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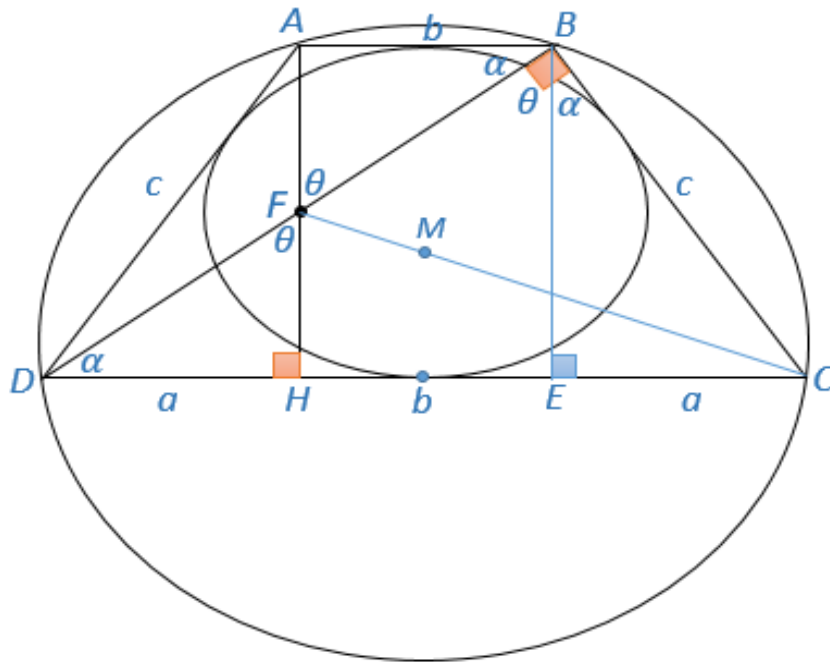
Prove that:

$$\frac{\overline{DB}}{\overline{AH}} = \frac{\overline{FH}}{\overline{FA}} = \varphi \text{ and } R^2 = r^2 \varphi^3$$

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Trapezoid



Let $AD = c, AB = b, DH = a$. Then $BC = c, EC = a, HE = b$.

Also, $2a + 2b = 2c \Rightarrow a + b = c$

In $\triangle CBD$ ($B = 90^\circ$) $BE^2 = AH^2 = DE \cdot EC = (a + b)a$ (1)

In $\triangle BEC$ ($E = 90^\circ$) $AH^2 = BE^2 = BC^2 - CE^2 = c^2 - a^2 = (a + b)^2 - a^2 = b^2 + 2ab$ (2)

From (1) and (2) we have $(a + b)a = b^2 + 2ab \Rightarrow a^2 - ab - b^2 = 0 \Rightarrow \left(\frac{a}{b}\right)^2 - \frac{a}{b} - 1 = 0$

Let $\frac{a}{b} = t, t^2 - t - 1 = 0 \Rightarrow t = \frac{1 + \sqrt{5}}{2} = \varphi \Rightarrow \frac{a}{b} = \varphi$

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$\triangle FHC \equiv \triangle FCB$ (FC common side, $HC = CB$ and $F\hat{H}C = F\hat{B}C = 90^\circ$)

Therefore $FB = FH$, $\triangle DBE \sim \triangle FAB \Rightarrow \frac{DB}{BE} = \frac{FB}{AF} \Rightarrow \frac{DB}{AH} = \frac{FH}{AF}$

$\triangle DFH \sim \triangle ABF \Rightarrow \frac{FH}{AF} = \frac{a}{b} = \varphi$

$$(2) \Rightarrow 4r^2 = (2a + b)^2 \Rightarrow \frac{R^2}{r^2} = \frac{2a + b}{b} = 2\varphi + 1$$

As a known fact $\varphi^2 - \varphi - 1 = 0 \Rightarrow \varphi^2 = \varphi + 1$, $\varphi^3 = \varphi^2 \cdot \varphi = (\varphi + 1)\varphi = \varphi^2 + \varphi = \varphi + 1 + \varphi = 2\varphi + 1$ proved