

Contents

1	Introduction: The Nature of Biophysics	1
1.1	The Study of Life as a Physical System	1
1.2	Conceptual Models of Nature	2
1.3	Conceptual Models and Natural Sciences	4
1.4	Biophysical Studies	7
1.5	Focus of This Study	8
1.6	Organization of Study	8
2	The Kinds of Ordinary Materials	11
2.1	Nature of Matter	11
2.2	Mixtures, Solutions, Colloids, Sols, and Gels	16
2.2.1	Mixtures in Biological Structures	19
2.2.2	Detecting Particle Size in Colloids.....	20
2.2.3	Separating Materials	22
3	Mechanical Aspects of Biosystems	27
3.1	Newtonian Principles in Biostatics and Biodynamics.....	28
3.2	Newton's Laws Applied to a Biosystem	28
3.2.1	Basic Concepts.....	28
3.2.2	Application of Newtonian Ideas	33
3.2.3	Conserved Quantities	36
3.3	Accelerated Motion and Life	37
3.3.1	High-g	37
3.3.2	Microgravity and Weightlessness	40
3.3.3	Rotating Spacecraft	42
3.3.4	The Centrifuge	42
3.3.5	Drag on Body	44
3.4	Forces on Materials	46
3.4.1	Systems in Mechanical Equilibrium	47
3.4.2	Surface Tension	47
3.4.3	Surfaces Curved by Differential Pressure	49

3.4.4	Capillary Action	50
3.4.5	Stress in Materials	51
3.5	Response of Materials to Stress	54
3.6	Strain in Materials	58
3.7	Connection Between Stress and Strain.....	59
3.8	Limits of Stress	62
3.9	Viscoelastic Materials	64
3.9.1	Kelvin-Voigt Model.....	64
3.9.2	Maxwell Model	65
3.9.3	Standard Linear Model	66
3.10	Bones, Ligaments, and Other Structures.....	67
3.10.1	Stress and Strain in Bone	68
3.10.2	Shearing a Femur	69
3.10.3	Stress-Strain in Ligaments and Tendons.....	72
3.11	Stress Energy	74
4	Fluid Mechanics Applied to Biosystems.....	77
4.1	Nature of Fluids	77
4.2	Laws for Fluids at Rest	78
4.2.1	Pascal's Law for Pressure in a Fluid	78
4.2.2	Pascal Applied	81
4.2.3	Archimedes' Principle and Buoyancy in a Fluid	82
4.3	Fluid Dynamics	86
4.3.1	Viscosity.....	86
4.3.2	Fluid Flow in Tubes.....	90
4.3.3	Conservation of Mass.....	92
4.3.4	Applications to Blood Flow in Arteries.....	93
4.3.5	The Fluid Equation of Motion	95
4.3.6	Chaotic Evolution of Fluids	97
4.3.7	Scaling Law for Fluid Flows	98
4.3.8	Streamline Versus Turbulent Flow	99
4.3.9	Circuit Analogy for Blood Flow	101
4.3.10	Pulse Pressure Waves in Arteries	103
4.3.11	Living in Fluids with Low Reynolds Number	104
4.3.12	Vorticity	105
4.3.13	Energy Transport in Fluids	106
4.3.14	Bernoulli's Principle	107
4.4	Measuring Blood Pressure and Flow.....	108
5	Acoustics in Biology and Medicine	113
5.1	The Nature of Sound Waves.....	113
5.2	Fourier Decomposition of Sound	122
5.3	Phase, Group, and Signal Speed	124
5.4	Energy Carried by Sound.....	125
5.5	Intensity of Sound	126
5.6	Sound Level	127

5.7	Acoustical Impedance	129
5.8	Sound Propagation in Non-uniform Matter.....	132
5.9	Dispersion of Sound	133
5.10	Non-linear Sound Waves	134
5.11	Absorption of Sound	134
5.12	Resonance	137
5.13	Supersonic and Subsonic Motion	139
5.14	Non-biological Sound Wave Production.....	140
	5.14.1 Mechanically Generated Sounds.....	140
	5.14.2 Electromechanical Devices	142
5.15	Biological Generation of Sounds.....	143
	5.15.1 Vocalization	143
	5.15.2 Vibration of Elastic Biomembranes.....	144
5.16	Physical Sound Wave Detection.....	146
	5.16.1 Microphones	147
	5.16.2 Radiation Pressure Devices	149
	5.16.3 Heat Detectors	149
	5.16.4 Light Scattering Detectors.....	150
	5.16.5 Detectors Using Electron-Phonon Interaction.....	150
5.17	Biodetectors of Sound	150
5.18	Medical Instruments for Detecting Sound	151
	5.18.1 Stethoscope.....	151
	5.18.2 Medical Microphones.....	153
	5.18.3 Phonocardiogram	153
	5.18.4 Ballistocardiogram.....	154
5.19	Human Hearing	154
	5.19.1 General Properties of Human Hearing.....	155
	5.19.2 Loudness	155
	5.19.3 Pitch	157
	5.19.4 Binaural Directional Sensation	159
	5.19.5 The Human Ear	159
	5.19.6 Music	160
5.20	Reverberation	165
5.21	The Doppler Shift.....	166
5.22	Medical Applications of Ultrasonics.....	167
	5.22.1 Acoustical Imaging	167
	5.22.2 Doppler Rheology	170
	5.22.3 Physiotherapy	170
	5.22.4 Ultrasound Diagnostics	171
	5.22.5 Other Applications.....	172
5.23	Acoustical Dosimetry.....	172
5.24	Ultrasonic Dosimetry	174
	5.24.1 Absorption of Ultrasonic Waves in Materials	174
	5.24.2 Effects of High-Level Ultrasonics	175
	5.24.3 Ultrasonic Dosimetry Standards	177

6	Electric and Magnetic Fields in Life	183
6.1	Importance of Electromagnetism to Life	183
6.2	Ideas Behind Electricity and Magnetism	184
6.3	Maxwell's Theory of Electromagnetism	185
6.4	Electric Fields in Biology	187
6.5	Measuring Electric and Magnetic Fields.....	188
	6.5.1 Instruments	188
	6.5.2 Electrophysiology.....	190
	6.5.3 Electric Fields in the Atmosphere and Lightning	192
	6.5.4 Typical Static Electric and Magnetic Fields	193
	6.5.5 Biogenerated Strong Electric Fields	194
	6.5.6 Biodetection of Electric Fields	194
	6.5.7 Biodetection of Magnetic Fields	194
	6.5.8 Static Field Dosimetry	195
6.6	Spin Resonance Devices.....	196
	6.6.1 Electron Spin Resonance	199
	6.6.2 Nuclear Magnetic Resonance and Imaging.....	201
6.7	Biological Effects of Low Frequency EM Fields.....	201
	6.7.1 Strong Static Electric Fields.....	202
	6.7.2 Strong Static Magnetic Fields	202
7	Light in Biology and Medicine	205
7.1	Electromagnetic Waves	205
7.2	Atmospheric Absorption of EM Waves	211
7.3	Polarization of Light	213
7.4	Linear Superposition of Waves.....	214
7.5	Diffraction of Light Waves	215
7.6	Electromagnetic Waves in Materials	216
7.7	Dispersion of Waves in Media	218
7.8	Production of EM Waves	219
7.9	Generation of Radio Waves	219
7.10	Radio Waves and Biological Systems.....	221
7.11	Radio Wave Absorption in Tissue.....	222
7.12	Generation of Microwaves	223
7.13	Microwave Absorption	224
	7.13.1 Absorption in Water	224
	7.13.2 Absorption in Materials and Tissue	225
7.14	Microwave Spectroscopy	225
7.15	Radiation from Hot Bodies	226
7.16	Physical Infrared Detectors.....	228
7.17	Infrared Instruments	228
	7.17.1 IR Absorption Spectroscopy	228
	7.17.2 Near IR Scans	232
	7.17.3 IR Imaging	233
	7.17.4 Night Vision.....	234

7.17.5	IR Motion Detection	235
7.17.6	Infrared Communications	235
7.17.7	IR Solid-State (LED) Emitters	235
7.18	Infrared Biodetectors	236
7.19	Production of Visible Light.....	236
7.19.1	Thermal and Atomic Generation of Light	236
7.19.2	Solid-State Generation of Light	237
7.19.3	Bioemitters and Bioluminescence.....	238
7.20	Light Detectors.....	238
7.21	Light Absorption Characterization.....	239
7.21.1	Light Extinction in Materials	239
7.21.2	Polarization and Rotary Power	239
7.22	Light Absorption by Biological Matter	240
7.23	Development of Lasers	249
7.24	Laser Applications	251
7.24.1	Optical Tweezers.....	251
7.24.2	Laser Pulse Amplification	253
7.25	Optical Holography	254
7.26	Optics.....	256
7.27	Vision and the Eye	258
7.27.1	The Eyes Have It.....	258
7.27.2	Visual Acuity.....	259
7.27.3	The Eagle Eye.....	260
7.27.4	More Colorful	260
7.27.5	Photo-Reception Celebrates Our Vision	261
7.28	Visual Illusions, Distortions, and Hallucinations	261
7.29	Optical Instruments	263
7.29.1	The Lens.....	263
7.29.2	A Simple Microscope.....	264
7.29.3	Phase-Contrast Microscope	265
7.29.4	Ophthalmoscope	266
7.29.5	Otoscope	266
7.29.6	Fiber Optics	267
7.29.7	Endoscopes.....	268
7.29.8	Image Intensifiers	268
7.29.9	Fluorescent Tags	269
7.30	Solar Radiation and Biology	270
7.31	Dosimetry for Non-ionizing Electromagnetic Waves	271
7.31.1	General Considerations of Dangers of Non-ionizing Radiation.....	271
7.31.2	Special Considerations for Microwaves	273
7.31.3	Cell Phone Radiation	275

8	Ionizing Radiation and Life	279
8.1	Detection of Ionizing Radiation	279
8.2	Characterizing Ionizing Radiation	283
8.3	Natural Radiation	286
8.4	Ultraviolet Radiation.....	287
	8.4.1 Production of Ultraviolet Light	288
	8.4.2 Ultraviolet Light in Biology	288
8.5	X-ray Radiation	290
8.6	Man-made X-rays	291
	8.6.1 X-rays Via Characteristic Emission	291
	8.6.2 X-rays Via Bremsstrahlung.....	293
	8.6.3 X-rays Via Synchrotron Radiation	293
	8.6.4 X-rays from Free Electron Lasers.....	294
	8.6.5 Penetration of X-rays Through the Body	295
	8.6.6 Research and Diagnostic Applications of X-rays	296
	8.6.7 Small-Angle X-ray Scattering.....	300
	8.6.8 X-ray Spectroscopy	300
	8.6.9 Mammography	301
	8.6.10 CAT Scans.....	301
8.7	Gamma Rays	302
	8.7.1 Positron-Emission Studies.....	302
	8.7.2 Mössbauer Techniques	302
	8.7.3 Nuclear Resonance Spectroscopy	304
8.8	The Electron Microscope	305
8.9	PET Scans and Gamma Emission Tomography	306
8.10	Radiative Bactericide	307
8.11	Radiotherapy	308
8.12	Rate of Loss After Isotope Ingestion.....	309
8.13	Mechanisms for Energy Loss	310
	8.13.1 Radiation Tracks and Trails	310
	8.13.2 Energy Loss in Materials from Ionizing Beams.....	311
	8.13.3 Linear Energy Transfer	312
8.14	Radiation Therapy	313
	8.14.1 X-rays in Radiation Therapy	313
	8.14.2 Particle Beam Therapy	315
	8.14.3 Systemic Radiation Therapy	315
	8.14.4 Brachytherapy.....	316
8.15	Radiation Dosimetry	316
	8.15.1 UV Light Limitations	316
	8.15.2 X-ray and Gamma Ray Damage	317
	8.15.3 Reactions by Cells to Radiation Damage.....	317
	8.15.4 Ionizing Radiation Exposure to Humans	318
8.16	Radiation Hazards of Space Travel	320

9	Bioenergetics	325
9.1	Biology and Energy Flow	325
9.2	Thermodynamics Applied to Life	326
9.3	Definition of Temperature	327
9.4	Definition of Heat	329
9.5	Heat Transfer Mechanisms	331
9.6	Life Under Extremes of Temperature	336
9.7	Temperature Regulation in Humans	336
9.8	Basal Metabolic Rate	338
9.9	An Introduction to Entropy	340
9.10	The Laws of Thermodynamics	343
9.11	The Thermodynamic Entropy of a System	351
	9.11.1 Equations of State for an Ideal Gas	355
	9.11.2 Gibbs–Duhem Relations	356
9.12	Entropy Maximum and Energy Minimum	357
9.13	Free Energies	358
	9.13.1 Enthalpy	358
	9.13.2 Helmholtz Free Energy	360
9.14	Summary of laws of thermodynamics	361
	9.14.1 Entropy Maximum from the Second Law	362
	9.14.2 Energy Minimum from the Second Law	363
9.15	Utility of the Gibbs Free Energy	363
9.16	Maxwell Relations	365
9.17	Pressure in Multistate and Multicomponent Systems	368
9.18	Vapor Pressure	369
9.19	Osmosis and Osmotic Pressure	375
9.20	Diffusion	378
	9.20.1 Diffusion Across Alveolar Membranes	381
	9.20.2 Active Transport Across Membranes	386
9.21	Biochemical Reactions	390
	9.21.1 Equilibrium of Chemical Reactions	398
	9.21.2 Suppressing Constant Concentrations	403
	9.21.3 Membrane Dynamics and Active Transport	404
	9.21.4 ATP Pumps	406
9.22	Metabolic Reactions	408
	9.22.1 Process Efficiencies	408
9.23	Non-equilibrium Thermodynamics	409
	9.23.1 Near-Equilibrium	409
	9.23.2 Flows Near Equilibrium	412
9.24	Irreversible Thermodynamics	414
9.25	On the Evolution of Driven Systems	414
9.26	Some Applications in Medical Treatment	416

10	The Statistical Basis of Bioenergetics	421
10.1	Concepts.....	421
10.2	Statistical Basis of Thermodynamics.....	422
10.3	Independent and Indistinguishable Particles.....	424
10.4	Classical Limit.....	428
10.5	Statistical Definition of Entropy.....	430
10.5.1	Statistical Entropy.....	430
10.5.2	Thermodynamics from Statistics.....	433
10.5.3	Balance of Intensive Quantities.....	433
10.5.4	Equilibrium for a Mixture of Independent Particles ...	435
10.6	Partition Function for a Gas.....	436
10.6.1	The Translational Part.....	437
10.6.2	The Internal Parts.....	439
10.6.3	The Rotational Part.....	439
10.6.4	Linear Molecule.....	441
10.6.5	Oblate and Prolate Molecule.....	441
10.6.6	Spherical Molecules.....	443
10.6.7	Asymmetric Molecules.....	444
10.6.8	Molecular Rotation-Partition Functions for 'High' Temperatures.....	445
10.6.9	The Vibrational Part.....	445
10.6.10	Electronic Part.....	447
10.6.11	The Nuclear Part.....	447
10.6.12	Higher-Order Energies in Molecules.....	448
10.6.13	Other Factors.....	448
10.6.14	Combining the Parts.....	449
10.6.15	Examples for an Ideal Gas.....	449
10.6.16	Partition Function for Many Molecules.....	452
10.6.17	Ideal Gas Chemical Potential.....	453
10.7	Disorder Expressed by Probabilities.....	454
10.8	The Partition Function for Ensembles.....	454
10.8.1	Gibbs' Ensemble.....	455
10.8.2	Systems Described by Classical Theory.....	455
10.8.3	Systems Described by Quantum Theory.....	456
10.8.4	Equilibrium Averages with Gibbs Ensemble.....	459
10.8.5	Partition Function for Multicomponent System.....	489
10.9	Statistics Applied to Biochemical Reactions.....	490
10.9.1	Molecular Numbers.....	491
10.9.2	The Case of Molecules Acting Independently.....	491
10.9.3	The Case of Molecules Not Acting Independently.....	495
10.9.4	Modeling Reactions Involving Ions in Solution.....	496
10.9.5	The Debye-Hückel Model.....	497

10.10	Fluctuations	498
10.10.1	Fluctuation Averages	498
10.10.2	Correlations Between Fluctuations at One Time	504
10.10.3	Correlations Between Fluctuations at Two Times.....	505
10.11	Kinetic Theories for Chemical Reactions.....	506
10.11.1	Conversion Reactions with Reverse Rates.....	506
10.11.2	Pair Reactions with Reverse Rates	508
10.12	Catalysts in Reactions	510
11	Biomolecular Structure and Interactions	513
11.1	Nature in the Small World	513
11.2	Quantum Behavior of Matter	514
11.3	Atomic Structure	521
11.4	Molecular Interactions	523
11.5	Pauli Exclusion Effects	524
11.6	Binding Interactions Between Atoms	525
11.6.1	Chemical Binding.....	527
11.6.2	Molecular Orbitals	527
11.6.3	Ionic Interactions	529
11.7	Weak Molecular Interactions	530
11.7.1	Hydrogen Bonding.....	530
11.7.2	Charge-Dipole Interactions.....	530
11.7.3	Charge-Induced Dipole Interactions	531
11.7.4	Dipole-Dipole Interactions	531
11.7.5	Higher Multipole Interactions	532
11.7.6	Dipole Induced-Dipole Interactions.....	533
11.7.7	Induced-Dipole Induced-Dipole Interaction	533
11.7.8	Depletion and Other Shadow Forces	534
11.8	Studying Biological Systems at the Nanoscale	535
11.8.1	Spectral Identification of Biomolecular Structures	535
11.8.2	Scanning Probe Microscopy.....	537
11.9	Biomolecular Motor	538
12	Entropy and Information in Biology	543
12.1	Defining Information	543
12.2	Entropy and Information	546
12.3	Information in DNA	548
12.4	Dynamics of Information Storage and Transfer	551
12.5	Information Channel Capacity	553
12.6	Dynamical Feedback and Regulatory Systems	554
13	Modeling Biological Systems	557
13.1	Mathematical Modeling in Biology	557
13.2	Growth in a Population and Chaos Theory	558
13.2.1	Modeling Population Numbers.....	558
13.2.2	Chaos	559
13.2.3	Connections with Critical Phenomena.....	563

13.3	Optimality Conditions	564
13.3.1	Specifying Optimality Conditions	564
13.3.2	Optimized Arterial Radius and Bifurcation Angles	564
13.3.3	Optimized Aortic Diameter	569
13.3.4	The Pattern of Seeds on a Sunflower	569
13.4	Scaling Laws in Life Systems	570
14	Neural Networks and Brains	577
14.1	Neural Networks as Logic Systems	577
14.2	More Realistic Neuron Models	583
14.2.1	Electrical Activity of a Neuron Membrane	583
14.2.2	The Hodgkin-Huxley Model	585
14.3	Brain Models	589
14.4	The Human Brain	590
14.5	Consciousness	591
14.6	Artificial Intelligence	592
14.7	Quantum Computers	593
15	Ordering Theory	595
15.1	Defining Order	595
15.2	Factors Needed for Ordering to Occur	597
15.3	Major Thresholds in the Development of Order	600
15.4	Complexity	602
15.5	Catastrophes in Complex Systems	603
16	Energy Flow in the Production of Order	607
16.1	The Flow of Energy Through the Earth System	607
16.2	The Negentropy of Life	611
17	Life in the Universe	613
17.1	Minimum Requirements for Life	613
17.2	Life Elsewhere	616
17.3	Self-stabilizing Life Systems	616
18	Future Developments	619
18.1	DNA Sequencing	619
18.2	The Distal Multi-Corder	620
18.3	The Doc-Tour Code	620
18.4	The Imi-tator Code	620
18.5	The Holo-reality Code	621
18.6	The X-expression Code	621
18.7	The Simu-later Code	621
18.8	The Im-Mortality Code	622
18.9	The Physics of the Light-Beam Transporter	622
18.10	The Future of Life	623

Appendices	625
A Optical Limit of Maxwell's Equations	627
A.1 The Eikonal	627
A.2 The Ray Equation	629
A.3 Fermat's Principle	630
A.4 Snell's Law	630
A.5 Deflection of Sunlight	631
B Huygens' Principle	633
C Holography	635
C.1 Introduction to Holography	635
C.2 Principles Behind Holography	637
C.3 Digital Holography	638
C.4 Some Special Properties of Holograms	639
C.5 Holographic Memory Storage	639
D Bubbles	641
D.1 Biobubbles	641
D.2 Minimum Area Surfaces	641
D.3 Vibration of Bubbles	643
E DNA Splitting by Radiation	647
E.1 Cleavage of Linear Molecules	647
E.2 Fragmentation and Dose	650
F The Planck Distribution	653
G Some Tools of Vector Analysis	657
G.1 Displacements and Their Length in General Coordinates	657
G.2 Vectors and Tensors	658
G.3 Scalar, Vector, and Tensor Fields	663
G.4 Grad Operation on a Scalar Field	663
G.5 Gauss' Theorem	663
G.6 Laplacian in General Coordinates	665
G.7 Stokes' Theorem	665
G.8 Some Useful Vector-Calculus Identities	667
G.9 Applications of Vector Calculus	667
G.10 Poisson's Equation	667
G.11 Derivative Decomposition of a Vector Field	669

H The Fourier Decomposition 671

 H.1 Harmonic analysis 671

 H.2 The Fourier Transform..... 672

 H.3 Generalized Fourier Transform 673

I Optimization Techniques 675

 I.1 The Lagrange Multiplier Method 675

 I.2 Optimization Through Iterative Searches 677

J Useful Biophysical Data..... 679

 J.1 Mathematical Constants 679

 J.2 Physical Constants 679

 J.3 Biophysical Constants 682

Index..... 687