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#### Abstract

In this paper, we study the elements of the continued fractions of $\sqrt{Q}$ and $(-1+\sqrt{4 Q+1}) / 2(Q \in \mathbb{N})$. We prove that if the period length of continued fraction of $(-1+\sqrt{4 Q+1}) / 2$ is even, then the middle element is odd (see Theorem 1.4 below), a phenomenon observed first by Arnold [2]. We obtain an analogue theorem for the continued fraction of $\sqrt{Q}$ (see Theorem 1.6 below). We also give the parametrization of positive integers $Q$ such that continued fractions of $\sqrt{Q}$ (respectively, $(-1+\sqrt{1+4 Q}) / 2)$ has period of length dividing $T$, where $T$ is an arbitrary positive integer, which generalize Theorem 3 of Arnold [1]. We explicitly describe the set of positive integers $Q$ such that the continued fraction of $\sqrt{Q}$ has period length equal to 3 or 4 .


