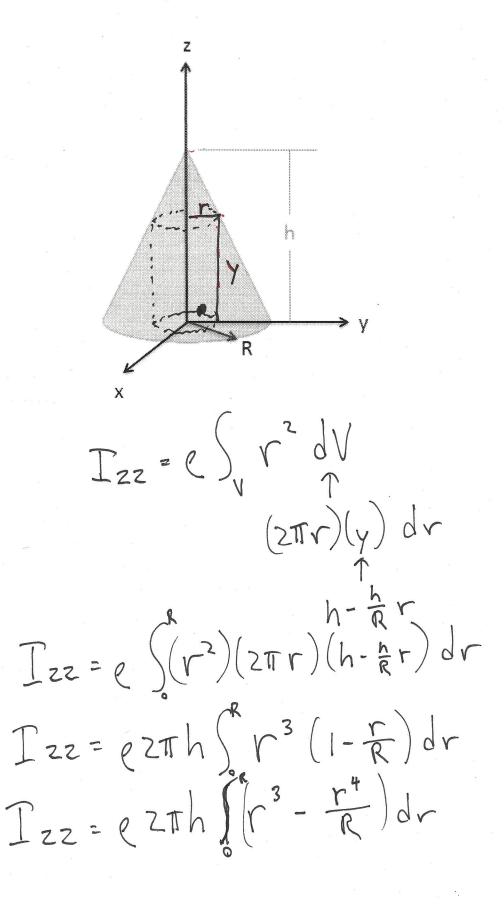
Determine the mass moment of inertia about the z axis for this general cone with base radius R, height h, and mass m.



$$Tzz = e^{2\pi h} \begin{pmatrix} \frac{1}{4} & \frac{4}{7} & -\frac{1}{5} & \frac{1}{7} \\ \frac{1}{4} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} \\ \frac{1}{7} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} \\ \frac{1}{7} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} \\ \frac{1}{7} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} \\ \frac{1}{7} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} \\ \frac{1}{7} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} \\ \frac{1}{7} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} \\ \frac{1}{7} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} \\ \frac{1}{7} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} \\ \frac{1}{7} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} \\ \frac{1}{7} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} \\ \frac{1}{7} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} & \frac{1}{7} \\ \frac{1}{7} & \frac{1}{7} \\ \frac{1}{7} & \frac{1}{7} \\ \frac{1}{7} & \frac{1}{7$$