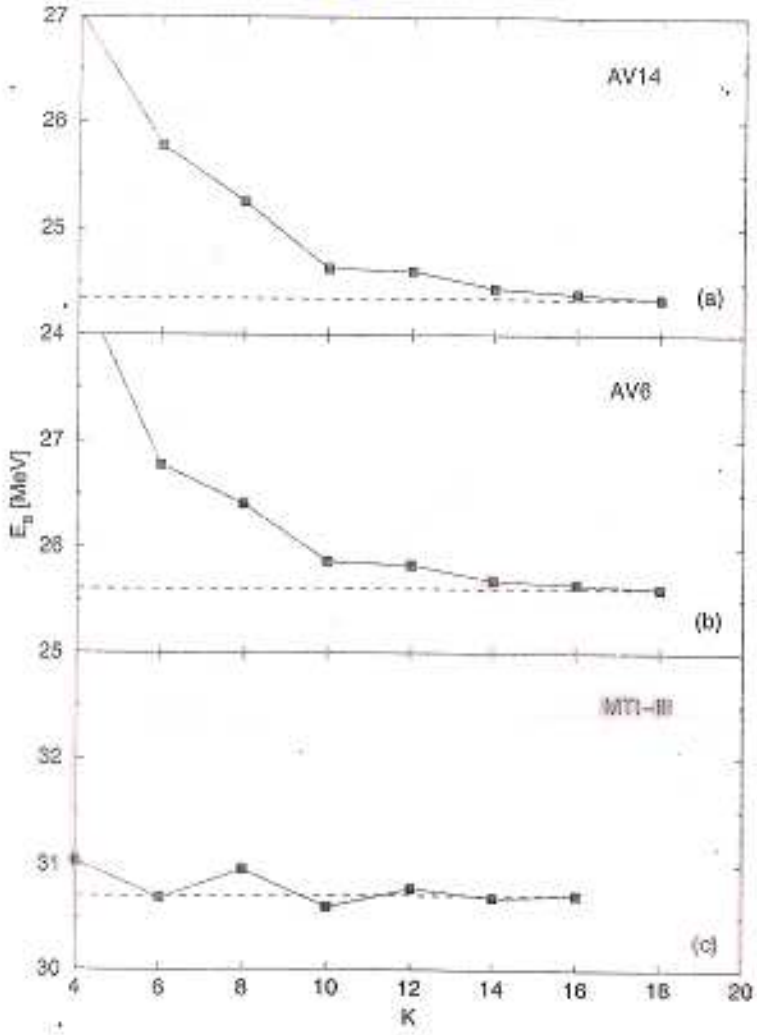
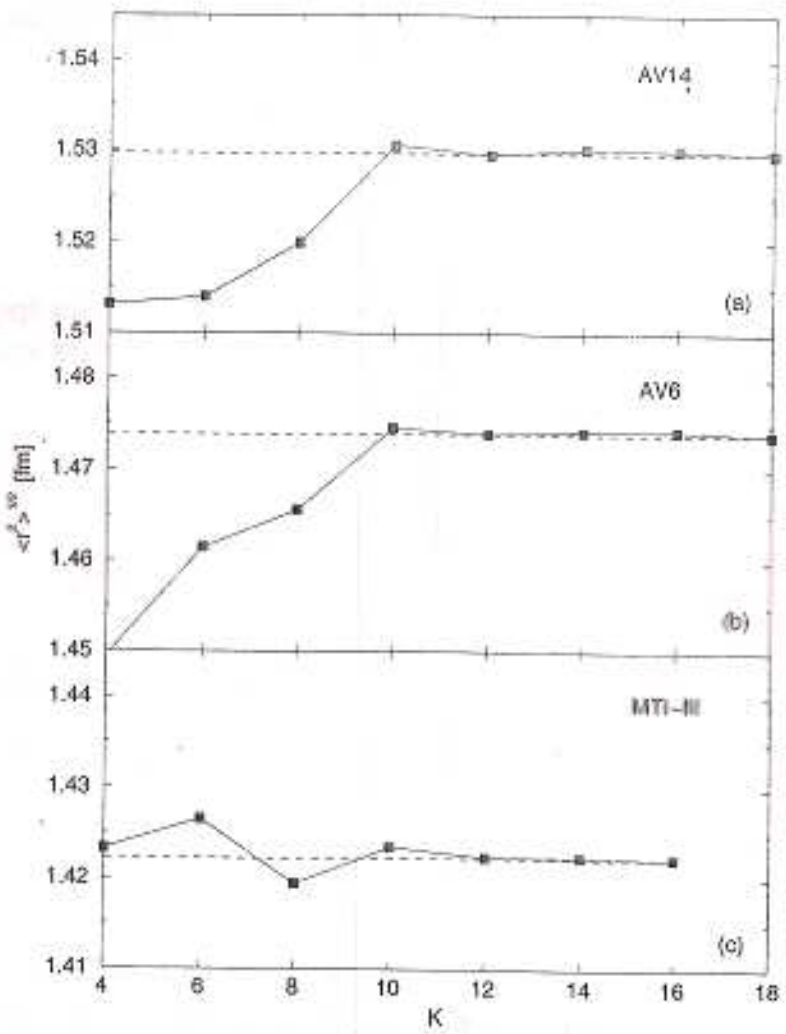
^4He

E_B



$\langle r^2 \rangle^{1/2}$