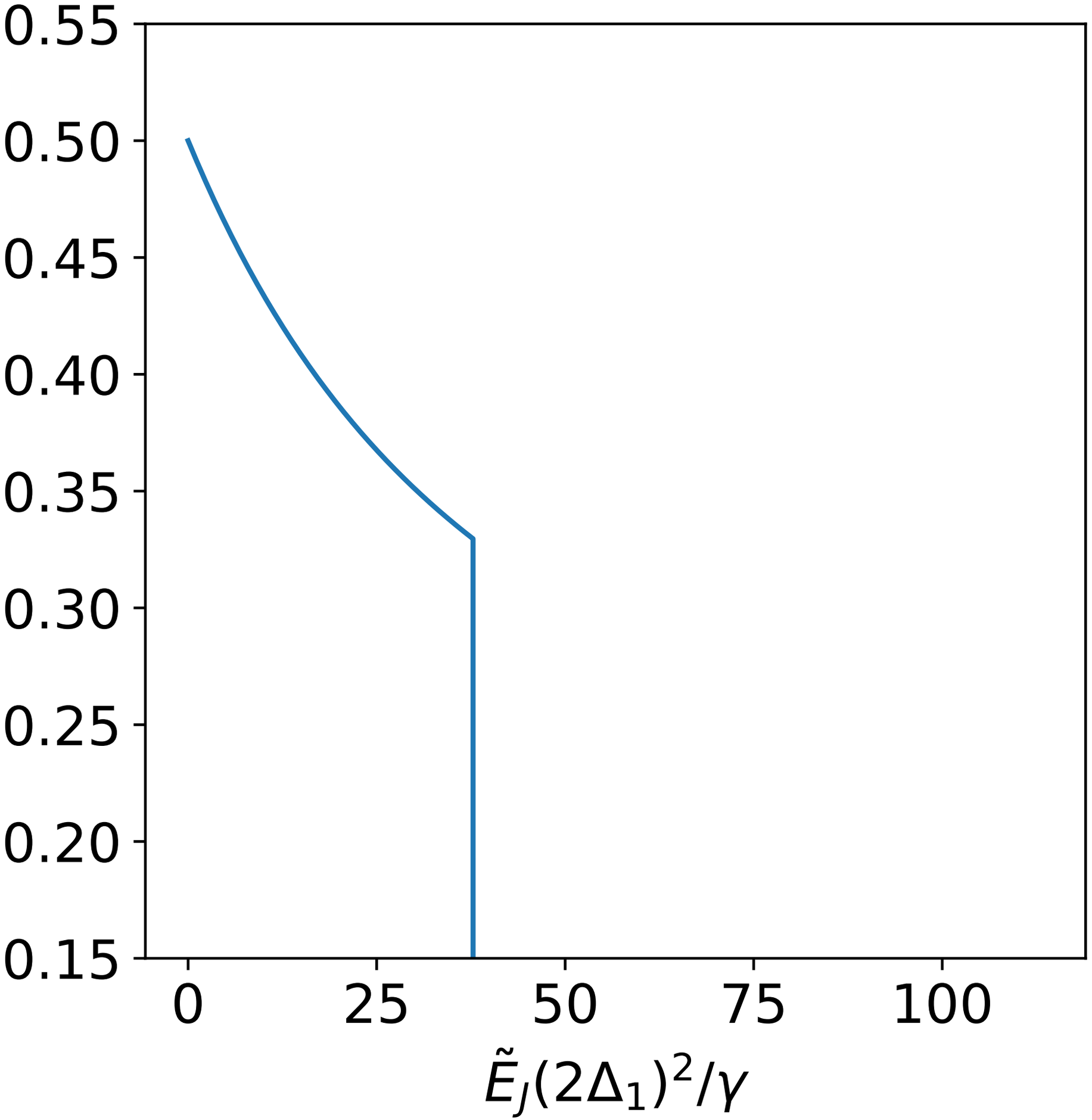

0.55
0.50
0.45
0.40
0.35
0.30
0.25
0.20
0.15
0
25
50
75
100
$\tilde{E}_J(2\Delta_1)^2/\gamma$