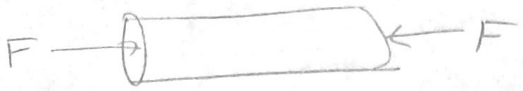
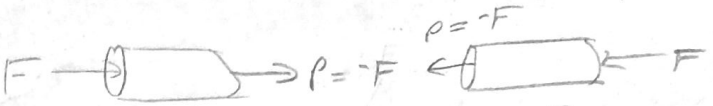
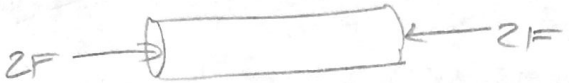




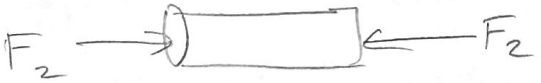
$$\sigma = \frac{P}{A} = \frac{-F}{A}$$

$$\boxed{\sigma_{old} = \frac{-F}{A}}$$

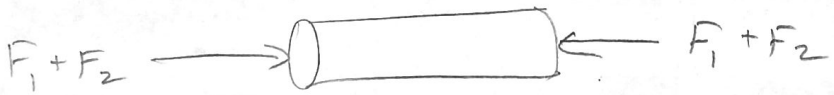


$$\sigma_{new} = \frac{-2F}{A} = 2 \cdot \sigma_{old}$$

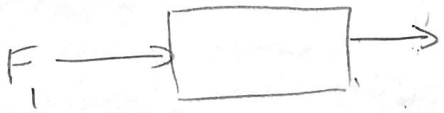
$$\sigma_1 = \frac{-F_1}{A}$$

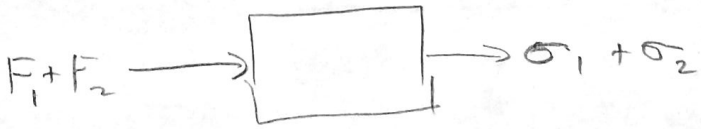


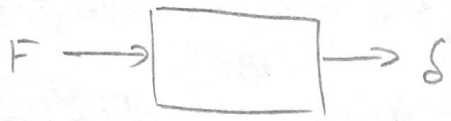
$$\sigma_2 = \frac{-F_2}{A}$$



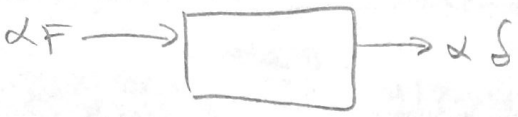
$$\sigma_{tot} = \frac{-(F_1 + F_2)}{A} = \sigma_1 + \sigma_2$$



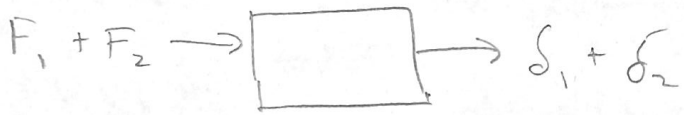




$$\delta = \frac{PL}{AE}$$



$$\alpha\delta = \frac{(\alpha P)L}{AE}$$



$$\delta = \frac{(P_1 + P_2)L}{AE} = \frac{P_1 L}{AE} + \frac{P_2 L}{AE}$$

$$= \delta_1 + \delta_2$$
