

Chapter 1

The foundations of quantum mechanics

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Exercises

1.1 (a) $\int (f + g) dx = \int f dx + \int g dx$; linear.

(b) $(f + g)^{1/2} \neq f^{1/2} + g^{1/2}$; nonlinear.

(c) $f(x + a) + g(x + a) = f(x + a) + g(x + a)$; linear.

(d) $f(-x) + g(-x) = f(-x) + g(-x)$; linear.

Exercise: Repeat the exercise for (a) differentiation, (b) exponentiation.

1.2 (a) $(d/dx)e^{ax} = ae^{ax}$; e^{ax} is an eigenfunction, eigenvalue a .

$(d/dx)e^{ax^2} = 2axe^{ax^2} = 2a\{xe^{ax^2}\}$; e^{ax^2} not an e.f.

$(d/dx)x = 1$; x not an e.f.

$(d/dx)x^2 = 2x$; x^2 not an e.f.

$(d/dx)(ax + b) = a$; $ax + b$ not an e.f.

$(d/dx)\sin x = \cos x$; $\sin x$ not an e.f.

(b) $(d^2/dx^2)e^{ax} = a^2e^{ax}$; e^{ax} is an eigenfunction, eigenvalue a^2 .

$(d^2/dx^2)e^{ax^2} = 2ae^{ax^2} + 4a^2x^2e^{ax^2}$; e^{ax^2} not an e.f.

$(d^2/dx^2)x = 0 = 0x$; x is an e.f.; e.v. is 0.

$(d^2/dx^2)x^2 = 2$; x^2 not an e.f.

$(d^2/dx^2)(ax + b) = 0 = 0(ax + b)$; $ax + b$ is an e.f.; e.v. is 0.

$(d^2/dx^2)\sin x = -\sin x$; $\sin x$ is an e.f.; e.v. is -1 .

Exercise: Find the operator of which e^{ax^2} is an eigenfunction. Find the eigenfunction of the operator ‘multiplication by x^2 ’.

1.3

$$\begin{aligned}\langle m|A + iB|n\rangle &= \langle m|A|n\rangle + i\langle m|B|n\rangle \\ &= \langle n|A|m\rangle^* + i\langle n|B|m\rangle^* \quad [A, B \text{ hermitian, eqn 1.26}] \\ &= \{\langle n|A|m\rangle - i\langle n|B|m\rangle\}^* = \langle n|A - iB|m\rangle^*.\end{aligned}$$

Hence, $A - iB$ is the hermitian conjugate of $A + iB$ (and $A + iB$ is not *self-conjugate*, another term for hermitian).

Exercise: Confirm that $x + (d/dx)$ and $x - (d/dx)$ are hermitian conjugates.

1.4 If the maximum uncertainty in the position x of the electron is Δx , the minimum uncertainty in the momentum p_x will be given by $\Delta x \Delta p_x = \frac{1}{2} \hbar$. Since the electron is confined to the linear box, $\Delta x = 0.10$ nm. Therefore

$$\begin{aligned}\Delta p_x &= \frac{\hbar}{2\Delta x} \\ &= \frac{1.055 \times 10^{-34} \text{ J s}}{2 \times 0.10 \times 10^{-9} \text{ m}} \\ &= 5.3 \times 10^{-25} \text{ kg m s}^{-1}\end{aligned}$$

(a) Since $p_x = m_e v$, the uncertainty in the velocity is

$$\begin{aligned}\Delta v &= \Delta p_x / m_e \\ &= (5.3 \times 10^{-25} \text{ kg m s}^{-1}) / (9.109 38 \times 10^{-31} \text{ kg}) \\ &= \underline{5.8 \times 10^5 \text{ m s}^{-1}}\end{aligned}$$

(b) Since, $E_K = p_x^2/2m_e$

$$\begin{aligned}\Delta E_K &= (\Delta p_x)^2/2m_e \\ &= (5.3 \times 10^{-25} \text{ kg m s}^{-1})^2/(2 \times 9.109 38 \times 10^{-31} \text{ kg}) \\ &= \underline{1.5 \times 10^{-19} \text{ J}}\end{aligned}$$

Exercise: If the length of the box is doubled to 0.20 nm, what are the minimum uncertainties? If a proton is confined to a linear box of length 0.20 nm, what are the minimum uncertainties?

1.5

Use the integral

$$\int x^2 \sin^2 ax dx = \frac{1}{6}x^3 + (1/4a^3) \left\{ \frac{1}{2} \sin(2ax) - ax \cos(2ax) - a^2 x^2 \sin(2ax) \right\}$$

$$\langle x^2 \rangle_n = (2/L) \int_0^L x^2 \sin^2(n\pi x/L) dx = \frac{1}{3}L^2 \{1 - (3/2n^2\pi^2)\}$$

$$\langle x^2 \rangle_2 = \frac{1}{3}L^2 \{1 - (3/8\pi^2)\}$$

Since the particle is equally likely to be found in the right-hand side of the box (between $L/2$ and L) and in the left-hand side of the box (between 0 and $L/2$), the average value $\langle x \rangle = L/2$ for all values of n . Therefore,

$$\Delta x_n = \{\langle x^2 \rangle_n - \langle x \rangle_n^2\}^{1/2} = \left\{ \frac{1}{3}L^2 - (1/2n^2\pi^2)L^2 - \frac{1}{4}L^2 \right\}^{1/2}$$

$$= \underline{(L/2\sqrt{3})\{1 - (6/n^2\pi^2)\}^{1/2}}$$

$$\Delta x_2 = \underline{(L/2\sqrt{3})\{1 - (3/2\pi^2)\}^{1/2}}$$

As for the momentum, the intuitive solution is $\langle p \rangle_n = 0$ because the wavefunction is a standing wave. The elegant solution is

$$\langle p \rangle = \langle n|p|n \rangle = \langle n|p|n \rangle^* \text{ [hermiticity]} = \langle n|p^*|n \rangle = -\langle n|p|n \rangle [p^* = -p].$$

Therefore since $\langle p \rangle = -\langle p \rangle$, $\langle p \rangle = 0$.

The straightforward solution is:

$$\begin{aligned} \langle p \rangle_n &= (\hbar/i)(2/L) \int_0^L \sin(n\pi x / L) (d/dx) \sin(n\pi x / L) dx \\ &= (2\hbar/iL)(n\pi/L) \int_0^L \sin(n\pi x / L) \cos(n\pi x / L) dx = 0 \end{aligned}$$

Also, note that

$$\langle p^2 \rangle_n = 2mE_n = \underline{n^2 \hbar^2 / 4L^2}$$

Thus, $\Delta p_n = \{\langle p^2 \rangle_n - \langle p \rangle_n^2\}^{1/2} = \langle p^2 \rangle_n^{1/2} = \underline{nh/2L}$

Therefore:

$$\begin{aligned} \Delta x_n \Delta p_n &= (L/2\sqrt{3}) \{1 - (6/n^2\pi^2)\}^{1/2} (nh/2L) \\ &= (n/4\sqrt{3}) \{1 - (6/n^2\pi^2)\}^{1/2} \hbar = \underline{(n\pi/\sqrt{3}) \{1 - (6/n^2\pi^2)\}^{1/2} (\hbar/2)} \end{aligned}$$

$$\Delta x_2 \Delta p_2 = (2\pi/\sqrt{3}) \{1 - (3/2\pi^2)\}^{1/2} (\hbar/2) = \underline{3.3406(\hbar/2)} > \hbar/2$$

as required. As n increases, the uncertainty product $\Delta x_n \Delta p_n$ increases.

Exercise: Repeat the calculation for the mixed state $\psi_1 \cos \beta + \psi_2 \sin \beta$.

What value of β minimizes the uncertainty product?

- 1.6** To use the Born interpretation to find the probability, we need to first normalize the wavefunction, $\psi(x) = Ne^{-2x}$. Normalization requires that

$$\int_0^\infty \psi^* \psi dx = \int_0^\infty N^2 e^{-4x} dx = 1$$

which yields $N = 2$. The probability of finding the particle at a distance $x \geq 1$ is given by

$$\begin{aligned} \text{Probability} &= \int_1^{\infty} (2e^{-2x})^2 dx \\ &= \underline{e^{-4}} \end{aligned}$$

Exercise: Suppose that the particle is now described by the unnormalized wavefunction $\psi(x) = e^{-3x}$. Between 0 and what other distance is the probability of finding the particle equal to $\frac{1}{2}$?

- 1.7** Use eqn 1.44. Since $l_z = (\hbar/i)(\partial/\partial\phi)$, $V(\phi) = V$, a constant, and $H = (1/2mr^2)l_z^2 + V$:

$$[H, l_z] = (1/2mr^2)[l_z^2, l_z] + [V, l_z] = 0 \quad \{[V, l_z] \propto dV/d\phi = 0\},$$

Hence, $(d/dt)\langle l_z \rangle = 0$

Exercise: Find the equation of motion for the expectation value of l_z for a particle on a vertical ring in a uniform gravitational field. Examine the equations for small displacements from the lowest point.

- 1.8** The most probable location is given by the value of x corresponding to the maximum (or maxima) of $|\psi|^2$; write this location x_* . In the present case

$$\begin{aligned} |\psi|^2 &= N^2 x^2 e^{-x^2/\Gamma^2} \\ (d/dx)|\psi|^2 &= N^2 \{2xe^{-x^2/\Gamma^2} - 2(x^3/\Gamma^2)e^{-x^2/\Gamma^2}\} = 0 \text{ at } x = x_* \end{aligned}$$

Hence, $1 - x_*^2/\Gamma^2 = 0$, so $\underline{x_* = \pm\Gamma}$

Exercise: Evaluate N for the wavefunction. Consider then another excited state wavefunction $\{2(x/\Gamma)^2 - 1\}e^{-x^2/2\Gamma^2}$, and locate x_* .

- 1.9** Base the answer on $|\psi|^2 = (b^3/\pi)e^{-2br}$. The probability densities are

(a) $|\psi(0)|^2 = b^3/\pi = 1/(53 \text{ pm})^3 \pi = \underline{2.1 \times 10^{-6} \text{ pm}^{-3}}$

(b) $|\psi(r = 1/b, \theta, \phi)|^2 = (b^3/\pi)e^{-2} = \underline{2.9 \times 10^{-7} \text{ pm}^{-3}}$

[The values of θ and ϕ do not matter because ψ is spherically symmetrical.] The probabilities are given by

$$P = \int_{\text{volume}} \psi^2 d\tau \approx |\psi|^2 \delta V$$

because $|\psi|^2$ is virtually constant over the small volume of integration $\delta V = 1 \text{ pm}^3$.

Hence:

$$\text{(a)} \quad P = |\psi(0)|^2 \delta V = \underline{2.1 \times 10^{-6}};$$

$$\text{(b)} \quad P = |\psi(1/b, \theta, \phi)|^2 \delta V = \underline{2.9 \times 10^{-7}}$$

Problems

1.1 (a)

$$\begin{aligned} \langle p_x \rangle &\propto \langle \sin(\pi x/L) \left| \frac{d}{dx} \right| \sin(\pi x/L) \rangle \\ &\propto \langle \sin(\pi x/L) | \cos(\pi x/L) \rangle = \underline{0} \end{aligned}$$

(b)

$$\begin{aligned} \langle p_x^2 \rangle &= 2m \langle T \rangle = 2mE [V=0] \quad [\text{see eqn 2.30}] \\ &= 2m \left(\frac{\hbar^2}{8mL^2} \right) [\text{for } n=1] = \underline{\hbar^2/4L^2} \end{aligned}$$

Alternatively, integrate explicitly.

Exercise: Evaluate (a) $\langle p_x^3 \rangle$, (b) $\langle p_x^4 \rangle$.

$$\text{1.4 (a)} \quad [A, B] = AB - BA = -(BA - AB) = -[B, A]$$

$$\text{(b)} \quad [A^m, A^n] = A^m A^n - A^n A^m = A^{m+n} - A^{m+n} = 0$$

(c)

$$\begin{aligned}
 [A^2, B] &= AAB - BAA = ABA + (AAB - ABA) - ABA + (ABA - BAA) \\
 &= A[A, B] + [A, B]A
 \end{aligned}$$

(d)

$$\begin{aligned}
 &[A, [B, C]] + [B, [C, A]] + [C, [A, B]] \\
 &= (ABC - ACB - BCA + CBA) + (BCA - BAC - CAB + ACB) \\
 &\quad + (CAB - CBA - ABC + BAC) = 0
 \end{aligned}$$

Exercise: Express $[A^2, B^2]$, $[A^3, B]$, and $[A, [B, [C, [D, E]]]]$ in terms of individual commutators.

1.7 Find a normalization constant N such that eqn 1.18 is satisfied.

$$\begin{aligned}
 \int |\psi|^2 d\tau &= N^2 \int_0^{2\pi} d\phi \int_0^\pi \sin\theta d\theta \int_0^\infty r^2 e^{-2br} dr \\
 &= N^2 \{2\pi\} \{2\} \int_0^\infty r^2 e^{-2br} dr = 4\pi N^2 \{2!/(2b)^3\} \\
 &= N^2 \pi / b^3.
 \end{aligned}$$

Hence $\underline{N = (b^3/\pi)^{1/2} = 1.5 \times 10^{15} \text{ m}^{-3/2}}$

Consequently, $\psi = (b^3/\pi)^{1/2} e^{-br}$

Exercise: ψ depends on Z as e^{-Zbr} . Find N for general Z .

1.10 (a) $[1/x, p_x]$; use the position representation.

$$\begin{aligned}
 [1/x, p_x] &= [x^{-1}, (\hbar/i)d/dx] = (\hbar/i)\{x^{-1}(d/dx) - (d/dx)x^{-1}\} \\
 &= (\hbar/i)\{x^{-1}(d/dx) - (dx^{-1}/dx) - x^{-1}(d/dx)\} \\
 &= -(\hbar/i)(dx^{-1}/dx) = \underline{(\hbar/i)x^{-2}}
 \end{aligned}$$

(b)

$$\begin{aligned}
 [1/x, p_x^2] &= [x^{-1}, -\hbar^2(d^2/dx^2)] \\
 &= -\hbar^2\{x^{-1}(d^2/dx^2) - (d^2/dx^2)x^{-1}\} \\
 &= -\hbar^2\{x^{-1}(d^2/dx^2) - (d/dx)[(dx^{-1}/dx) + x^{-1}(d/dx)]\} \\
 &= -\hbar^2\{x^{-1}(d^2/dx^2) - (d/dx)[-x^{-2} + x^{-1}(d/dx)]\} \\
 &= -\hbar^2\{x^{-1}(d^2/dx^2) + (dx^{-2}/dx) + x^{-2}(d/dx) \\
 &\quad - (dx^{-1}/dx)(d/dx) - x^{-1}(d^2/dx^2)\} \\
 &= -\hbar^2\{-2x^{-3} + 2x^{-2}(d/dx)\} \\
 &= 2\hbar^2/x^3 - 2\hbar^2x^{-2}(i/\hbar)p_x = \underline{(2\hbar/x^3)(\hbar - ip_x)}
 \end{aligned}$$

(c)

$$\begin{aligned}
 [xp_y - yp_x, yp_z - zp_y] \\
 &= [xp_y, yp_z] - [xp_y, zp_y] - [yp_x, yp_z] + [yp_x, zp_y] \\
 &= x[p_y, y]p_z - 0 - 0 + p_x[y, p_y]z \\
 &= x(-i\hbar)p_z + p_x(i\hbar)z = \underline{i\hbar(zp_x - xp_z)}
 \end{aligned}$$

(d)

$$\begin{aligned}
 & [x^2(\partial^2/\partial y^2), y(\partial/\partial x)] \\
 &= x^2(\partial^2/\partial y^2)y(\partial/\partial x) - y(\partial/\partial x)x^2(\partial^2/\partial y^2) \\
 &= x^2(\partial/\partial x)(\partial^2/\partial y^2)y - (\partial/\partial x)x^2y(\partial^2/\partial y^2) \\
 &= x^2(\partial/\partial x)(\partial/\partial y)\{1 + y(\partial/\partial y)\} - \{2x + x^2(\partial/\partial x)\}y(\partial^2/\partial y^2) \\
 &= x^2(\partial/\partial x)\{2(\partial/\partial y) + y(\partial^2/\partial y^2)\} - 2xy(\partial^2/\partial y^2) - x^2(\partial/\partial x)y(\partial^2/\partial y^2) \\
 &= 2x^2(\partial/\partial x)(\partial/\partial y) - 2xy(\partial^2/\partial y^2) \\
 &= \underline{2x^2(\partial^2/\partial x\partial y) - 2xy(\partial^2/\partial y^2)}
 \end{aligned}$$

Exercise: Evaluate $[xy(\partial^2/\partial x\partial y), x^2(\partial^2/\partial y^2)]$.

1.13 Use the correspondence in Section 1.5.

(a)

$$T = p^2/2m = \underline{-(\hbar^2/2m)(d^2/dx^2)} \text{ in one dimension.}$$

$$\begin{aligned}
 T = p^2/2m &= -(\hbar^2/2m)\{(\partial^2/\partial x^2) + (\partial^2/\partial y^2) + (\partial^2/\partial z^2)\} \\
 &= \underline{-(\hbar^2/2m)\nabla^2} \text{ in three dimensions.}
 \end{aligned}$$

(b) $1/x \rightarrow$ multiplication by $(1/x)$

(c) $\mu = \sum_i Q_i r_i \rightarrow$ multiplication by $\sum_i Q_i r_i$

(d)

$$\begin{aligned}
 l_z = xp_y - yp_x &= \underline{(\hbar/i)\{x(\partial/\partial y) - y(\partial/\partial x)\}} \\
 &= \underline{(\hbar/i)(\partial/\partial\phi)} \text{ for } x = r \cos \phi, y = r \sin \phi
 \end{aligned}$$

(e) $\delta x^2 = x^2 - \langle x \rangle^2 \rightarrow$ multiplication by $\{x^2 - \langle x \rangle^2\}$

$$\delta p^2 = p^2 - \langle p \rangle^2 \rightarrow \{-\hbar^2(\partial^2/\partial x^2) - \langle p \rangle^2\}$$

Exercise: Devise operators for $1/r$, xp_x , and $e^{\alpha x}$.

1.16 Take $H\Psi = \kappa(\partial^2\Psi/\partial t^2)$. Because H has the dimensions of energy, κ must have the dimensions of energy \times time², or ML^2 . Try $\Psi = \psi\theta$, with H an operator on x , not t . The equation separates into $H\psi = E\psi$, $d^2\theta/dt^2 = (E/\kappa)\theta$. The latter admits solutions of the form $\theta \propto \cos(E/\kappa)^{1/2}t$. Then

$$\int |\Psi|^2 d\tau \propto \int |\psi|^2 d\tau \cos^2(E/\kappa)^{1/2}t$$

which oscillates in time between 0 and 1; hence the total probability is not conserved.

1.19 (a)

$$\begin{aligned} e^A e^B &= (1 + A + \frac{1}{2}A^2 + \dots)(1 + B + \frac{1}{2}B^2 + \dots) \\ &= 1 + (A + B) + \frac{1}{2}(A^2 + 2AB + B^2) + \dots \\ e^{A+B} &= 1 + (A + B) + \frac{1}{2}(A + B)^2 + \dots \\ &= 1 + (A + B) + \frac{1}{2}(A^2 + AB + BA + B^2) + \dots \end{aligned}$$

Therefore, $e^A e^B = e^{A+B}$ only if $AB = BA$, which is so if $[A, B] = 0$.

(b) If $[A, [A, B]] = [B, [A, B]] = 0$, then

$$\begin{aligned}
 e^{A+B} &= 1 + (A + B) + \frac{1}{2}(A^2 + AB + BA + B^2) \\
 &\quad + (1/3!)(A^3 + A^2B + ABA + BAA + BBA + BAB + ABB + B^3) + \dots \\
 &= 1 + (A + B) + \frac{1}{2}(A^2 + 2AB + B^2) - \frac{1}{2}[A, B] \\
 &\quad + (1/3!)(A^3 + 3A^2B + 3AB^2 + B^3) - \frac{1}{2}(A + B)[A, B] + \dots \\
 &= \underline{e^A e^B e^{-\frac{1}{2}[A, B]}}
 \end{aligned}$$

Therefore, $e^A e^B = e^{A+B} e^f$ where $f = [A, B]/2$.

Exercise: Find expressions for $\cos A \cos B$ and $\cos A \sin B$, where A and B are operators such that

$$[A, [A, B]] = [B, [A, B]] = 0$$

(Use $\cos A = \frac{1}{2}(e^{iA} + e^{-iA})$, etc.)

1.22 $(d/dt)\langle \Omega \rangle = (i/\hbar)\langle [H, \Omega] \rangle$ [eqn 1.44].

For a harmonic oscillator, $H = p_x^2/2m + \frac{1}{2}k_f x^2$, and

$$[H, x] = [p_x^2/2m, x] = -(i\hbar/m)p_x \quad [\text{Problem 1.11}]$$

$$[H, p_x] = [\frac{1}{2}k_f x^2, p_x] = -i\hbar k_f x \quad [\text{Problem 1.11}]$$

$$(d/dt)\langle x \rangle = \underline{(1/m)\langle p_x \rangle}; \quad (d/dt)\langle p_x \rangle = \underline{-k_f \langle x \rangle}$$

Therefore

$$(d^2/dt^2)\langle x \rangle = (1/m)(d/dt)\langle p_x \rangle = -(k_f/m)\langle x \rangle$$

The solution of $(d^2/dt^2)\langle x \rangle = -(k_f/m)\langle x \rangle$ is

$$\langle x \rangle = A \cos \omega t + B \sin \omega t, \quad \omega^2 = k_f/m$$

$$\langle p \rangle = m(d/dt)\langle x \rangle = -Am\omega \sin \omega t + Bm\omega \cos \omega t$$

which is the classical trajectory.

Exercise: Find the equation of motion of the expectation values of x and p for a quartic oscillator ($V \propto x^4$).

1.25 $(-\hbar^2/2m)(d^2\Psi/dx^2) + V(t)\Psi = i\hbar (\partial\Psi/\partial t)$.

(a) Try $\Psi = \psi(x)\theta(t)$, then

$$(-\hbar^2/2m)\psi''\theta + V(t)\psi\theta = i\hbar \psi \, d\theta/dt$$

$$-(\hbar^2/2m)(\psi''/\psi) + V(t) - i\hbar (d\theta/dt)(1/\theta) = 0$$

By the same argument as that in Section 1.14, $(-\hbar^2/2m)(\psi''/\psi) = \varepsilon$, a constant; hence

$$\psi'' = -(2m\varepsilon/\hbar^2)\psi \tag{1.1}$$

$i\hbar (d\theta/dt)(1/\theta) - V(t) = \varepsilon$, the same constant; hence

$$(d/dt) \ln \theta = \varepsilon + V(t)/i\hbar \tag{1.2}$$

(b) Equation (1) has the solution $\psi = Ae^{ikx} + Be^{-ikx}$, $k = (2m\varepsilon/\hbar^2)^{1/2}$

Equation (2) has the solution $\ln \theta(t) = \ln \theta(0) - (i/\hbar) \int_0^t \{\varepsilon + V(t)\} dt$

Therefore, on absorbing $\ln \theta(0)$ into A and B ,

$$\Psi = \psi(x) \exp \left\{ -i(\varepsilon/\hbar)t - (i/\hbar) \int_0^t V(t) dt \right\}$$

Let $V(t) = V \cos \omega t$, then $\int_0^t V(t) dt = (V/\omega) \sin \omega t$, so

$$\begin{aligned}\Psi &= \psi(x) \exp\{-i(\epsilon/\hbar)t - i(V/\hbar\omega) \sin \omega t\} \\ &= \psi(x)(\cos \phi - i \sin \phi), \quad \phi = \epsilon t/\hbar + (V/\hbar\omega) \sin \omega t.\end{aligned}$$

The behaviour of the real and imaginary parts of Ψ (essentially the functions $\cos(\tau + \sin \tau)$ and $\sin(\tau + \sin \tau)$) is shown in Fig. 1.1. The dotted line is $\cos(\tau + \sin \tau)$ and the full line is $\sin(\tau + \sin \tau)$.

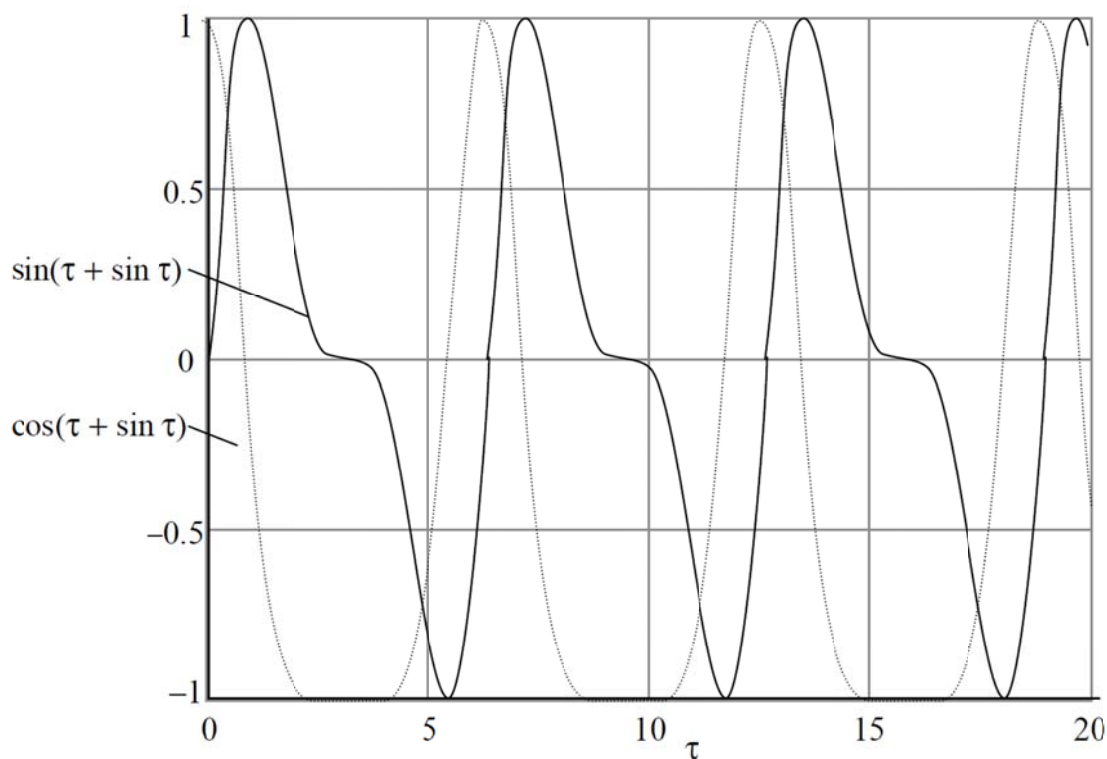


Figure 1.1: The real (dotted line) and imaginary (full line) components of Ψ .

(c) Note that $|\Psi|^2 = |\psi(x)|^2$, and so it is stationary.

Exercise: Consider the form of Ψ for an exponentially switched cosine potential energy, $V(t) = V(1 - e^{-t/T}) \cos \omega t$, for various switching rates.

1.28 From eqn 1.44,

$$\frac{d\langle x \rangle}{dt} = \frac{i}{\hbar} \langle [H, x] \rangle$$

The commutator has been evaluated in Problem 1.11(b):

$$\langle [H, x] \rangle = \frac{\hbar}{im} \langle p_x \rangle$$

and therefore

$$\frac{d\langle x \rangle}{dt} = \frac{\langle p_x \rangle}{m}$$

which is eqn 1.47.