

FIGURE 5. The specific heat at constant volume of solid and fluid  ${}^4\text{He}$  at various volumes.

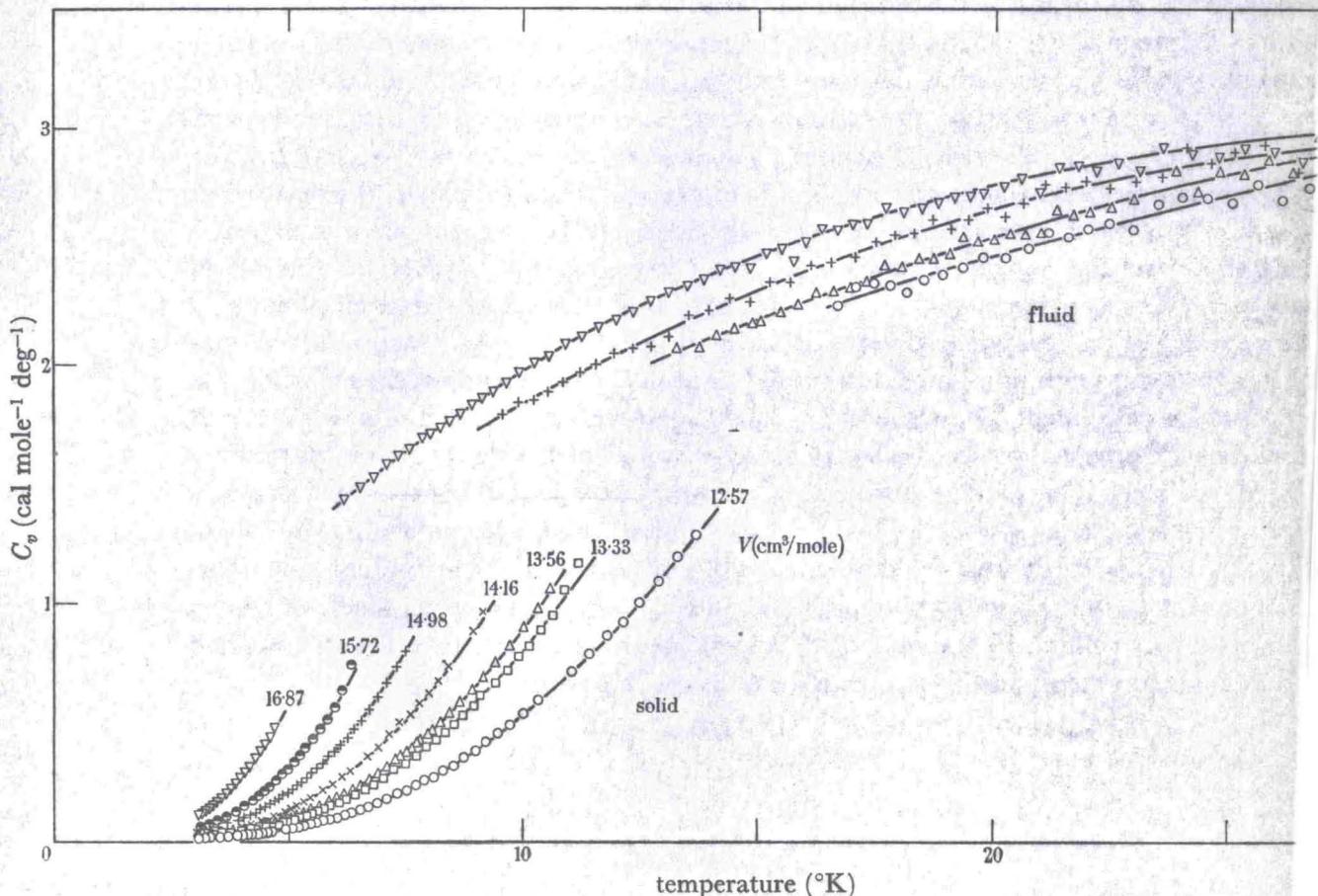


FIGURE 6. The specific heat at constant volume of solid and fluid  ${}^3\text{He}$  at various volumes.