1	Effusive atomic beam **	174
9.2	Zeeman slower **	180
9.3	Doppler cooling **	188
9.4	Time-of-flight thermometry **	197
9.5	Linear and parametric heating ***	200
9.6	Evaporative cooling *	207
10.	Celestial Mechanics	213
10.1	Closed trajectories in a central field *	213
10.2	Lagrange points ***	215

11. Relativistic Mechanics	229
11.1 On the other side of the Galaxy *	229
11.2 Relativistic oscillator **	232
11.3 Perihelion precession of Mercury **	235
11.4 Electron motion in a plane wave ***	239
<i>Index</i>	247