

Homework 13 Solutions
February 1, 2020

12.13.1. Transform the surface integral of $\nabla \times F$ where $F(x, y, z) = (y^2, xy, xz)$ over the hemisphere of $x^2 + y^2 + z^2 = 1$ with $z \geq 0$ into a line integral, and then evaluate the integral.

Solution. Call the surface S . The boundary of S is a circle of radius 1 in the xy -plane centered at the origin. By Stoke's theorem,

$$\iint_S \nabla \times F \cdot dS = \int_{\partial S} F \cdot ds = \int_0^{2\pi} (\sin^2(t), \cos(t)\sin(t), 0) \cdot (-\sin(t), \cos(t), 0) dt.$$

The integral evaluates to 0.

12.13.4. Compute the integral of $\nabla \times F$ where $F = (xz, -y, x^2y)$ over the surface S which consists of three faces not in the xz -plane of the tetrahedron bounded by the three coordinate planes, and the planes $3x + y + 3z = 6$. The normal is outward.

Solution. The boundary of S is the intersection of the plane with the xz -plane, which is when $y = 0$. Thus it is the triangle formed by $3x + 3z = 6$, or $z = 2 - x$, $x = 0$, and $z = 0$. The integral can be computed using Stoke's theorem

$$\begin{aligned} \iint_S \nabla \times F \cdot dS &= \int_{\partial S} F \cdot ds \\ &= \int_0^2 (0, 0, 0) \cdot (0, 0, 1) dt + \int_0^2 (0, 0, 0) \cdot (-1, 0, 0) dt \\ &\quad + \int_0^2 (t(2-t), 0, 0) \cdot (1, 0, -1) dt \\ &= 4/3 \end{aligned}$$

12.13.5. Use Stoke's theorem to show that $\int_C (y, z, x) \cdot ds = \pi a^2 \sqrt{3}$ where C is the curve of intersection between $x^2 + y^2 + z^2 = a^2$ and $x + y + z = 0$.

Solution. First, note that $\nabla \times F = (-1, -1, -1)$. Then to apply Stoke's theorem, we can choose any surface S with C as a boundary and evaluate the integral of $(-1, -1, -1)$ over S . Let S be the portion of the plane $x + y + z = 0$ inside the curve. Let T be the projection of S onto the xy -plane. Then a parametrization of S is $\Phi(x, y) = (x, y, -x - y)$ with domain T . The normal is therefore also $n = (-1, -1, -1)$ by the parametrization of a graph formula.

To find T substitute $z = -x - y$ into the equation for the sphere, to obtain $x^2 + y^2 + xy = a^2/2$. The relevant integral is

$$\iint_S (-1, -1, -1) \cdot dS = \iint_T (-1, -1, -1) \cdot \frac{1}{\sqrt{3}}(-1, -1, -1) dx dy = \sqrt{3}a(S)$$

Since S divides the sphere in half, then it is the same area as $x^2 + y^2 = a^2$ by a rotation. The area of this circle is πa^2 , so that the integral is $\pi a^2 \sqrt{3}$.

12.13.6. Show that $\int_C (y+z) dx + (z+x) dy + (x+y) dz = 0$ where C is the curve of intersection of the cylinder $x^2 + y^2 = 2y$ and the plane $y = z$.

Solution. Using the same method as last exercise, we find a surface is C as a boundary and integrate $\nabla \times F$ over that surface S . We pick S to be the portion of the plane $z = y$ inside of $x^2 + y^2 = 2y$. The normal is $n = (0, -1, 1)$ and $\nabla \times F = (0, 0, 0)$, so therefore $\iint_S 0 \cdot dS = 0$ as desired.

12.13.11. If $r = (x, y, z)$ and $(P, Q, R) = a \times r$ where a is a constant, show that

$$\int_C (P, Q, R) ds = 2 \iint_S a \cdot n dS$$

where C is a curve bounding a surface S and n is a suitable normal.

Solution. By Stoke's theorem,

$$\int_C (P, Q, R) ds = \iint_S \nabla \times (P, Q, R) \cdot n dS.$$

Therefore it suffices to calculate the curl of (P, Q, R) . Let $a = (a, b, c)$, at the risk of bad notation.

$$\begin{aligned} \nabla \times (P, Q, R) &= \nabla \times (a \times r) \\ &= \nabla \times (bz - cy, cx - az, ay - bx) \\ &= (a + a, b + b, c + c) = 2a \end{aligned}$$

Then the result follows.

12.13.13. (a) Use the formula for differentiating a product to show that

$$\frac{\partial}{\partial u} \left(p \frac{\partial X}{\partial v} \right) - \frac{\partial}{\partial v} \left(p \frac{\partial X}{\partial u} \right) = \frac{\partial p}{\partial u} \frac{\partial X}{\partial v} - \frac{\partial p}{\partial v} \frac{\partial X}{\partial u}.$$

(b) Now let $p(u, v) = P(X, Y, Z)$ where X, Y, Z are functions of u, v . Compute $\frac{\partial p}{\partial u}$ and $\frac{\partial p}{\partial v}$ by the chain rule and use part (a) to deduce a relation.

Solution. (a) By the product rule and equality of mixed partials in this case:

$$\begin{aligned} \frac{\partial}{\partial u} \left(p \frac{\partial X}{\partial v} \right) - \frac{\partial}{\partial v} \left(p \frac{\partial X}{\partial u} \right) &= p \frac{\partial^2 X}{\partial u \partial v} + \frac{\partial p}{\partial u} \frac{\partial X}{\partial v} - p \frac{\partial^2 X}{\partial v \partial u} - \frac{\partial p}{\partial v} \frac{\partial X}{\partial u} \\ &= \frac{\partial p}{\partial u} \frac{\partial X}{\partial v} - \frac{\partial p}{\partial v} \frac{\partial X}{\partial u}. \end{aligned}$$

(b) The chain rule implies that

$$\begin{bmatrix} \frac{\partial p}{\partial u} & \frac{\partial p}{\partial v} \end{bmatrix} = \begin{bmatrix} \frac{\partial P}{\partial X} & \frac{\partial P}{\partial Y} & \frac{\partial P}{\partial Z} \end{bmatrix} \begin{bmatrix} \frac{\partial X}{\partial u} & \frac{\partial X}{\partial v} \\ \frac{\partial Y}{\partial u} & \frac{\partial Y}{\partial v} \\ \frac{\partial Z}{\partial u} & \frac{\partial Z}{\partial v} \end{bmatrix}.$$

Doing out the matrix multiplication and plugging into the right hand side of part (a), we obtain:

$$\begin{aligned} \frac{\partial p}{\partial u} \frac{\partial X}{\partial v} - \frac{\partial p}{\partial v} \frac{\partial X}{\partial u} &= \left(\sum \frac{\partial P}{\partial X_i} \frac{\partial X_i}{\partial u} \right) \left(\frac{\partial X}{\partial v} \right) - \left(\sum \frac{\partial P}{\partial X_i} \frac{\partial X_i}{\partial v} \right) \left(\frac{\partial X}{\partial u} \right) \\ &= \frac{\partial P}{\partial Y} \frac{\partial Y}{\partial u} \frac{\partial X}{\partial v} + \frac{\partial P}{\partial Z} \frac{\partial Z}{\partial u} \frac{\partial X}{\partial v} - \frac{\partial P}{\partial Z} \frac{\partial Y}{\partial v} \frac{\partial X}{\partial u} - \frac{\partial P}{\partial Z} \frac{\partial Z}{\partial v} \frac{\partial X}{\partial u} \\ &= -\frac{\partial P}{\partial Y} \frac{\partial(X, Y)}{\partial(u, v)} + \frac{\partial P}{\partial Z} \frac{\partial(X, Z)}{\partial(u, v)}. \end{aligned}$$

Combining with part (a), we obtain a proof of (12.29).

12.15.1ac. For each of the following vector fields, determine the Jacobian matrix and compute the curl and divergence. (a) $F = (x^2 + yz, y^2 + xz, z^2 + xy)$
(c) $F = (z + \sin(y), -z + x \cos(y), 0)$

Solution. (a) $DF = \begin{bmatrix} 2x & z & y \\ z & 2y & x \\ y & x & 2z \end{bmatrix}$, $\nabla \times F = (0, 0, 0)$, $\nabla \cdot F = 2(x + y + z)$.

(c) $DF = \begin{bmatrix} \cos(y) & 1 & 0 \\ -x \sin(y) & -1 & \cos(y) \\ 0 & 0 & 0 \end{bmatrix}$, $\nabla \times F = (1, 1, 0)$, $\nabla \cdot F = -x \sin(y)$.

12.15.2. If $R = (x, y, z)$ and $r = \|R\|$, compute $\nabla \times f(r)R$, where f is a differentiable function.

Solution. By the formula on page 446, we have

$$\begin{aligned} \nabla \times f(r)R &= f(r)(\nabla \times R) + \nabla f(r) \times R \\ &= 0 + \frac{1}{r} \frac{\partial f}{\partial r} R \times R = 0 \end{aligned}$$

12.15.4. Again let $R = (x, y, z)$ and $r = \|R\|$. Find all integers n such that $\nabla \cdot (r^n R) = 0$.

Solution. Begin by calculating $\nabla \cdot (r^n R)$.

$$\begin{aligned}\nabla \cdot (r^n R) &= \sum_i \frac{\partial}{\partial x_i} (x_i r^n) \\ &= \sum_i r^n + n x_i^2 r^{n-2} \\ &= 3r^n + n(x^2 + y^2 + z^2)r^{n-2} \\ &= (3 + n)r^n\end{aligned}$$

From here it is clear that only when $n = -3$ is expression equal to 0.

12.15.8. Prove the identity

$$\nabla \cdot (F \times G) = G \cdot (\nabla \times F) - F \cdot (\nabla \times G).$$

Solution. This identity is proved by writing out each side entrywise.

$$\begin{aligned}\nabla \cdot (F \times G) &= \nabla \cdot (F_2 G_3 - F_3 G_2, F_3 G_1 - F_1 G_3, F_1 G_2 - F_2 G_1) \\ &= \frac{\partial F_2}{\partial x} G_3 + F_2 \frac{\partial G_3}{\partial x} - \frac{\partial F_3}{\partial x} G_2 - F_3 \frac{\partial G_2}{\partial x} \\ &\quad + \frac{\partial F_3}{\partial y} G_1 + F_3 \frac{\partial G_1}{\partial y} - \frac{\partial F_1}{\partial y} G_3 - F_1 \frac{\partial G_3}{\partial y} \\ &\quad + \frac{\partial F_1}{\partial z} G_2 + F_1 \frac{\partial G_2}{\partial z} - \frac{\partial F_2}{\partial z} G_1 - F_2 \frac{\partial G_1}{\partial z}\end{aligned}$$

On the other hand:

$$\begin{aligned}G \cdot (\nabla \times F) - F \cdot (\nabla \times G) &= (G_1, G_2, G_3) \cdot \left(\frac{\partial F_3}{\partial y} - \frac{\partial F_2}{\partial z}, \frac{\partial F_1}{\partial z} - \frac{\partial F_3}{\partial x}, \frac{\partial F_2}{\partial x} - \frac{\partial F_1}{\partial y} \right) \\ &\quad - (F_1, F_2, F_3) \cdot \left(\frac{\partial G_3}{\partial y} - \frac{\partial G_2}{\partial z}, \frac{\partial G_1}{\partial z} - \frac{\partial G_3}{\partial x}, \frac{\partial G_2}{\partial x} - \frac{\partial G_1}{\partial y} \right) \\ &= \frac{\partial F_2}{\partial x} G_3 + F_2 \frac{\partial G_3}{\partial x} - \frac{\partial F_3}{\partial x} G_2 - F_3 \frac{\partial G_2}{\partial x} \\ &\quad + \frac{\partial F_3}{\partial y} G_1 + F_3 \frac{\partial G_1}{\partial y} - \frac{\partial F_1}{\partial y} G_3 - F_1 \frac{\partial G_3}{\partial y} \\ &\quad + \frac{\partial F_1}{\partial z} G_2 + F_1 \frac{\partial G_2}{\partial z} - \frac{\partial F_2}{\partial z} G_1 - F_2 \frac{\partial G_1}{\partial z}\end{aligned}$$

12.15.11. Let $V(x, y) = (y^c, x^c)$ where $c > 0$. Let $r(x, y) = (x, y)$. Let R be the plane region bounded by a piecewise smooth Jordan curve C . Compute $\nabla \cdot (V \times r)$, and $\nabla \times (V \times r)$. Use Green's theorem to show that $\int_C V \times r \cdot ds = 0$.

Solution. First we compute $V \times r$, where we view them in \mathbb{R}^3 with z -component 0. Then

$$V \times r = (0, 0, y^{c+1} - x^{c+1}).$$

Then $\nabla \cdot (V \times r) = 0 + 0 + 0 = 0$ and $\nabla \times (V \times r) = (c + 1)(y^c, x^c, 0) = (c + 1)V$. We apply Green's theorem (well really Stoke's theorem), so that $\int_C V \times r \, dS = \iint_S \nabla \times (V \times r) \, dS$. The latter integral is computed as follows, since S is a flat surface with unit normal $n = (0, 0, 1)$.

$$\iint_S (c + 1)(V) \cdot (0, 0, 1) \, dS = \iint_S 0 \, dS = 0.$$

12.21.1. Let S be the surface of the unit cube $\partial[0, 1]^3$. Let n be the unit outer normal of S . If $F = (x^2, y^2, z^2)$, use the divergence theorem to evaluate the surface integral $\iint F \cdot n \, dS$. Verify the result by computing the integral directly.

Solution. By the divergence theorem,

$$\iint_S F \cdot n \, dS = \iiint_{[0,1]^3} 2(x + y + z) \, dV = 3.$$

Manually, the integrals on the three sides on the coordinate planes are 0 since the normal is perpendicular to the parametrization for the side. On the three other sides, $F \cdot n = 1$ so that you add up the areas of the 3 sides and you get 3.

12.21.2. The sphere of radius 5 centered at the origin is intersected by the plane $z = 3$. The smaller portion forms a solid V closed by a surface S_0 , made up of the sphere part S_1 and the plane part S_2 . Compute

$$\iint_S (xz, yz, 1) \, dS$$

for (a) $S = S_1$, (b) $S = S_2$, and (c) $S = S_0$. Solve for part (c) using the parts of (a) and (b), and also by the divergence theorem.

Solution. (a) Note that the surface S_1 is the graph of $z = \sqrt{25 - x^2 - y^2}$ over the circle $x^2 + y^2 \leq 16$ in the plane. Therefore

$$\begin{aligned} \iint_{S_1} (xz, yz, 1) \cdot dS &= \iint_T (xz, yz, 1) \cdot (x/z, y/z, 1) \, dx \, dy \\ &= \iint_T x^2 + y^2 + 1 \, dx \, dy \\ &= 2\pi \int_0^4 (r^2 + 1)r \, dr = 144\pi \end{aligned}$$

(b) Similarly, the planar region is the graph of $z = 3$ over the region $x^2 + y^2 \leq 16$ in the plane, so that with upward normal, the integral can be computed.

$$\iint_{S_2} (xz, yz, 1) dS = \iint_T (xz, yz, 1) \cdot (0, 0, 1) dx dy = \iint_T 1 dx dy = 16\pi$$

(c) On the one hand, the outward normal on S_0 means that

$$\iint_{S_0} F \cdot dS = \iint_{S_1} F \cdot dS - \iint_{S_2} F \cdot dS = 144\pi - 16\pi = 128\pi.$$

Let W be the interior of S_0 . Then on the other hand, the divergence theorem implies that

$$\begin{aligned} \iint_{S_0} F \cdot dS &= \iiint_W 2z dz dx dy \\ &= \iint_T \int_3^{\sqrt{25-x^2-y^2}} 2z dz dx dy \\ &= \iint_T 16 - x^2 - y^2 dx dy \\ &= 2\pi \int_0^4 r(16 - r^2) dr = 128\pi \end{aligned}$$

12.21.4,6. Let $\frac{\partial f}{\partial n} = \nabla f \cdot n$ and assume a region V in \mathbb{R}^3 has boundary S which is a closed surface. Then prove the following identities. (4) $\iint_S \frac{\partial f}{\partial n} dS = \iiint_V \nabla^2 f dx dy dz$ and (6) $\iint_S f \frac{\partial g}{\partial n} dS = \iiint_V f \nabla^2 g + \nabla f \cdot \nabla g dx dy dz$

Solution. (4) By the divergence theorem:

$$\iint_S \frac{\partial f}{\partial n} dS = \iint_S \nabla f \cdot dS = \iiint_V \nabla \cdot \nabla f dx dy dz = \iiint_V \nabla^2 f dx dy dz.$$

(6) Again by the divergence theorem and the divergence of a product formula:

$$\begin{aligned} \iint_S f \frac{\partial g}{\partial n} dS &= \iint_S f \nabla g \cdot dS \\ &= \iiint_V \nabla \cdot (f \nabla g) dx dy dz \\ &= \iiint_V f \nabla^2 g + \nabla f \cdot \nabla g dx dy dz \end{aligned}$$

These two summands at the end can be integrated separately if desired.

12.21.11. Let V be a convex region in \mathbb{R}^3 whose boundary is a closed surface S and let n be the unit outer normal of S . Let F and G be two continuously differentiable vector fields such that $\nabla \times F = \nabla \times G$ and $\nabla \cdot F = \nabla \cdot G$ everywhere on V and such that $F \cdot n = G \cdot n$ on S . Prove that $F = G$ everywhere on V .

Solution. Let $H = F - G$. Since all the above relations are linear, we have that $\nabla \times H = 0$, $\nabla \cdot H = 0$, and $H \cdot n = 0$. It suffices to show that $H = 0$. Since V is convex, then $\nabla \times H = 0$ implies that H is conservative, so that $H = \nabla f$. Now, note that

$$\|H\|^2 = \nabla f \cdot \nabla f = \nabla \cdot f \nabla f - f \nabla \cdot \nabla f = \nabla \cdot f \nabla f$$

since $\nabla \cdot H = 0$. Now by the divergence theorem

$$\iiint_V \|\nabla f\|^2 dx dy dz = \iiint_V \nabla \cdot f \nabla f dx dy dz = \iint_S f \nabla f \cdot dS$$

But $H \cdot n = 0$ then $f \nabla f \cdot n = 0$ as well. Therefore this integral is zero, and we conclude that

$$\iiint_V \|H\|^2 dx dy dz = 0.$$

Since $\|H\|^2$ is a nonnegative function on V , then $H = 0$ as desired.

6.3.1. Solve the differential equation $y' - 3y = e^{2x}$ on all of \mathbb{R} when $y(0) = 0$.

Solution. The integrating factor is $A(x) = \int_0^x -3 dt = (-3t)_0^x = -3x$. Therefore by theorem 6.1, the unique solution on \mathbb{R} to the IVP is

$$y = e^{3x} \int_0^x e^{2t} e^{-3t} dt = e^{3x} \int_0^x e^{-t} dt = e^{3x}(-e^{-x} + 1) = e^{3x} - e^{2x}.$$

6.3.5. A curve with equation $y = f(x)$ passes through the origin. Lines drawn parallel to the coordinate axes through an arbitrary point of the curve form a rectangle with two sides on the axes. The curve divides every such rectangle into two regions A and B , one of which has an area equal to n times the other. Find the function f .

Solution. Consider the point $(x, f(x))$ on the curve. The area below the curve is determined by the integral $\int_0^x f(t) dt$ while the area above the integral is determined by $\int_0^x f(x) - f(t) dt$. The relation between them is

$$n \int_0^x f(t) dt = \int_0^x f(x) - f(t) dt.$$

The fundamental theorem of calculus transforms this equation into

$$nf(x) = f(x) + xf'(x) - f(x).$$

Therefore it suffices to solve the separable differential equation

$$\frac{dy}{dx} = \frac{n}{x}y.$$

The usual method yields $\ln(y) = n \ln(x) + c$ so that $y = cx^n$.

6.3.7,8,9,10. Find all solutions of the following differential equations on \mathbb{R} .

(7) $y'' - 4y = 0$ (8) $y'' + 4y = 0$, (9) $y'' - 2y + 5y = 0$ (10) $y'' + 2y' + y = 0$.

Solution. These solutions use facts in theorem 6.2 and the ensuing discussion below the theorem.

(7) The roots of the characteristic equation $r^2 - 4 = 0$ are $r = \pm 2$ so that the solution space of the equation is spanned by e^{2x} and e^{-2x} . Therefore a general solution has the form $y = c_1e^{2x} + c_2e^{-2x}$.

(8) The roots of the characteristic equation $r^2 + 4 = 0$ are $r = \pm 2i$. In this case the discriminant is negative, so the solution space of the equation is spanned by $\cos(2x)$ and $\sin(2x)$ over \mathbb{R} . Therefore a general solution has the form $y = c_1 \cos(2x) + c_2 \sin(2x)$.

(9) The roots of the characteristic equation $r^2 - 2r + 5 = 0$ are $r = 1 \pm 2i$. Again the discriminant is negative, so the solution space is spanned by $e^x \cos(2x)$ and $e^x \sin(2x)$ over the reals. Therefore a general solution has the form $y = c_1e^x \cos(2x) + c_2e^x \sin(2x)$.

(10) The roots of the characteristic equation $r^2 + 2r + 1 = 0$ are $r = -1$ with multiplicity 2. The discriminant in this case vanishes, so that the solution space is spanned by e^{-x} and xe^{-x} . Therefore the general solution has the form $y = c_1e^{-x} + c_2xe^{-x}$.

7.4.2. Verify each of the following differentiation rules for matrix functions, assuming P and Q are differentiable. (a) $(P + Q)' = P' + Q'$ (b) $(PQ)' = PQ' + P'Q$ (c) $(Q^{-1})' = -Q^{-1}Q'Q^{-1}$ (d) $(PQ^{-1})' = -PQ^{-1}Q'Q^{-1} + P'Q^{-1}$

Solution. (a) This relation follows readily from the fact that the derivative is linear on each entry. On the ij th entry, we have $(p_{ij} + q_{ij})' = p'_{ij} + q'_{ij}$. Since $(PQ)'$ and $P' + Q'$ have equal entries, they are equal matrices.

(b) Similarly, we can verify this relation on the entries.

$$\left(\sum_k p_{ik} q_{kj} \right)' = \sum_k p'_{ik} q_{kj} + p_{ik} q'_{kj} = \sum_k p'_{ik} q_{kj} + \sum_k p_{ik} q'_{kj}.$$

Notice the the left hand side is the ij th entry of $(PQ)'$ and the right hand side is the ij th entry of $P'Q + PQ'$.

(c) Since Q^{-1} exists, we know that $QQ^{-1} = I$. Using the product rule on this equation, we obtain $Q'Q^{-1} + Q(Q^{-1})' = 0$. Solving for $(Q^{-1})'$, the desired relation

$$(Q^{-1})' = -Q^{-1}Q'Q^{-1}$$

is obtained.

(d) This is a direct combination of (b) and (c).

7.4.3. (a) Prove formulas for $(P^2)'$ and $(P^3)'$. (b) Guess the formula for $(P^k)'$ and prove it by induction.

Solution. (a) By the product rule $(P^2)' = P'P + PP'$. For the next power:

$$(P^3)' = (P^2)'P + P^2P' = P'P^2 + PP'P + P^2P'.$$

(b) We claim that $(P^k)' = \sum_{i=1}^k P^{i-1}P'P^{k-i}$. The base case is the previous part of the problem. Assume the case for $k-1$. Then

$$\begin{aligned} (P^k)' &= (P^{k-1})'P + P^{k-1}P' = \left(\sum_{i=1}^{k-1} P^{i-1}P'P^{k-i-1} \right) P + P^{k-1}P' \\ &= \sum_{i=1}^{k-1} P^{i-1}P'P^{k-i} + P^{k-1}P' = \sum_{i=1}^k P^{i-1}P'P^{k-i} \end{aligned}$$

7.4.8. Prove that $\|A + B\| \leq \|A\| + \|B\|$ and $|c| \cdot \|A\| = \|cA\|$.

Solution. The triangle inequality for this matrix norm follows from the triangle inequality for real numbers.

$$\begin{aligned} \|A + B\| &= \sum_{i,j} |a_{ij} + b_{ij}| \leq \sum_{i,j} |a_{ij}| + |b_{ij}| \\ &= \sum_{i,j} |a_{ij}| + \sum_{i,j} |b_{ij}| = \|A\| + \|B\| \end{aligned}$$

For the second identity:

$$\|cA\| = \sum_{i,j} |ca_{ij}| = |c| \sum_{i,j} |a_{ij}| = |c| \cdot \|A\|.$$

7.4.9. If a matrix function P is integrable on an interval $[a, b]$, prove that $\left| \int_a^b P(t) dt \right| \leq \int_a^b |P(t)| dt$.

Solution. This inequality also follows from the case for real integrable functions.

$$\begin{aligned} \left| \int_a^b P(t) dt \right| &= \sum_{i,j} \left| \int_a^b p_{ij}(t) dt \right| \leq \sum_{i,j} \int_a^b |p_{ij}(t)| dt \\ &= \int_a^b \sum_{i,j} |p_{ij}(t)| dt = \int_a^b |P(t)| dt \end{aligned}$$