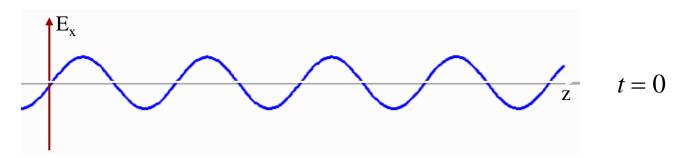
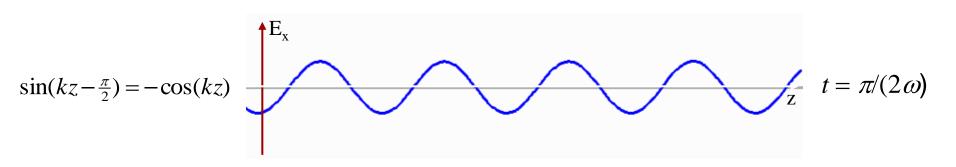
Understanding the speed and direction of the wave

$$E_x = E_0 \sin(kz - \omega t)$$





What has happened to the wave form in this time interval?

It has MOVED TO THE RIGHT by $1/4~\lambda$