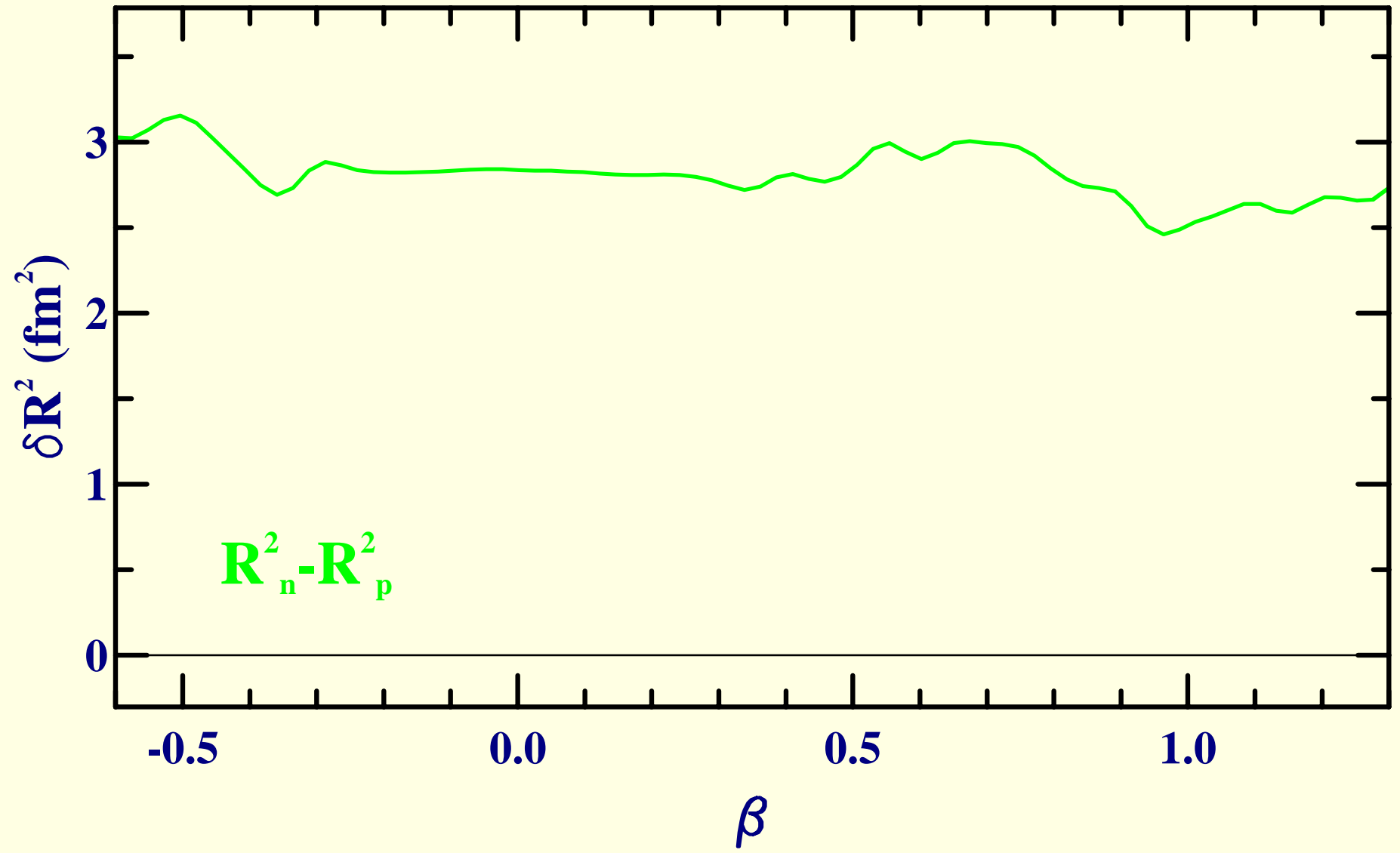


$^{161}_{57}\text{La}_{104}$



$R_n^2 - R_p^2$