

Values for transitions in atomic hydrogen (allowed transitions)

Transition	equ.(42)		equ.(43)		Transition	equ.(42)		equ.(43)	
	α_{ij}	$1.25/\beta_{ij}$	$c_{ij} E_{ij}$	α_{ij}		α_{ij}	$1.25/\beta_{ij}$	$c_{ij} E_{ij}$	α_{ij}
1s → 2p	1.00	1.25	1.26	1	1s → 3p	1	1.77	2.33	1
2s → 3p	0.81	1.25	0.51	1	1s → 4p	1	2.03	2.75	1
2p → 3d	0.90	1.25	1.10	1	1s → 5p	1	2.15	2.94	1
3s → 4p	0.75	1.25	0.33	1	1s → 6p	1	2.24	3.08	1
3p → 4d	0.80	1.25	0.50	1	2s → 4p	0.83	1.25	0.83	1
3d → 4f	0.85	1.25	0.92	1	2s → 5p	0.93	1.25	1.04	1
4s → 5p	0.72	1.25	0.24	1	2s → 6p	0.95	1.25	1.18	1
4p → 5d	0.77	1.25	0.33	1	2s → 7p	0.95	1.25	1.28	1
4d → 5f	0.79	1.25	0.46	1	3s → 5p	0.82	1.25	0.51	1
4f → 5g	0.83	1.25	0.79	1	3s → 5d	0.90	1.25	0.94	1
					3d → 5f	1	1.93	2.59	1

Values for transitions in atomic helium (allowed transitions)

Transition	equ. (42)			Transition	equ. (42)		
	f_{ij}	α_{ij}	$1.25/\beta_{ij}$		f_{ij}	α_{ij}	$1.25/\beta_{ij}$
1 ¹ S → 2 ¹ P	0.276	1.1	1.25	2 ¹ S → 4 ¹ P	0.051	1.1	1.25
→ 3 ¹ P	0.073	1.2	1.25	→ 5 ¹ P	0.022	1.0	1.25
→ 4 ¹ P	0.030	1.4	1.25	→ 6 ¹ P	0.013	1.0	1.25
→ 5 ¹ P	0.015	1.3	1.25	2 ³ S → 2 ³ P	0.539	0.8	1.25
→ 6 ¹ P	0.009	1.1	1.25	→ 3 ³ P	0.645	0.95	1.25
2 ¹ S → 2 ¹ P	0.376	0.9	1.25	→ 4 ³ P	0.023	1.0	1.25
→ 3 ¹ P	0.151	1.2	1.25	→ 5 ³ P	0.011	1.0	1.25
				→ 6 ³ P	0.006	1.0	1.25