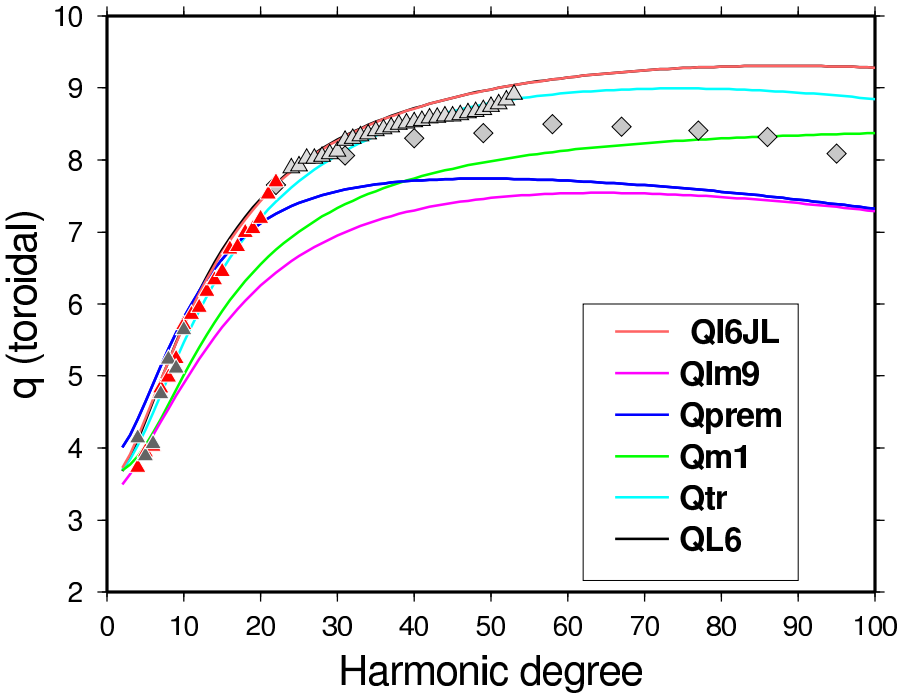
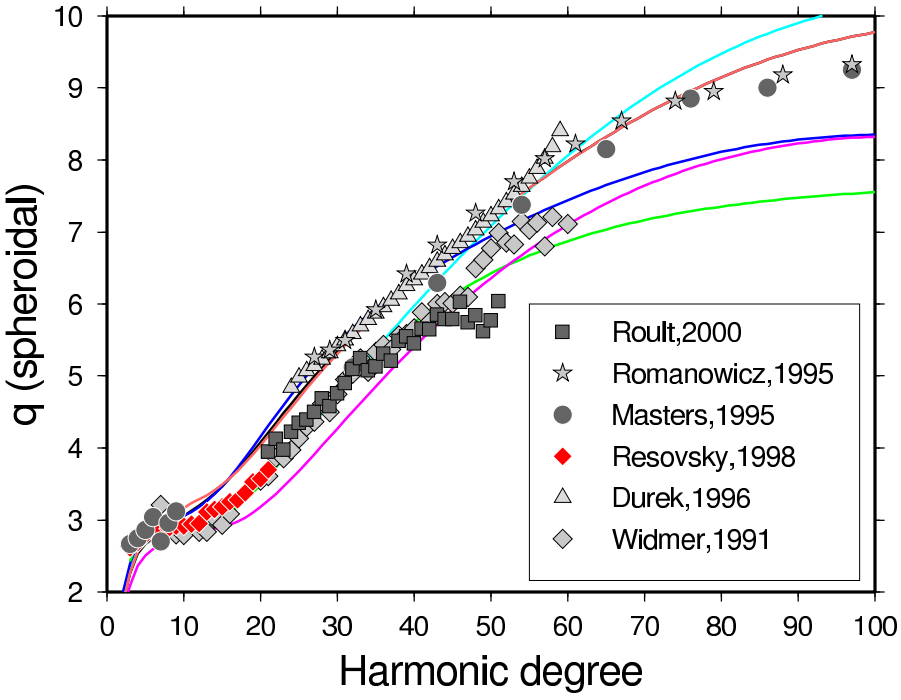
fundamental toroidal modes



fundamental spheroidal modes