

- › Explain the importance of pulsating variable stars, such as cepheids and RR Lyrae-type stars, to our study of the universe

Let's briefly review the key reasons that measuring distances to the stars is such a struggle. As discussed in [The Brightness of Stars](#), our problem is that stars come in a bewildering variety of intrinsic luminosities. (If stars were light bulbs, we'd say they come in a wide range of wattages.) Suppose, instead, that all stars had the same "wattage" or luminosity. In that case, the more distant ones would always look dimmer, and we could tell how far away a star is simply by how dim it appeared. In the real universe, however, when we look at a star in our sky (with eye or telescope) and measure its apparent brightness, we cannot know whether it looks dim because it's a low-wattage bulb or because it is far away, or perhaps some of each.

Astronomers need to discover something else about the star that allows us to "read off" its intrinsic luminosity—in effect, to know what the star's true wattage is. With this information, we can then attribute how dim it looks from Earth to its distance. Recall that the apparent brightness of an object decreases with the square of the distance to that object. If two objects have the same luminosity but one is three times farther than the other, the more distant one will look nine times fainter. Therefore, if we know the luminosity of a star and its apparent brightness, we can calculate how far away it is. Astronomers have long searched for techniques that would somehow allow us to determine the luminosity of a star—and it is to these techniques that we turn next.

Variable Stars

The breakthrough in measuring distances to remote parts of our Galaxy, and to other galaxies as well, came from the study of variable stars. Most stars are constant in their luminosity, at least to within a percent or two. Like the Sun, they generate a steady flow of energy from their interiors. However, some stars are seen to vary in brightness and, for this reason, are called *variable stars*. Many such stars vary on a regular cycle, like the flashing bulbs that decorate stores and homes during the winter holidays.

Let's define some tools to help us keep track of how a star varies. A graph that shows how the brightness of a variable star changes with time is called a **light curve** ([Figure 19.9](#)). The *maximum* is the point of the light curve where the star has its greatest brightness; the *minimum* is the point where it is faintest. If the light variations repeat themselves periodically, the interval between the two maxima is called the *period* of the star. (If this kind of graph looks familiar, it is because we introduced it in [Diameters of Stars](#).)

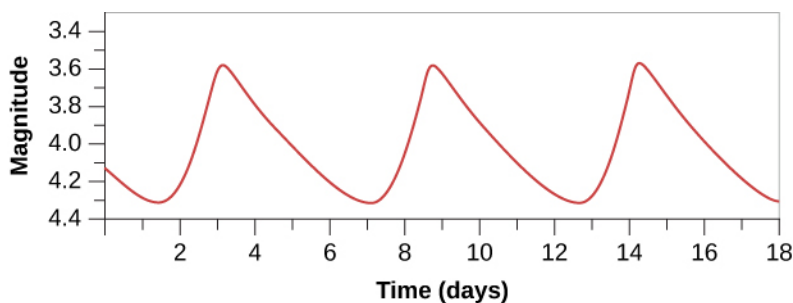


Figure 19.9 Cepheid Light Curve. This light curve shows how the brightness changes with time for a typical cepheid variable, with a period of about 6 days.

Pulsating Variables

There are two special types of variable stars for which—as we will see—measurements of the light curve give us accurate distances. These are called **cepheid** and **RR Lyrae** variables, both of which are **pulsating variable stars**. Such a star actually changes its diameter with time—periodically expanding and contracting, as your chest does when you breathe. We now understand that these stars are going through a brief unstable stage

late in their lives.

The expansion and contraction of pulsating variables can be measured by using the Doppler effect. The lines in the spectrum shift toward the blue as the surface of the star moves toward us and then shift to the red as the surface shrinks back. As the star pulsates, it also changes its overall color, indicating that its temperature is also varying. And, most important for our purposes, the luminosity of the pulsating variable also changes in a regular way as it expands and contracts.

Cepheid Variables

Cepheids are large, yellow, pulsating stars named for the first-known star of the group, Delta Cephei. This, by the way, is another example of how confusing naming conventions get in astronomy; here, a whole class of stars is named after the constellation in which the first one happened to be found. (We textbook authors can only apologize to our students for the whole mess!)

The variability of Delta Cephei was discovered in 1784 by the young English astronomer John Goodricke (see [John Goodricke](#)). The star rises rather rapidly to maximum light and then falls more slowly to minimum light, taking a total of 5.4 days for one cycle. The curve in [Figure 19.9](#) represents a simplified version of the light curve of Delta Cephei.

Several hundred cepheid variables are known in our Galaxy. Most cepheids have periods in the range of 3 to 50 days and luminosities that are about 1000 to 10,000 times greater than that of the Sun. Their variations in luminosity range from a few percent to a factor of 10.

Polaris, the North Star, is a cepheid variable that, for a long time, varied by one tenth of a magnitude, or by about 10% in visual luminosity, in a period of just under 4 days. Recent measurements indicate that the amount by which the brightness of Polaris changes is decreasing and that, sometime in the future, this star will no longer be a pulsating variable. This is just one more piece of evidence that stars really do evolve and change in fundamental ways as they age, and that being a cepheid variable represents a stage in the life of the star.

The Period-Luminosity Relation

The importance of cepheid variables lies in the fact that their periods and average luminosities turn out to be directly related. The longer the period (the longer the star takes to vary), the greater the luminosity. This **period-luminosity relation** was a remarkable discovery, one for which astronomers still (pardon the expression) thank their lucky stars. The period of such a star is easy to measure: a good telescope and a good clock are all you need. Once you have the period, the relationship (which can be put into precise mathematical terms) will give you the luminosity of the star.

Let's be clear on what that means. The relation allows you to essentially "read off" how bright the star really is (how much energy it puts out). Astronomers can then compare this intrinsic brightness with the apparent brightness of the star. As we saw, the difference between the two allows them to calculate the distance.

The relation between period and luminosity was discovered in 1908 by Henrietta Leavitt ([Figure 19.10](#)), a staff member at the Harvard College Observatory (and one of a number of women working for low wages assisting Edward Pickering, the observatory's director; see [Annie Cannon: Classifier of the Stars](#)). Leavitt discovered hundreds of variable stars in the Large Magellanic Cloud and Small Magellanic Cloud, two great star systems that are actually neighboring galaxies (although they were not known to be galaxies then). A small fraction of these variables were cepheids ([Figure 19.11](#)).



Figure 19.10 Henrietta Swan Leavitt (1868–1921). Leavitt worked as an astronomer at the Harvard College Observatory. While studying photographs of the Magellanic Clouds, she found over 1700 variable stars, including 20 cepheids. Since all the cepheids in these systems were at roughly the same distance, she was able to compare their luminosities and periods of variation. She thus discovered a fundamental relationship between these characteristics that led to a new and much better way of estimating cosmic distances. (credit: modification of work by AIP)

These systems presented a wonderful opportunity to study the behavior of variable stars independent of their distance. For all practical purposes, the Magellanic Clouds are so far away that astronomers can assume that all the stars in them are at roughly the same distance from us. (In the same way, all the suburbs of Los Angeles are roughly the same distance from New York City. Of course, if you are *in* Los Angeles, you will notice annoying distances between the suburbs, but compared to how far away New York City is, the differences seem small.) If all the variable stars in the Magellanic Clouds are at roughly the same distance, then any difference in their apparent brightnesses must be caused by differences in their intrinsic luminosities.