U-shaped water tube

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Solution: If A is the cross section, the total mass of the water is $M = \rho V = \rho AL$, where ρ is the density of water. When the column moves at velocity v, it has kinetic energy,

$$E_{kin} = \frac{M}{2}v^2 \; .$$

To put the mass $M_z = \rho V_z = \rho Az$ above the resting level of the water, such that the center of mass is a distance z above the low level, we need to provide the work,

$$-W = gM_z z = g\rho A z^2 = E_{pot} \; .$$

Energy conservation requires,

$$E = E_{kin} + E_{pot} = \frac{\rho AL}{2} \dot{z}^2 + g\rho Az^2 = \frac{M}{2} \dot{z}^2 + \frac{2gM}{2L} z^2 = const.$$

Hence, comparing the coefficient of the potential energy with $\frac{M}{2}\omega_0^2$,

$$\omega_0 = \sqrt{\frac{2g}{L}} \; .$$