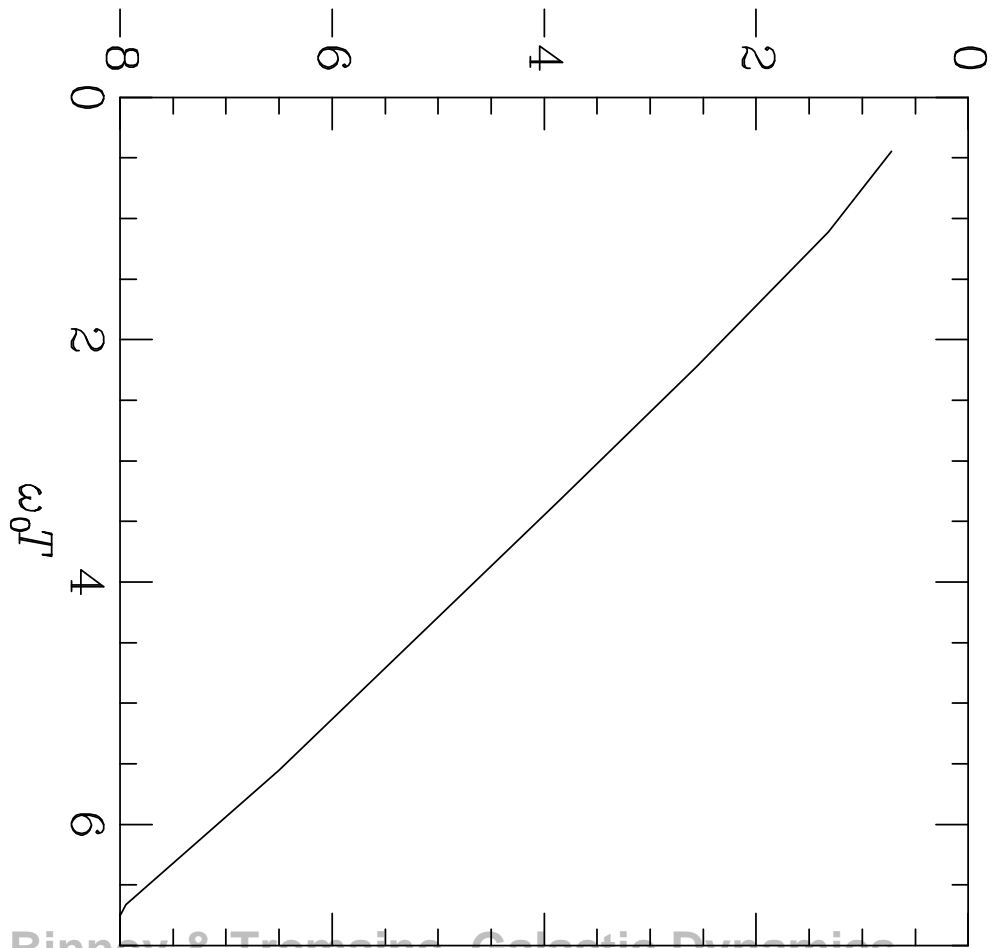


$\log_{10}(\Delta J/J)$



Binney & Tremaine, Galactic Dynamics