

Double Beta Decay. II

LOTHAR MEICHSNER

Max-Planck-Institut für Chemie, Otto-Hahn-Institut, Mainz, Germany

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General formulas are given for the differential probability of allowed double β decay of nonoriented nuclei holding for any initial angular momentum and all possible final angular momenta according to the theory of Feynman and Gell-Mann. Six different combinations of reduced matrix elements occur. The decay probability for transitions $0 \rightarrow 2$ is small of second order compared with that for transitions $0 \rightarrow 0$. A lower limit for the half-life of the transition $0 \rightarrow 2$ of $^{20}\text{Ca}_{28}$ is calculated as a function of the intermediate nuclear energy using j - j shell-model configurations. A slight generalization of the coupling constants suitable for two-neutrino decay is considered.

I. INTRODUCTION

IN a former paper,¹ formulas for the probability of double β decay were given according to the theory of the Fermi interaction of Feynman and Gell-Mann,² which only admits double β decay with two antineutrinos. These formulas hold for allowed transitions of nonoriented nuclei of initial angular momentum $J_i=0$ to the possible final angular momenta $J_f=0, 1, 2$. Due to the approximation made, the probability for transitions $0 \rightarrow 2$ vanishes. Since these transitions are of practical interest, e.g., for $^{20}\text{Ca}_{28}$, it is desirable to consider higher terms of the expansion in order to get a nonvanishing value for the decay probability. Moreover, for a deeper insight into the mechanism of double β decay, especially into the coupling of angular momenta, it seems useful to give the decay formulas in a generalized form.

For single β decay, Lee-Whiting succeeded in deriving a general formulation for arbitrary forbiddenness.³ Rosen has formulated the theory of neutrinoless double β decay in a similar manner,⁴ but without considering angular correlations. A corresponding treatment of the two-neutrino case seems to be too complicated.⁴ The role of certain forbidden transitions for neutrinoless decay was considered by Janouch.⁵

II. GENERAL FORMULAS

Assuming a Fermi interaction according to Feynman and Gell-Mann,² the differential probability for allowed double β decay of a nonoriented nucleus of any initial angular momentum J_i becomes

$$d^3\lambda = \frac{G^4}{30\pi^7} F(Z, W_1) F(Z, W_2) \sum_{mm'} \{ [P_{mm'}^1(q, D) \mathcal{C}_m \mathcal{C}_{m'}^* + P_{mm'}^2(q, D) \mathcal{B}_m^- \mathcal{B}_{m'}^{*-}] (1 - v_1 v_2 \cos \theta) + [P_{mm'}^3(q, D) \mathcal{B}_m^+ \mathcal{B}_{m'}^{*+} + P_{mm'}^4(q, D) (\mathcal{C}_m \mathcal{C}_{m'}^* + \mathcal{D}_m \mathcal{D}_{m'}^* + \mathcal{E}_m \mathcal{E}_{m'}^*)] (1 + \frac{1}{3} v_1 v_2 \cos \theta) \} \times dW_1 dW_2 \sin \theta d\theta / 2, \quad (1)$$

¹ L. Meichsner, Phys. Rev. **117**, 489 (1960), hereafter referred to as part I. See also there for the notation used here.

² R. P. Feynman and M. Gell-Mann, Phys. Rev. **109**, 193 (1959).

³ G. E. Lee-Whiting, Can. J. Phys. **36**, 1199 (1958).

where $q \equiv \epsilon - W_1 - W_2$ and $D \equiv W_2 - W_1$. Since the electrons are indistinguishable, D is restricted to $D \geq 0$ (or $D \leq 0$). This fact, however, becomes important only for integration over W_1 and W_2 . Equation (1) was derived taking into account the negative sign in certain terms due to the anticommutation rules of the lepton operators.⁶

The $P_{mm'}^{\alpha}$'s are given as integrals over the energy difference of the antineutrinos, $\Delta \equiv q_2 - q_1$. One has

$$P^{1,2} \equiv \frac{15}{128} (I^1 \pm I^2 + I^3 \pm I^4), \quad (2)$$

$$P^{3,4} \equiv \frac{15}{128} (I^1 \pm I^2 - I^3 \mp I^4);$$

$$I_{mm'}^{1,2} \equiv \int_{-q}^q \frac{(q^2 - D^2)^2 d\Delta}{(\eta_m - D - \Delta)(\eta_{m'} - D \mp \Delta)} + \int_{-q}^q \frac{(q^2 - D^2)^2 d\Delta}{(\eta_m + D - \Delta)(\eta_{m'} + D \mp \Delta)}, \quad (3)$$

$$I_{mm'}^{3,4} \equiv \int_{-q}^q \frac{(q - D)^2 d\Delta}{(\eta_m - D - \Delta)(\eta_{m'} + D \mp \Delta)} + \int_{-q}^q \frac{(q^2 - D^2)^2 d\Delta}{(\eta_m + D - \Delta)(\eta_{m'} - D \mp \Delta)}$$

Δ should be restricted to $0 \leq \Delta \leq q$ (or $-q \leq \Delta \leq 0$). The extension of the domain of integration is due to the appearance of sums like

$$\int_0^q f(\Delta) d\Delta + \int_0^q f(-\Delta) d\Delta = \int_{-q}^q f(\Delta) d\Delta.$$

All the four $P_{mm'}^{\alpha}$'s are even functions of D ; $P_{mm'}^3$ and $P_{mm'}^4$ vanish for $D=0$, $P_{mm'}^1$ and $P_{mm'}^2$ do not.

\mathcal{C}_m , etc., are the following six combinations of

⁴ S. P. Rosen, Can. J. Phys. **37**, 780 (1959).

⁵ F. Janouch, J. Exptl. Theoret. Phys. (U.S.S.R.) **36**, 335 (1959) [translation: Soviet Phys.—JETP **36**(9), 231 (1958)]; Czech. J. Phys. **B10**, 1 (1960).

⁶ W. H. Furry, Phys. Rev. **56**, 1184 (1939).

reduced matrix elements⁷:

$$\begin{aligned}
 \mathcal{Q}_m &\equiv \left(\frac{2J_f+1}{2J_i+1} \right)^{\frac{1}{2}} \{ \langle f \| 1 \| m \rangle \langle m \| 1 \| i \rangle + 3^{\frac{1}{2}} (2J_m+1)^{\frac{1}{2}} \\
 &\quad \times W(11J_iJ_f; 0J_m) \langle f \| \sigma \| m \rangle \langle m \| \sigma \| i \rangle \}, \\
 \mathcal{B}_m^{\pm} &\equiv \left(\frac{2J_f+1}{2J_i+1} \right)^{\frac{1}{2}} \{ \langle f \| 1 \| m \rangle \langle m \| \sigma \| i \rangle \\
 &\quad - \langle f \| \sigma \| m \rangle \langle m \| 1 \| i \rangle \pm 6^{\frac{1}{2}} (2J_m+1)^{\frac{1}{2}} \\
 &\quad \times W(11J_iJ_f; 1J_m) \langle f \| \sigma \| m \rangle \langle m \| \sigma \| i \rangle \}, \\
 \mathcal{C}_m &\equiv \left(\frac{2J_f+1}{2J_i+1} \right)^{\frac{1}{2}} (20)^{\frac{1}{2}} (2J_m+1)^{\frac{1}{2}} \\
 &\quad \times W(11J_iJ_f; 2J_m) \langle f \| \sigma \| m \rangle \langle m \| \sigma \| i \rangle, \\
 \mathcal{D}_m &\equiv \left(\frac{2J_f+1}{2J_i+1} \right)^{\frac{1}{2}} 2^{\frac{1}{2}} \{ \langle f \| 1 \| m \rangle \langle m \| \sigma \| i \rangle \\
 &\quad + \langle f \| \sigma \| m \rangle \langle m \| 1 \| i \rangle \}, \\
 \mathcal{E}_m &\equiv \left(\frac{2J_f+1}{2J_i+1} \right)^{\frac{1}{2}} \{ 3^{\frac{1}{2}} \langle f \| 1 \| m \rangle \langle m \| 1 \| i \rangle - (2J_m+1)^{\frac{1}{2}} \\
 &\quad \times W(11J_iJ_f; 0J_m) \langle f \| \sigma \| m \rangle \langle m \| \sigma \| i \rangle \}.
 \end{aligned} \tag{4}$$

where the W 's are Racah coefficients.⁸ The given expressions can be different from zero only for $J_f = J_i$, $J_i \pm 1$, $J_i \pm 2$. Moreover, we have

$$\begin{aligned}
 \mathcal{Q}_m = \mathcal{E}_m = 0 &\quad \text{for } J_f \neq J_i; \\
 \mathcal{B}_m^{\pm} = \mathcal{D}_m = 0 &\quad \text{for } J_f = J_i \pm 2 \text{ and for } 0 \rightarrow 0; \\
 \mathcal{C}_m = 0 &\quad \text{for } 0 \rightarrow 0, 0 \rightarrow 1, \frac{1}{2} \rightarrow \frac{1}{2}, 1 \rightarrow 0.
 \end{aligned} \tag{5}$$

These equations hold since either the reduced matrix elements or the Racah coefficients vanish, or both. For $J_i = 0$ one has

$$\begin{aligned}
 0 \rightarrow 0: \quad \mathcal{Q}_m &= \langle f \| 1 \| m \rangle \langle m \| 1 \| i \rangle + 3^{\frac{1}{2}} \langle f \| \sigma \| m \rangle \langle m \| \sigma \| i \rangle, \\
 \mathcal{E}_m &= 3^{\frac{1}{2}} \langle f \| 1 \| m \rangle \langle m \| 1 \| i \rangle - \langle f \| \sigma \| m \rangle \langle m \| \sigma \| i \rangle; \\
 0 \rightarrow 1: \quad \mathcal{B}_m^{\pm} &= 3^{\frac{1}{2}} \{ \langle f \| 1 \| m \rangle \langle m \| \sigma \| i \rangle - \langle f \| \sigma \| m \rangle \langle m \| 1 \| i \rangle \} \\
 &\quad \pm 6^{\frac{1}{2}} \langle f \| \sigma \| m \rangle \langle m \| \sigma \| i \rangle, \\
 \mathcal{D}_m &= 6^{\frac{1}{2}} \{ \langle f \| 1 \| m \rangle \langle m \| \sigma \| i \rangle + \langle f \| \sigma \| m \rangle \langle m \| 1 \| i \rangle \}; \\
 0 \rightarrow 2: \quad \mathcal{C}_m &= (20)^{\frac{1}{2}} \langle f \| \sigma \| m \rangle \langle m \| \sigma \| i \rangle.
 \end{aligned} \tag{6}$$

From Eq. (1) it is to be seen that the angular correlations appear only through the factors $1 - v_1 v_2 \cos \theta$ and $1 + \frac{1}{3} v_1 v_2 \cos \theta$. Equations (1)–(5) show that the energy distribution and angular correlations depend on the change of angular momentum.

⁷ It should be noted that the factor $[(2J_f+1)/(2J_i+1)]^{\frac{1}{2}}$ is not incorporated in \mathcal{Q}_m^{\pm} in part I.

⁸ M. E. Rose, *Elementary Theory of Angular Momentum* (John Wiley & Sons, Inc., New York; Chapman & Hall, Ltd., London, 1957), Chap. VI and Appendix I.

III. EXPANSIONS

The integrals of Eqs. (3) can be evaluated in an elementary way. The results are best expressed as expansions in powers of q . One has

$$\begin{aligned}
 P_{mm'}^{1,3} &= \frac{15}{4} q^5 \sum_{n=0, \text{even}}^{\infty} \frac{q^n}{(n+1)(n+3)(n+5)} \\
 &\quad \times \sum_{k=0, \text{even}}^n \left[\frac{1}{(\eta_m - D)^{k+1}} \pm \frac{1}{(\eta_m + D)^{k+1}} \right] \\
 &\quad \times \left[\frac{1}{(\eta_{m'} - D)^{n-k+1}} \pm \frac{1}{(\eta_{m'} + D)^{n-k+1}} \right], \\
 P_{mm'}^{2,4} &= \frac{15}{4} q^5 \sum_{n=0, \text{even}}^{\infty} \frac{q^n}{(n+1)(n+3)(n+5)} \\
 &\quad \times \sum_{k=0, \text{odd}}^n \left[\frac{1}{(\eta_m - D)^{k+1}} \pm \frac{1}{(\eta_m + D)^{k+1}} \right] \\
 &\quad \times \left[\frac{1}{(\eta_{m'} - D)^{n-k+1}} \pm \frac{1}{(\eta_{m'} + D)^{n-k+1}} \right].
 \end{aligned} \tag{7}$$

The necessary and sufficient condition for this expansion, $q/(\eta_m \mp D) < 1$, is always satisfied, since we have

$$\frac{q}{\eta_m} \leq \frac{q}{\eta_m - |D|} \leq \frac{q}{\eta_m - (\epsilon - 2) + q} \leq \frac{\epsilon - 2}{\eta_m} < 1,$$

due to $0 \leq |D| \leq W - 2$, $W + q = \epsilon$, $0 \leq q \leq \epsilon - 2$, and $\eta_m > \epsilon - 2$. The last relation follows from the fact that the energy of the whole system in the intermediate state must be greater than ϵ_i . Owing to the good convergence of the expansion in consequence of $[(n+1)(n+3)(n+5)]^{-1}$, it is not necessary in order to break off after a few terms that $q/(\eta_m - D) \ll 1$ hold. Assuming $\epsilon_m \geq \epsilon_i$ and ϵ not greater than that for $^{20}\text{Ca}_{28}$, i.e., $\epsilon \lesssim 10$, one has $(\epsilon - 2)/\eta_m \lesssim 0.8$. In this case breaking off after $n = 2$ gives sufficient accuracy in the whole energy range.

A further expansion in powers of D , considering terms up to the third order, gives

$$\begin{aligned}
 P_{mm'}^1 &= \frac{1}{\eta_m \eta_{m'}} q^5 + \left(\frac{1}{\eta_m \eta_{m'}^3} + \frac{1}{\eta_m^3 \eta_{m'}} \right) \left(\frac{1}{7} q^7 + q^5 D^2 \right) \\
 &\quad + \left(\frac{1}{\eta_m \eta_{m'}^5} + \frac{1}{\eta_m^5 \eta_{m'}^3} + \frac{1}{\eta_m^3 \eta_{m'}^5} \right) \left(\frac{1}{21} q^9 + q^5 D^4 \right) \\
 &\quad + \left(\frac{3}{\eta_m \eta_{m'}^5} + \frac{1}{\eta_m^5 \eta_{m'}^3} + \frac{3}{\eta_m^3 \eta_{m'}^5} \right) \frac{2}{7} q^7 D^2 + \dots,
 \end{aligned}$$

$$\begin{aligned}
P_{mm'}^2 &= \frac{1}{\eta_m^2 \eta_{m'}^2} \frac{1}{7} q^7 \\
&+ \left(\frac{1}{\eta_m^2 \eta_{m'}^4} + \frac{1}{\eta_m^4 \eta_{m'}^2} \right) \left(\frac{1}{21} q^9 + \frac{3}{7} q^7 D^2 \right) + \dots, \\
P_{mm'}^3 &= \frac{1}{\eta_m^2 \eta_{m'}^2} q^5 D^2 \\
&+ \left(\frac{1}{\eta_m^2 \eta_{m'}^4} + \frac{1}{\eta_m^4 \eta_{m'}^2} \right) \left(\frac{3}{7} q^7 D^2 + q^5 D^4 \right) + \dots, \\
P_{mm'}^4 &= \frac{1}{\eta_m^3 \eta_{m'}^3} \frac{4}{7} q^7 D^2 + \dots.
\end{aligned} \tag{8}$$

The necessary and sufficient condition for this, $D^2/\eta_m^2 < 1$, is always satisfied, but convergence is not so good as for the previous expansion. Nevertheless, breaking off after a few terms is admissible, since the maximum errors are at small q , where $d^3\lambda$ is small anyway.

Combining Eqs. (1) and (8) we get

$$\begin{aligned}
d^3\lambda &= (G^4/30\pi^7) F(Z, W_1) F(Z, W_2) p_1 W_1 p_2 W_2 \\
&\times \{ q^5 | \sum_m \eta_m^{-1} \mathcal{Q}_m |^2 (1 - v_1 v_2 \cos \theta) \\
&+ (1/7) q^7 [2 \operatorname{Re}(\sum_m \eta_m^{-1} \mathcal{Q}_m \sum_m \eta_m^{-3} \mathcal{Q}_m^*) \\
&+ | \sum_m \eta_m^{-2} \mathcal{Q}_m^- |^2] (1 - v_1 v_2 \cos \theta) \\
&+ q^5 D^2 [2 \operatorname{Re}(\sum_m \eta_m^{-1} \mathcal{Q}_m \sum_m \eta_m^{-3} \mathcal{Q}_m^*) (1 - v_1 v_2 \cos \theta) \\
&+ | \sum_m \eta_m^{-2} \mathcal{Q}_m^+ |^2 (1 + \frac{1}{3} v_1 v_2 \cos \theta)] \\
&+ (1/21) q^9 [2 \operatorname{Re}(\sum_m \eta_m^{-1} \mathcal{Q}_m \sum_m \eta_m^{-5} \mathcal{Q}_m^*) \\
&+ | \sum_m \eta_m^{-3} \mathcal{Q}_m |^2 \\
&+ 2 \operatorname{Re}(\sum_m \eta_m^{-2} \mathcal{Q}_m^- \sum_m \eta_m^{-4} \mathcal{Q}_m^*)] (1 - v_1 v_2 \cos \theta) \\
&+ q^5 D^4 [2 \operatorname{Re}(\sum_m \eta_m^{-1} \mathcal{Q}_m \sum_m \eta_m^{-5} \mathcal{Q}_m^*) \\
&+ | \sum_m \eta_m^{-3} \mathcal{Q}_m |^2] (1 - v_1 v_2 \cos \theta) \\
&+ 2 \operatorname{Re}(\sum_m \eta_m^{-2} \mathcal{Q}_m^+ \sum_m \eta_m^{-4} \mathcal{Q}_m^*) (1 + \frac{1}{3} v_1 v_2 \cos \theta) \} \\
&+ (4/7) q^7 D^2 \{ [3 \operatorname{Re}(\sum_m \eta_m^{-1} \mathcal{Q}_m \sum_m \eta_m^{-5} \mathcal{Q}_m^*) \\
&+ \frac{1}{2} | \sum_m \eta_m^{-3} \mathcal{Q}_m |^2 \\
&+ \frac{3}{2} \operatorname{Re}(\sum_m \eta_m^{-2} \mathcal{Q}_m^- \sum_m \eta_m^{-4} \mathcal{Q}_m^*)] (1 - v_1 v_2 \cos \theta) \\
&+ [\frac{3}{2} \operatorname{Re}(\sum_m \eta_m^{-2} \mathcal{Q}_m^+ \sum_m \eta_m^{-4} \mathcal{Q}_m^*) \\
&+ | \sum_m \eta_m^{-3} \mathcal{Q}_m |^2 + | \sum_m \eta_m^{-3} \mathcal{D}_m |^2 + | \sum_m \eta_m^{-3} \mathcal{E}_m |^2] \\
&\times (1 + \frac{1}{3} v_1 v_2 \cos \theta) \} \} dW_1 dW_2 \sin \theta d\theta / 2. \tag{9}
\end{aligned}$$

In this approximation all possible combinations of reduced matrix elements occur.

IV. TRANSITIONS $0 \rightarrow 2$

Equations (5) and (9) show that transitions $0 \rightarrow 2$ are just "second forbidden" in the sense of part I. They correspond to the unique forbidden transitions of single β decay. The total decay probability is

$$\lambda(0 \rightarrow 2) = \frac{G^4}{30\pi^7} f_{72}(Z, \epsilon) | \sum_m \eta_m^{-3} \mathcal{Q}_m |^2, \tag{10}$$

with

$$\begin{aligned}
f_{72}(Z, \epsilon) &\equiv \frac{4}{7} \int \int_{W_1 \leq W_2} dW_1 dW_2 F(Z, W_1) F(Z, W_2) \\
&\times p_1 W_1 p_2 W_2 (\epsilon - W_1 - W_2)^7 (W_2 - W_1)^2 \\
&\simeq \frac{1}{13680} G(Z, \bar{W}_1) G(Z, \bar{W}_2) (\epsilon - 2)^{11} \\
&\times \left[1 + \frac{2}{3} (\epsilon - 2) + \frac{2}{13} (\epsilon - 2)^2 \right. \\
&\quad \left. + \frac{1}{91} (\epsilon - 2)^3 + \frac{1}{2730} (\epsilon - 2)^4 \right]; \tag{11}
\end{aligned}$$

$$\bar{W}_{1,2} = \frac{1}{2} (1 \mp 3^{-1/2}) \bar{W},$$

$$\begin{aligned}
\bar{W} &= (1/28) \{ 7(\epsilon - 2) + 40 \\
&\quad + [49(\epsilon - 2)^2 - 112(\epsilon - 2) + 256]^{1/2} \}.
\end{aligned} \tag{12}$$

\bar{W}_1 and \bar{W}_2 are determined in the same way as the values $\bar{W}_1 = \bar{W}_2 = \bar{W}/2$ for $f_{50}(Z, \epsilon)$ in part I. If $\bar{W}_1 < 1$ results, \bar{W}_1 and \bar{W}_2 given above are to be replaced by

$$\begin{aligned}
\bar{W}_1 &= 1, \\
\bar{W}_2 &= (1/24) \{ 5(\epsilon - 2) + 14 \\
&\quad + [25(\epsilon - 2)^2 + 44(\epsilon - 2) + 100]^{1/2} \}.
\end{aligned} \tag{13}$$

From Eq. (10) we can calculate the half-life for $0 \rightarrow 2$ of $^{20}\text{Ca}_{28}$. The six neutrons and the two protons in the $f_{7/2}$ state can couple to $J_f = 2$ in nine different ways. From these nine functions, one with isotopic spin $T = 3$ and eight with $T = 2$ may be constructed. We want, however, to get a lower limit for $t(0 \rightarrow 2)$. Therefore, we consider that linear combination with $|\langle f || \sigma || m_1 \rangle|$ as great as possible and find

$$|\langle f || \sigma || m_1 \rangle| = (3.00)^{1/2}.$$

With this we get

$\epsilon m_1 - \epsilon_i$	0	2	4	6	Mev
$t(0 \rightarrow 2)$	0.27×10^{20}	1.4×10^{21}	1.5×10^{22}	0.84×10^{23}	years.

$\langle f || \sigma || m_1 \rangle$ vanishes for all the other eight possible linear combinations orthogonal to the one considered.

V. TRANSITIONS $0 \rightarrow 1$

Replacing \bar{W}_1 and \bar{W}_2 of Eqs. (12) and (13), respectively, by the values holding for $f_{50}(Z, \epsilon)$, as was done for $0 \rightarrow 1$ in part I, gives no serious errors. For the sake of completeness we give the correct values here.

They are

$$f_{70}(Z, \epsilon): \quad \bar{W}_1 = \bar{W}_2 = \frac{1}{2}\bar{W},$$

$$\bar{W} = (1/24)\{5(\epsilon-2) + 32 + [25(\epsilon-2)^2 - 64(\epsilon-2) + 256]^{1/2}\}; \quad (14)$$

$$f_{52}(Z, \epsilon): \quad \bar{W}_{1,2} = \frac{1}{2}(1 \mp 2^{-1/2})\bar{W},$$

$$\bar{W} = (1/24)\{7(\epsilon-2) + 36 + [49(\epsilon-2)^2 - 72(\epsilon-2) + 144]^{1/2}\}. \quad (15)$$

If $\bar{W}_1 < 1$ results, one has to put instead

$$\bar{W}_1 = 1,$$

$$\bar{W}_2 = (1/20)\{5(\epsilon-2) + 12 + [25(\epsilon-2)^2 + 40(\epsilon-2) + 64]^{1/2}\}. \quad (16)$$

VI. COUPLING CONSTANTS

Recent experiments show that the Fermi interaction differs somewhat from that proposed by Feynman and Gell-Mann² insofar as the V and A contributions are not equal. There might also be other slight deviations from this theory.⁹ For the study of double β decay with two (anti)neutrinos, the assumption $C_V = C_V'$, $C_A = C_A'$ with arbitrary C_V , C_A and all other coupling constants vanishing is sufficient. Then one has to replace $\mathbf{1}$ and $\boldsymbol{\sigma}$ by $(2^{1/2}C_V/G)\mathbf{1}$ and $-(2^{1/2}C_A/G)\boldsymbol{\sigma}$, respectively.

⁹ H. Schopper and H. Müller, Nuovo cimento **13**, 1026 (1960).

VII. ERRORS IN PART I

(a) The six neutrons and the two protons of $^{22}\text{Ti}_{26}$ in the $f_{7/2}$ state can couple to $J_f = 0$ in four (not nine) different ways. From these four functions one linear combination with $T=4$ and three (not eight) with $T=2$ may be constructed.

(b) The linear combination

$$|f\rangle = (5/6)^{1/2}|00_n 0_p\rangle - (1/6)^{1/2}|02_n 2_p\rangle,$$

for which $T=2$ holds, contains the smallest possible neutron and proton angular momenta, but its $\langle |\mathbf{J}_{n,p}|^2 \rangle$ is not as small as possible. This is, however, true for

$$|f\rangle \simeq 0.967|00_n 0_p\rangle - 0.236|02_n 2_p\rangle - 0.088|04_n 4_p\rangle - 0.049|06_n 6_p\rangle.$$

We now have

$$\langle f || \boldsymbol{\sigma} || m_1 \rangle = -0.403,$$

and the half-life is $(8.4)^{-1}$ times as that for the former $|f\rangle$. Both functions $|f\rangle$ are obvious generalizations of that with $J_n = J_p = 0$.

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