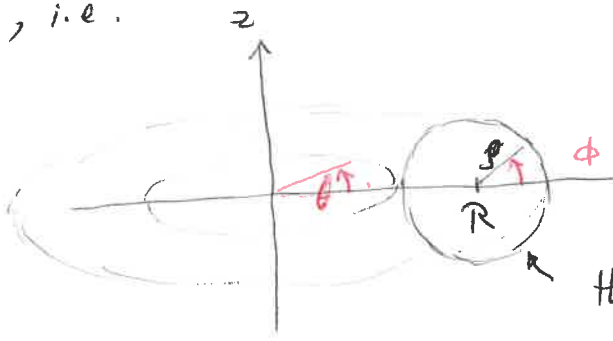


Calculate

$$\iint_T (x^2 + y^2) dS$$

$$\text{and } \iint_T (x^2 + z^2) dS$$

where T is a torus with radii R, ρ ~~and~~ symmetric about the z -axis, i.e.



this circle rotated about z -axis

Hint for a convenient parametrization - see notes pg 102:
(you find the right page...)