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$$\begin{cases} \frac{1}{x} + \frac{1}{y} = 9 \\ \frac{1}{x} - \frac{1}{y} = 1 \end{cases}$$

Qui conviene porre $\frac{1}{x} = u$, $\frac{1}{y} = v$.

$$\begin{cases} u + v = 9 \\ u - v = 1 \end{cases}$$

$$(1) + (2) \quad 2u = 10; \quad u = 5$$

$$(1) - (2) \quad 2v = 8; \quad v = 4$$

Quindi

$$\begin{cases} \frac{1}{x} = 5; & \boxed{x = \frac{1}{5}} \\ \frac{1}{y} = 4; & \boxed{y = \frac{1}{4}} \end{cases}$$