8.34. For all $A \in \mathcal{F}_T$ and $n \ge 1$, $A \cap \{T = n\} \in \mathcal{F}_n$. Therefore,

$$E[M_T \mathbf{1}_{\{T=n\}}; A] = E[M_n \mathbf{1}_{\{T=n\}}; A] = E[E(Y | \mathcal{F}_n); A \cap \{T=n\}] = E[Y \mathbf{1}_{\{T=n\}}; A].$$

Also, $A \cap \{T = n\} \in \mathcal{F}_T$; thus,

$$\mathbf{E}\left[\mathbf{E}(Y \mid \mathcal{F}_T); A \cap \{T = n\}\right] = \mathbf{E}\left[\mathbf{E}\left(Y \mathbf{1}_{A \cap \{T = n\}} \mid \mathcal{F}_T\right)\right] = \mathbf{E}\left[Y \mathbf{1}_{\{T = n\}}; A\right].$$

Consequently, $E(Y | \mathcal{F}_T) = M_T$ a.s. on $\{T = n\}$ for all n, whence a.s. on $\bigcup_{n=1}^{\infty} \{T = n\} = \{T < \infty\}$. The result follows.