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From a free-body diagram of the bar  $ABC$ , the equations of equilibrium give

$$\rightarrow \Sigma F_x = 0: \quad A_x = 0$$

$$\uparrow \Sigma F_y = 0: \quad -A_y + F_{BD} - 3 = 0$$

$$\curvearrowright \Sigma M_A = 0: \quad 200F_{BD} - 400(3) = 0$$

$$F_{BD} = 6 \text{ N}$$

$$A_x = 0 \text{ N} \quad A_y = 3 \text{ N}$$

Then, from a free-body diagram of the left section of the bar, the equations of equilibrium give

$$\Sigma F_x = 0: \quad P - (3)\sin\theta = 0$$

$$\Sigma F_y = 0: \quad V - (3)\cos\theta = 0$$

$$\curvearrowright \Sigma M_{cut} = 0: \quad (0.1)(3) - M = 0$$

in which

$$\theta = \tan^{-1} \frac{120}{200} = 30.964^\circ$$

Then

$$P = 1.543 \text{ kN} \quad \text{Ans.}$$

$$V = 2.57 \text{ kN} \quad \text{Ans.}$$

$$M = 0.3 \text{ kN} \cdot \text{m} \quad \text{Ans.}$$

