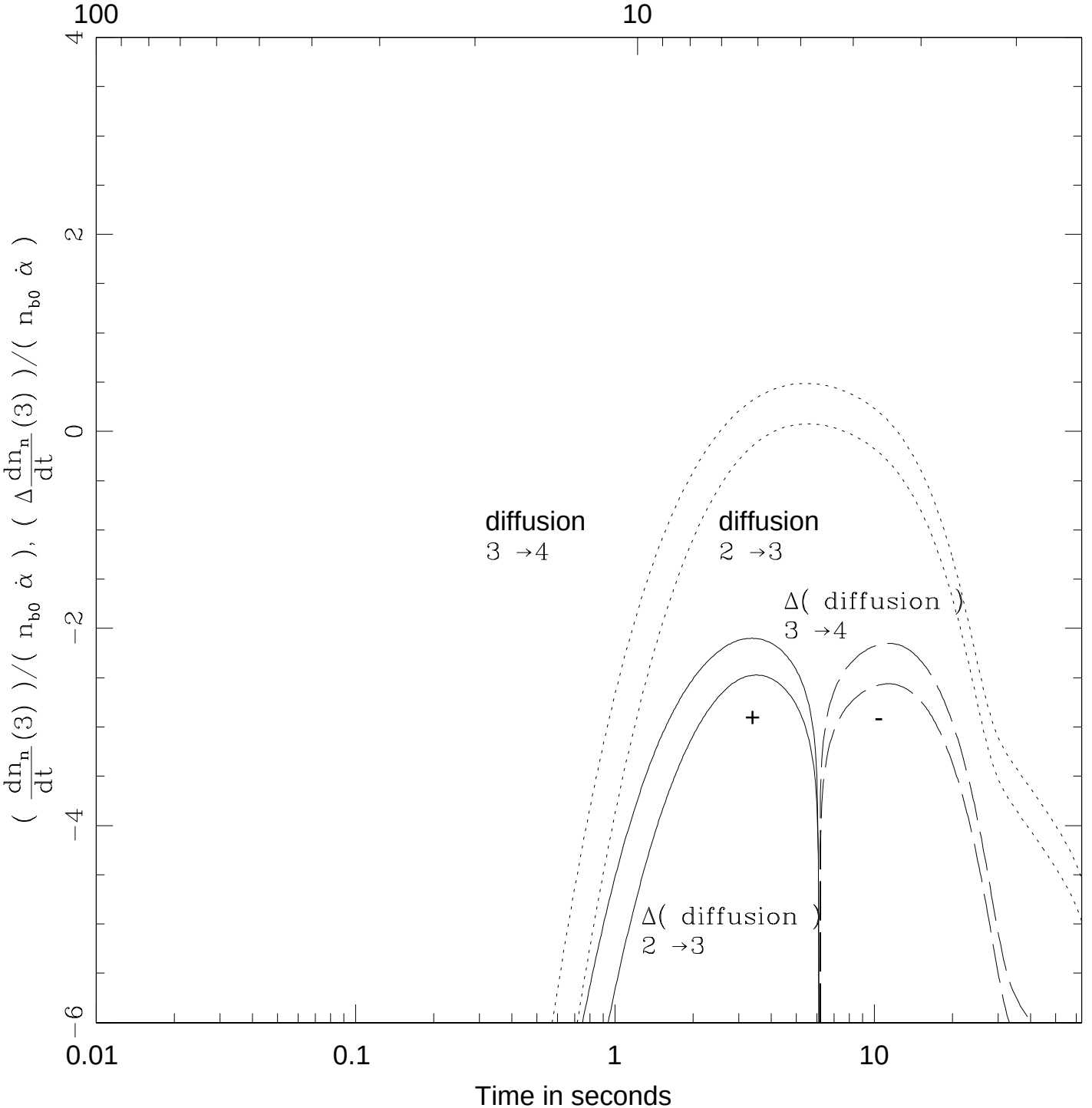

Figure (3a): Diffusion Rates in Shell 3