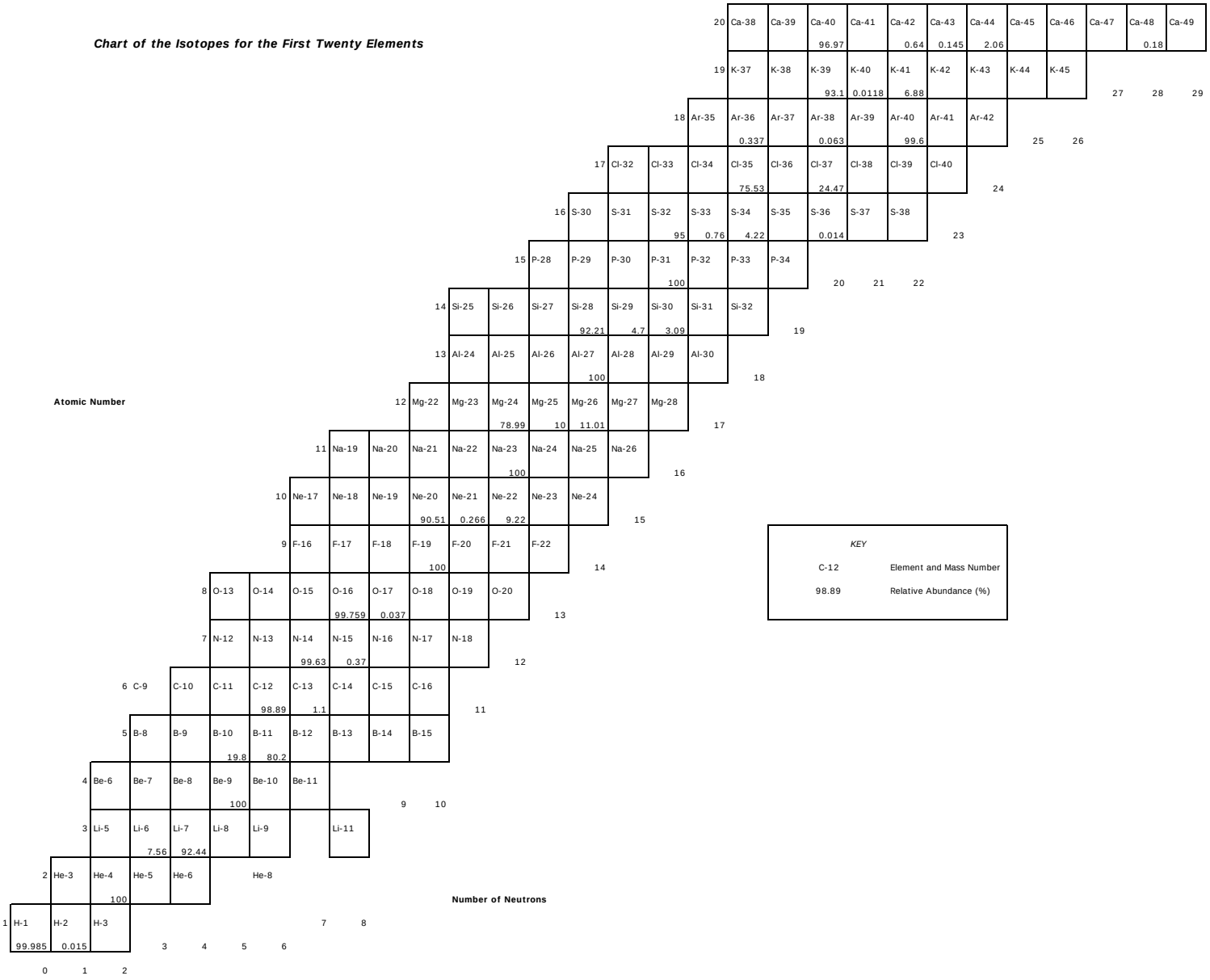Chart of the Isotopes for the First Twenty Elements