22b. We can't ignore relativity, that is the main trick. Kinetic energy, relativistically:

$$KE = (\gamma - 1)mc^2 = E_{\text{total}} - E_{\text{rest}} = \sqrt{p^2c^2 + (mc^2)^2} - mc^2$$

We made use of the fact that the total energy for a free particle is the kinetic energy plus the rest energy. You need the last expression, relating kinetic energy to momentum.

For an electron, the rest energy mc^2 is 511 keV, so the equation above isn't as bad as it looks. We can get p from de Broglie:

$$\lambda = \frac{h}{p}$$

First find p, using $h = 4.14 \times 10^{-15} \text{ eV} \cdot \text{s}$ to get the right units, then calculate $\sqrt{p^2 c^2 + (mc^2)^2} - mc^2$ in eV, using the rest mass of the electron as $m_e c^2 = 511 \text{ keV}$.

24b. First, use position-momentum uncertainty to find the minimum possible momentum. The proton is confined to a diameter of 10^{-15} m, so that is Δx . Solve for Δp , and plug that into the expression for kinetic energy. At the end, you will have an answer in J if you use conventional units for the constants - divide that by e to get the answer in eV.

$$\Delta x \Delta p = (10^{-15}) \Delta p \ge \frac{h}{4\pi}$$
$$\Delta p \ge \frac{h}{4\pi 10^{-15}}$$
$$KE = \frac{p^2}{2m} \ge \frac{(\Delta p)^2}{2m_p}$$
$$KE \ge \approx 5 \text{ MeV}$$

Careful with the units.