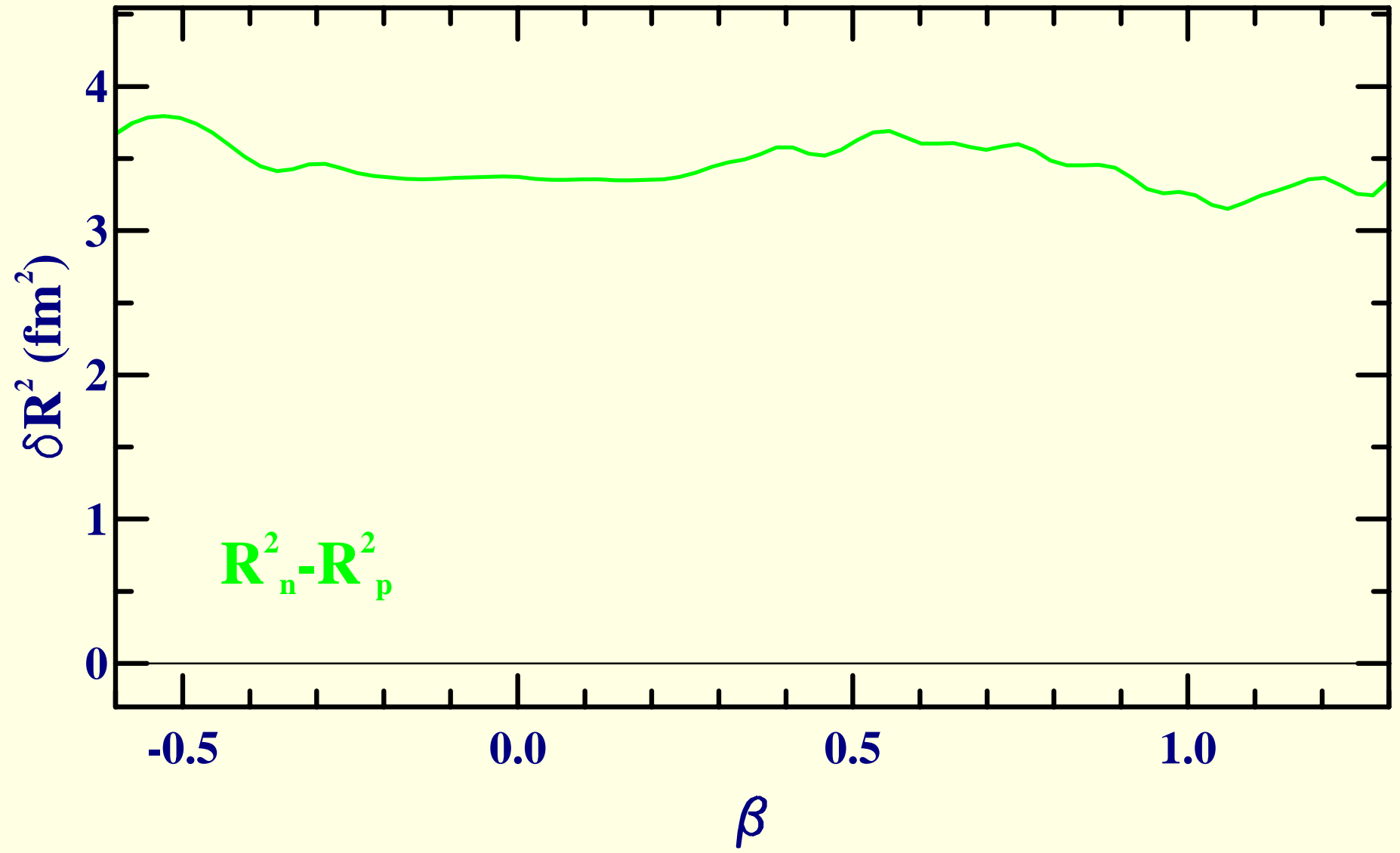


$^{169}_{57}\text{La}_{112}$



$R_n^2 - R_p^2$