

Problem when multiplying complex fields: if $\vec{E} = \text{Re}(\vec{E}_0 e^{i\omega t})$
 then $E^2 \neq \text{Re}[(\vec{E}_0 e^{i\omega t})^2]$. But time averages obey a much
 simpler relation: if representing one field as $F = \text{Re}(F_0 e^{i\omega t})$
 and $G = \text{Re}(G_0 e^{i(\omega t + \delta)})$ then time average

$$\langle FG \rangle = F_0 G_0 \langle (\cos \omega t)(\cos \omega t \cos \delta + \sin \omega t \sin \delta) \rangle$$

$$= F_0 G_0 \left(\frac{1}{2} \cos \delta \right)$$

... which is $\frac{1}{2} \text{Re} \left[(F_0 e^{i\omega t}) (G_0 e^{i(\omega t + \delta)})^* \right]$

So when doing averages, ^{take real part} implicitly: $\langle FG \rangle = \frac{1}{2} F_0 G_0^* = \frac{1}{2} F_0^* G_0$

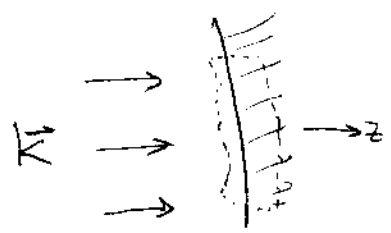
Therefore, average energy in Poynting vector is:

$$\langle \vec{S} \rangle = \frac{1}{2} \frac{c}{4\pi} \vec{E}_0 \times \vec{H}_0^* = \frac{c}{8\pi} \frac{E_0^2}{\eta} \hat{e}_k$$

And energy density is $\frac{1}{16\pi} (\epsilon E_0^2 + \mu H_0^2)$, since it must be
 $\frac{1}{8\pi} (\epsilon E^2 + \mu H^2)$ instantaneously, but $\langle E^2 \rangle = \frac{E_0^2}{2}$, etc.

Radiation pressure: Radiation absorbed by a surface
 exerts a pressure on it. This can be calculated using a few
 techniques, including momentum density via Poynting vector, and net
 force using the Maxwell stress tensor. (Note: Assume waves in vacuum.)

Nicest (conceptually) is using Maxwell stress tensor, with an integration surface encompassing the absorbent surface:



Left side: field is the standard radiation

Right side: field absorbed $\Rightarrow E=B=0$.

Net force on the enclosed volume is pressure \cdot area, also equal to $\int \Pi \cdot d\vec{A}$ on left face of surf.

$$\langle \vec{F} \rangle = \left\langle - \int \Pi \cdot d\vec{A} \right\rangle$$

where $\vec{E} = E_0 \vec{e}_x e^{i(kz - \omega t)}$, $\vec{B} = B_0 e^{i(kz - \omega t)} \vec{e}_y$
and $d\vec{A} = \vec{e}_z dA$

so

$$\langle \Pi \rangle \Leftrightarrow \frac{1}{4\pi} \begin{pmatrix} +\frac{1}{4}(E_0^2 + B_0^2) & & & \\ & +\frac{1}{4}(E_0^2 + B_0^2) & & \\ & & & -\frac{1}{4}(E_0^2 + B_0^2) \end{pmatrix}$$

so $\frac{\langle \vec{F} \rangle}{A} = - \langle T_{zz} \rangle \vec{e}_z = +\frac{1}{16\pi} (E_0^2 + B_0^2) = \frac{1}{8\pi} E_0^2$ because wave in vacuum.

\rightarrow Can also be shown using Poynting vector, as wave's momentum density is $\frac{1}{c^2} \vec{S}$, and it's "delivered" to its target at speed c .

(Note units of pressure = $\frac{\text{dynes}}{\text{cm}^2}$.)

What is field strength, radiation pressure from a light bulb?

Take 100W bulb, say 10% efficient, at $r=100$ cm.

$10 \text{ W} = 10^8 \frac{\text{erg}}{\text{sec}}$, so radiative energy flux at 100 cm is

$$\frac{10^8 \text{ erg/sec}}{4\pi r^2} = \frac{c}{4\pi} |\vec{E} \times \vec{B}| \quad (\text{time average, that is})$$

$$\text{so } \frac{c}{8\pi} E_0^2 = \frac{10^8 \text{ erg/s}}{4\pi (10^4 \text{ cm}^2)}$$

$$\Rightarrow E_0^2 = \frac{2 \cdot 10^4 (\text{erg/s})}{3 \cdot 10^{10} \text{ cm}^2/\text{s}} = \frac{2}{3} 10^{-6} \left(\frac{\text{statV}}{\text{cm}} \right)^2$$

$$\Rightarrow B_0^2 = \frac{2}{3} \times 10^{-6} \text{ G}^2 \leftarrow \begin{array}{l} \text{These units are} \\ \text{equivalent} \end{array}$$

... so we're talking milligauss fields, vs. $\sim 1\text{G}$ for earth's \vec{B} .
 in SI units, this is $\sim 300 \frac{\text{V}}{\text{m}}$, so it's not that tiny. But since
 the field direction is all over the place, nothing gets sparky.

$$\text{Radiation pressure} = \frac{1}{8\pi} E_0^2 \cong \frac{1}{40} \cdot 10^{-6} \frac{\text{dyne}}{\text{cm}^2}$$

$$= 0.25 \cdot 10^{-13} \text{ atmosphere!}$$