r_c from the zero pressure equilibrium condition $\frac{dE}{dr_s}$ = 0 as follows:

$$\frac{dE}{dr_s} = 0 = -\frac{4.42}{r_s^3} - \frac{9r_c^2}{r_s^4} + \frac{2.708}{r_s^2} + \frac{0.031}{r_s} + \frac{dE_B}{dr_s}$$
and
$$\frac{dE_B}{dr_s} = 0.2036 \Sigma \frac{1}{x^4} \frac{0.166}{r_s^4} \frac{F_L(x)}{r_s^4 \cdot 0.166} \frac{F_L(x)}{x^2} \left[\cos^2 y - y \sin^2 2y - \frac{\cos^2 y}{1 + \frac{0.166r_s}{x^2}} F_L(x) \right]$$

$$(1 + \frac{0.166r_s}{x^2} F_L(x))$$

where x is a reciprocal lattice vector measured in units of twice the Fermi wave vector, and

$$y = 3.84xr_c/r_s$$
, and
$$F_L(x) = \frac{1}{2} + \frac{1}{4x}(1-x^2) \ln \left| \frac{x+1}{x-1} \right|$$

The value of r_c is evaluated as 1.970. We then use eq. (4) and (5) to calculate B_o , B_o and B_o . The results are listed in the second column of Table II.