A. Bohr's Allowed Orbits

$$rp = \frac{nh}{2\pi}$$

& De Broglie's particle wavelength

$$p = h/\lambda$$

COMBINE to IDENTIFY Allowed ORBITS as standing waves on the circumference:

$$(2\pi r)\cdot\frac{h}{\lambda} = nh = 1, 2, \ldots$$

i.e. EXACTLY an integer no. of λ's fits into the circumference, $(2\pi r)$, of an allowed orbit!