

Goldstein 9-6 (a) A transformation is canonical when $M^T J M = J$,
 where $J = \begin{bmatrix} 0 & 1 \\ -1 & 0 \end{bmatrix}$ (from 8.38a), and M is
 the Jacobian matrix. By 9.51 M has elements $M_{ij} = \frac{\partial q_i}{\partial y_j}$ transf. coords.
 thus, $M = \begin{bmatrix} \frac{\partial Q}{\partial q} & \frac{\partial Q}{\partial p} \\ \frac{\partial P}{\partial q} & \frac{\partial P}{\partial p} \end{bmatrix}$ orig. coords.

Given $Q = \log(1 + q^{1/2} \cos p)$, $P = 2(1 + q^{1/2} \cos p) q^{1/2} \sin p$.

Taking the partials:

$$M = \begin{bmatrix} \frac{1}{2} \left(\frac{1}{q + \sqrt{q} \sec(p)} \right) & \frac{-\sqrt{q} \sin(p)}{1 + \sqrt{q} \cos(p)} \\ \left(\frac{1}{\sqrt{q}} + 2 \cos(p) \right) \sin(p) & 2(\sqrt{q} \cos(p) + q \cos(2p)) \end{bmatrix}$$

Now, all that's left is to do $M^T \begin{bmatrix} 0 & 1 \\ -1 & 0 \end{bmatrix} M$, and see if it equals $\begin{bmatrix} 0 & 1 \\ -1 & 0 \end{bmatrix}$.

Leaving that to Mathematica (see attached) - we get

$$M^T J M = \begin{bmatrix} 0 & 1 \\ -1 & 0 \end{bmatrix} \quad \square \quad \text{Thus, so long as } q, p \text{ are canonical, } Q \text{ and } P \text{ are too.}$$

(b) Type 3 generating functions have the form $q = \frac{-\partial F_3(p, Q, t)}{\partial p}$, $P = \frac{-\partial F_3(p, Q, t)}{\partial Q}$
 we will show that $F_3(p, Q, t) = -(e^Q - 1)^2 \tan(p)$ gives us the
 above transformations.

Take those derivatives:

$$(1) \quad q = \frac{-\partial F_3}{\partial p} = (e^Q - 1)^2 \sec^2(p)$$

$$(2) \quad P = \frac{-\partial F_3}{\partial Q} = \tan(p) \left(\frac{\partial}{\partial Q} (e^Q - 1)(e^Q - 1) \right) = \tan(p) \left(\frac{\partial}{\partial Q} (e^{2Q} - 2e^Q + 1) \right) \\ = \tan(p) (2e^{2Q} - 2e^Q) = 2 \tan(p) e^Q (e^Q - 1)$$

Solve (1) for Q : $\frac{q^{1/2}}{\sec(p)} + 1 = e^Q \Rightarrow \boxed{Q = \log(1 + \cos(p) q^{1/2})}$

Now plug that into (2):

$$P = 2 \tan(p) e^{\log(1 + \cos(p) q^{1/2})} (e^{\log(1 + \cos(p) q^{1/2})} - 1)$$

$$= 2 \tan(p) (1 + \cos(p) q^{1/2}) (1 + \cos(p) q^{1/2} - 1) = 2 \sin(p) q^{1/2} (1 + \cos(p) q^{1/2})$$

$$\boxed{P = 2(1 + q^{1/2} \cos p) q^{1/2} \sin p} \quad \text{So, it worked!}$$

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Q[q_, p_] = Log[1 + q1/2 Cos[p]];
P[q_, p_] = 2 (1 + q1/2 Cos[p]) q1/2 Sin[p];

M = {{D[Q[q, p], q], D[Q[q, p], p]}, {D[P[q, p], q], D[P[q, p], p]}} // FullSimplify;

Transpose[M].{{0, 1}, {-1, 0}}.M // FullSimplify // MatrixForm

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$$\begin{pmatrix} 0 & 1 \\ -1 & 0 \end{pmatrix}$$