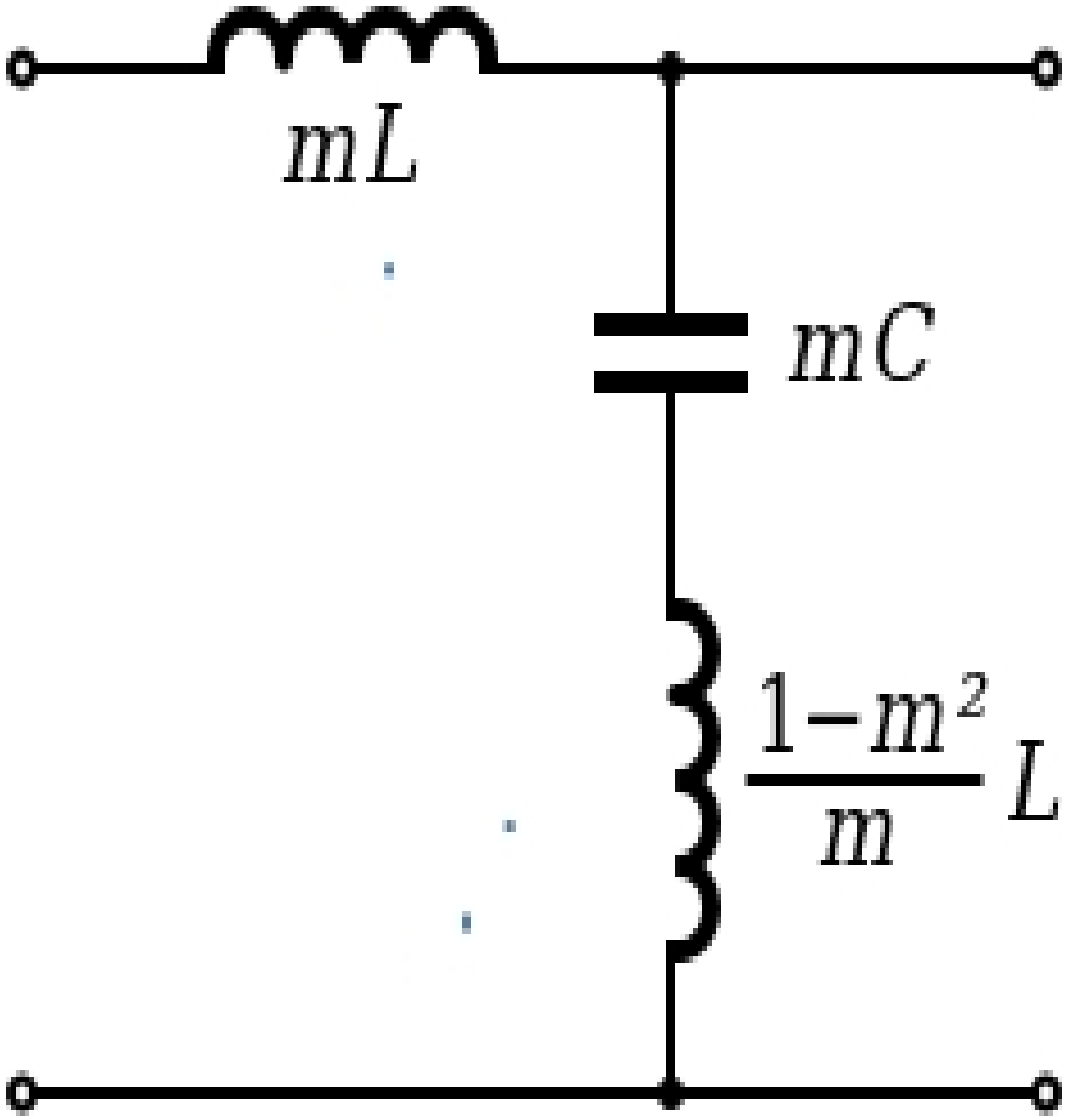
mL
mC
$\frac{1-m^2}{m}L$