(a) We may assume point charges (i.e. R = 0) since the field outside the spheres is unchanged under this assumption. The dipole moment of the dumbbell is p = Qd, so that

$$\ddot{\mathbf{p}} = \omega^2 \mathbf{p}.$$

Then the Poynting vector at far-field is

$$\mathcal{S} = \frac{\mu_0}{16\pi^2 r^2 c} |\mathbf{\ddot{p}} \times \mathbf{\hat{r}}|^2 \mathbf{\hat{r}} = \frac{\mu_0 \omega^4}{16\pi^2 r^2 c} (Qd)^2 \sin^2 \theta \, \mathbf{\hat{r}},$$

where θ is the angle between **p** and $\hat{\mathbf{r}}$. Integrating over all outgoing directions gives

$$\mathcal{P} = \boxed{\frac{\mu_0 \omega^4 Q^2 d^2}{6\pi c}}.$$

(b) The magnetic dipole moment of the magnet is $m = M\pi R^2 d$. As in part (a), the Poynting vector at far-field is

$$S = \frac{\mu_0}{16\pi^2 r^2 c^3} |\ddot{\mathbf{m}} \times \hat{\mathbf{r}}|^2 \hat{\mathbf{r}} = \frac{\mu_0 \omega^4}{16\pi^2 r^2 c^3} (M \pi R^2 d)^2 \sin^2 \theta \, \hat{\mathbf{r}},$$

so the total radiated power is

$$\mathcal{P} = \boxed{\frac{\mu_0 \pi \omega^4 M^2 R^4 d^2}{6c^3}}.$$

The magnetic quadrupole moment is suppressed by an additional factor of $(v/c)^2$, and is negligible for a mechanical object.

(c) The charge on each sphere satisfies

$$V = \int_{R}^{\infty} (\mathbf{E} \cdot \hat{\mathbf{r}}) \,\mathrm{d}r$$
$$= \int_{R}^{\infty} \frac{Q}{4\pi\epsilon_0 r^2} \,\mathrm{d}r$$
$$= \frac{Q}{4\pi\epsilon_0 R},$$

so that

$$Q = 4\pi\epsilon_0 RV \sim 110 \,\mathrm{nC}.$$

We have

$$\omega^4 = (2\pi)^4 (10 \,\mathrm{kHz})^4 \sim 1.6 \times 10^{19} \,\mathrm{s}^{-1},$$

so that

 $\mathcal{P} \sim 40 \,\mathrm{pW}.$

The magnetization of the cylinder satisfies

$$M = B/\mu_0 \sim 800 \,\mathrm{kA/m},$$

so that

$$\mathcal{P} \sim 24 \,\mu W.$$

The permanent magnet radiates about 6×10^5 times more power.