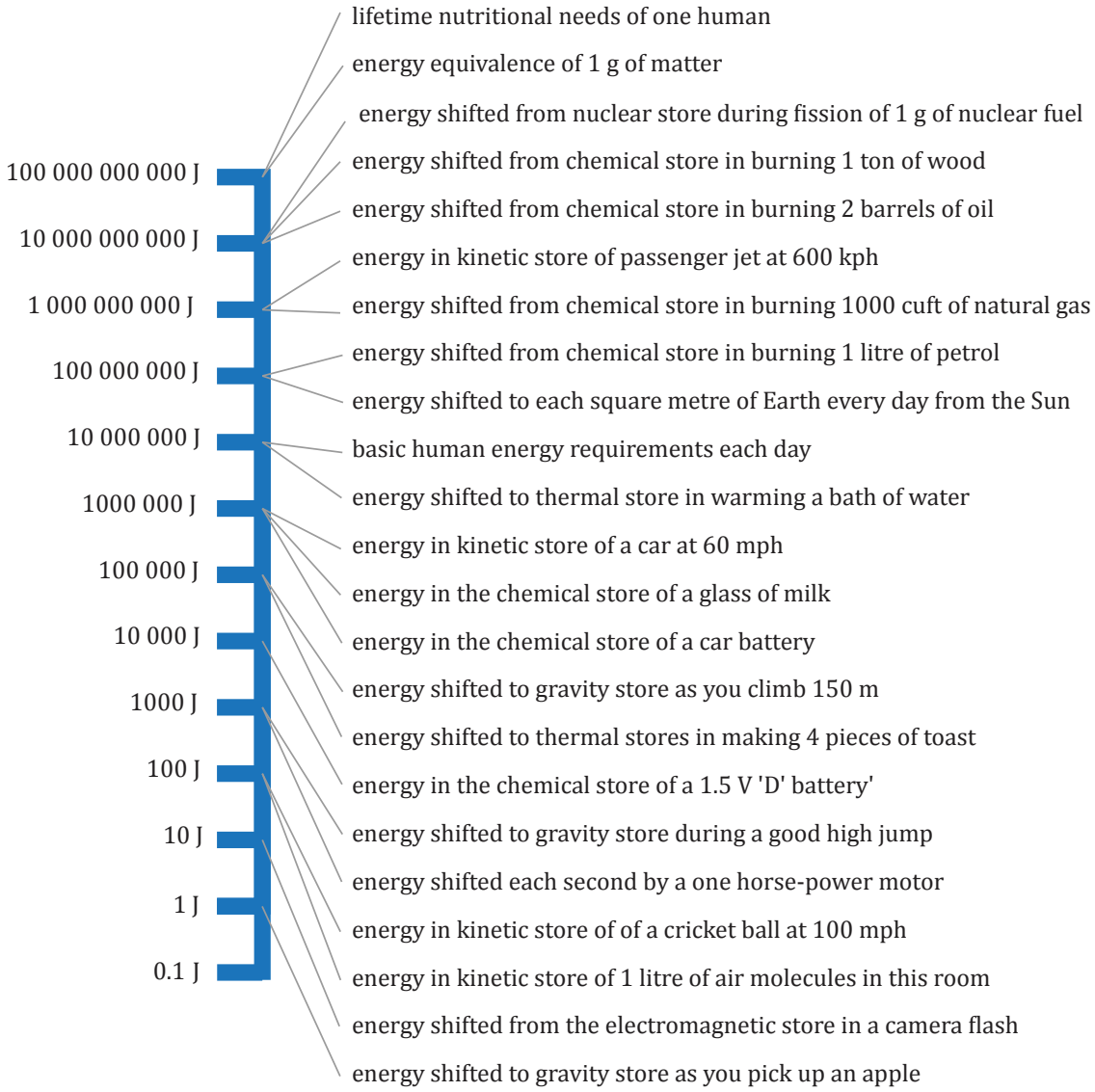
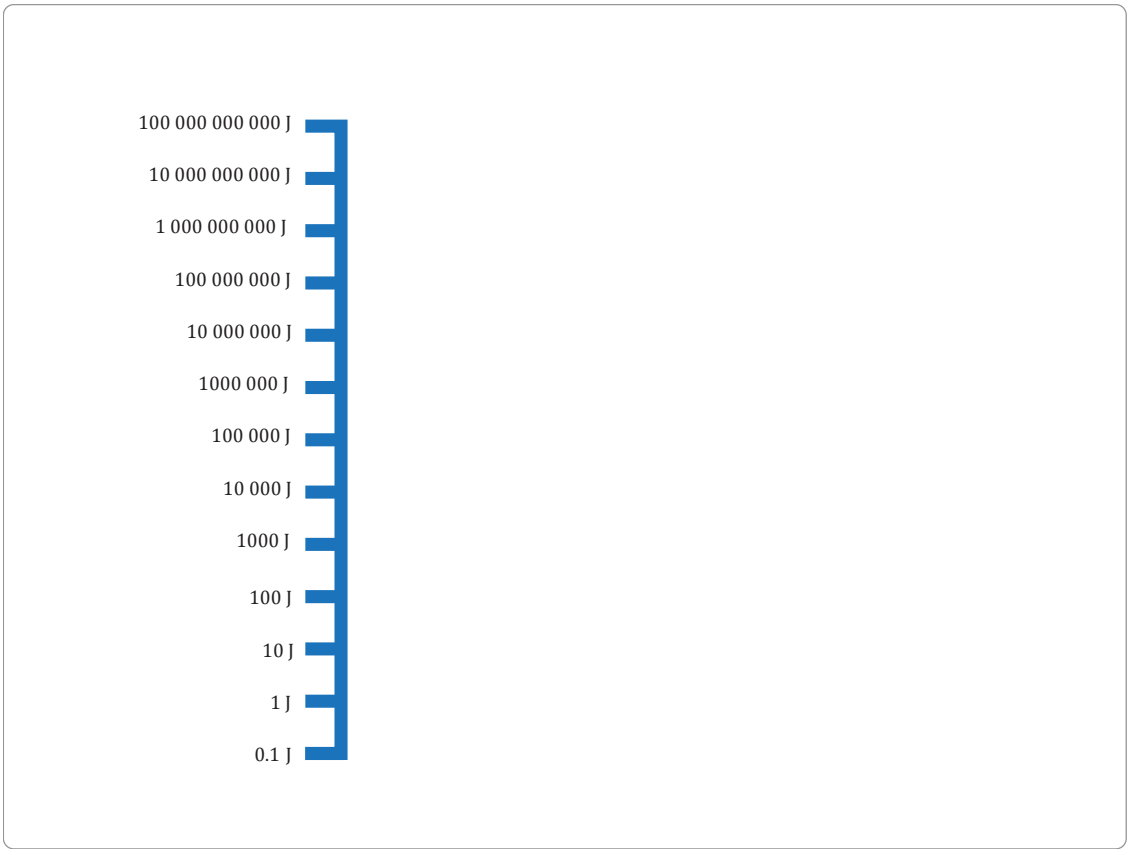
An energy ladder



Add examples to the energy ladder