4. Due to the time-dilation effect, the time between initial and final ages for the daughter is longer than the four years experienced by her father:

$$t_{f\,\text{daughter}} - t_{i\,\text{daughter}} = \gamma(4.000\text{ y})$$

where γ is Lorentz factor (Eq. 37-8). Letting T denote the age of the father, then the conditions of the problem require

$$T_i = t_{i\,\text{daughter}} + 20.00\text{ y}\,,\quad T_f = t_{f\,\text{daughter}} - 20.00\text{ y}\ .$$

Since $T_f - T_i = 4.000$ y, then these three equations combine to give a single condition from which γ can be determined (and consequently v):

$$44 = 4\gamma \quad\Rightarrow\quad \gamma = 11 \quad\Rightarrow\quad \beta = \frac{2\sqrt{30}}{11} = 0.9959.$$

5. In the laboratory, it travels a distance $d = 0.00105$ m $= vt$, where $v = 0.992c$ and t is the time measured on the laboratory clocks. We can use Eq. 37-7 to relate t to the proper lifetime of the particle t_0:

$$t = \frac{t_0}{\sqrt{1-(v/c)^2}} \quad\Rightarrow\quad t_0 = t\sqrt{1-\left(\frac{v}{c}\right)^2} = \frac{d}{0.992c}\sqrt{1-0.992^2}$$

which yields $t_0 = 4.46 \times 10^{-13}$ s $= 0.446$ ps.