To check the incompressibility condition, note that

$$\begin{aligned}
\partial_i J_{ij} &= \frac{1}{4\pi\mu}\left[-\delta_{ij}\frac{x_i}{|\boldsymbol{x}|^2} + \left(\delta_{ii}\frac{x_j}{|\boldsymbol{x}|^2} + \delta_{ji}\frac{x_i}{|\boldsymbol{x}|^2} - \frac{x_i x_j x_i}{2|\boldsymbol{x}|^4}\right)\right] \\
&= \frac{1}{4\pi\mu}\left(-\frac{x_j}{|\boldsymbol{x}|^2} + 2\frac{x_j}{|\boldsymbol{x}|^2} + \frac{x_j}{|\boldsymbol{x}|^2} - 2\frac{x_j}{|\boldsymbol{x}|^2}\right) \\
&= 0, \qquad (5.55)
\end{aligned}$$

which confirms that the solution (5.51) satisfies the incompressibility condition $\nabla \cdot \boldsymbol{u} = 0$.