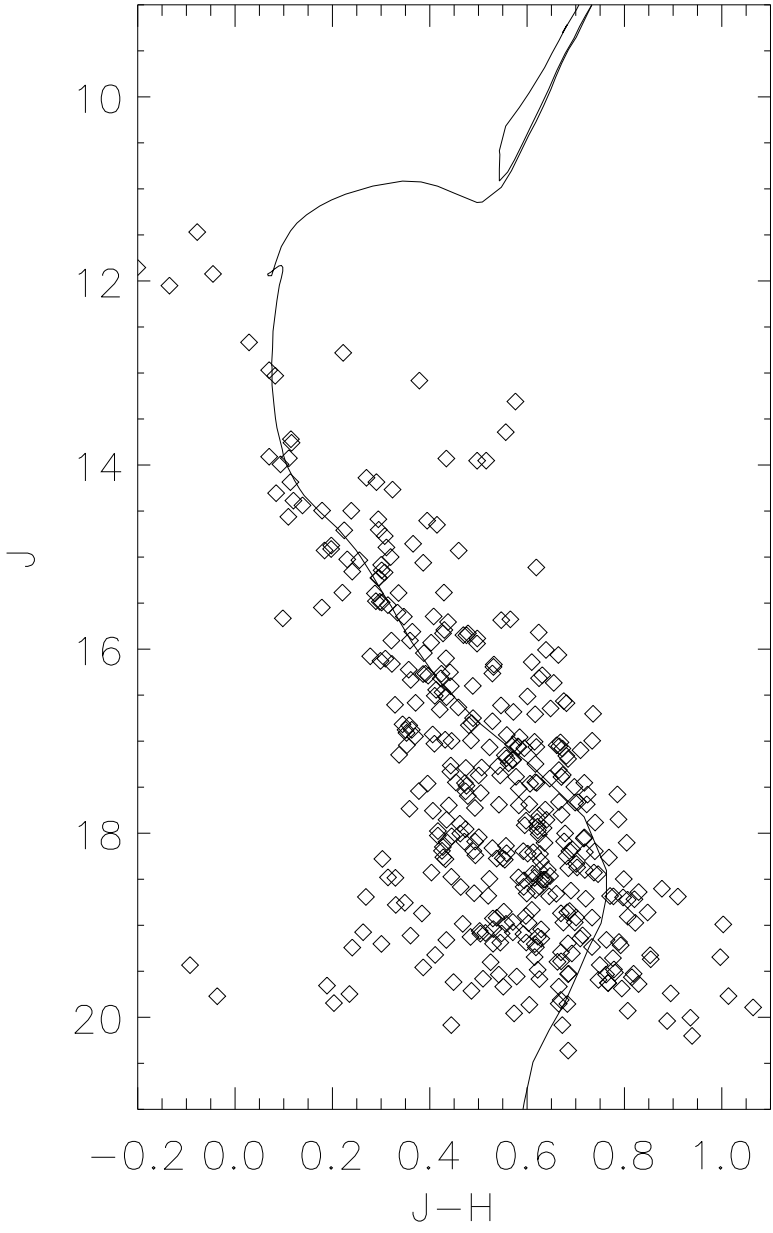
10
12
14
16
18
20
J
−0.2
0.0
0.2
0.4
0.6
0.8
1.0
J−H