







TABLE IV: Two-photon matrix elements  $Q_s$  (first line)  $Q_v$  (second line) and  $Q_t$  (third line) in atomic units, with  $L' = L$  and  $v' = v - 1$ .

$L/v$	1	2	3	4	5	6	7	8	9	10	11	12
0	-0.83797	-1.4013	-2.0514	-2.8653	-3.9272	-5.3537	-7.3199	-10.102	-14.153	-20.255	-29.827	-45.641
1	-0.84102	-1.4067	-2.0598	-2.8778	-3.9456	-5.3805	-7.3596	-10.162	-14.245	-20.401	-30.070	-46.067
1	0.00004	0.00009	0.00016	0.00028	0.00047	0.00079	0.00134	0.00233	0.00415	0.00772	0.01520	0.03240
1	0.73131	1.3010	2.0122	2.9502	4.2184	5.9648	8.4139	11.920	17.068	24.861	37.131	57.453
2	-0.84714	-1.4175	-2.0766	-2.9029	-3.9824	-5.4346	-7.4397	-10.282	-14.431	-20.697	-30.562	-46.933
2	0.00008	0.00016	0.00029	0.00049	0.00083	0.00140	0.00237	0.00411	0.00734	0.01369	0.02708	0.05797
2	0.62401	1.1104	1.7178	2.5194	3.6038	5.0984	7.1964	10.204	14.624	21.329	31.910	49.487
3	-0.85639	-1.4339	-2.1020	-2.9409	-4.0383	-5.5167	-7.5615	-10.466	-14.715	-21.150	-31.317	
3	0.00011	0.00023	0.00041	0.00071	0.00120	0.00202	0.00345	0.00598	0.01073	0.02009	0.03993	
3	0.61153	1.0885	1.6846	2.4719	3.5382	5.0095	7.0777	10.048	14.423	21.076	31.612	
4	-0.86884	-1.4560	-2.1365	-2.9922	-4.1139	-5.6281	-7.7270	-10.716	-15.103	-21.771	-32.358	
4	0.00015	0.00030	0.00055	0.00095	0.00160	0.00270	0.00461	0.00804	0.01447	0.02724	0.05454	
4	0.61508	1.0953	1.6960	2.4903	3.5676	5.0564	7.1534	10.172	14.631	21.437	32.266	
5	-0.88459	-1.4839	-2.1801	-3.0575	-4.2102	-5.7702	-7.9389	-11.038	-15.603	-22.577		
5	0.00019	0.00039	0.00070	0.00120	0.00204	0.00345	0.00590	0.01034	0.01871	0.03548		
5	0.62567	1.1147	1.7273	2.5385	3.6405	5.1666	7.3214	10.432	15.045	22.119		
6	-0.90379	-1.5181	-2.2335	-3.1376	-4.3286	-5.9455	-8.2009	-11.437	-16.227	-23.588		
6	0.00023	0.00047	0.00086	0.00148	0.00252	0.00428	0.00737	0.01297	0.02364	0.04522		
6	0.64111	1.1429	1.7725	2.6077	3.7446	5.3231	7.5586	10.798	15.623	23.064		
7	-0.92659	-1.5587	-2.2972	-3.2333	-4.4706	-6.1565	-8.5178	-11.922	-16.990			
7	0.00027	0.00057	0.00104	0.00180	0.00307	0.00524	0.00906	0.01605	0.02948			
7	0.66071	1.1788	1.8300	2.6956	3.8769	5.5219	7.8599	11.262	16.358			
8	-0.95322	-1.6063	-2.3719	-3.3460	-4.6384	-6.4067	-8.8953	-12.503	-17.910			
8	0.00033	0.00068	0.00124	0.00216	0.00370	0.00634	0.01103	0.01969	0.03653			
8	0.68435	1.2221	1.8994	2.8020	4.0373	5.7635	8.2273	11.831	17.263			
9	-0.98391	-1.6612	-2.4586	-3.4771	-4.8344	-6.7004	-9.3409	-13.193				
9	0.00038	0.00081	0.00147	0.00257	0.00443	0.00763	0.01337	0.02407				
9	0.71209	1.2730	1.9812	2.9276	4.2273	6.0508	8.6659	12.514				
10	-1.0190	-1.7242	-2.5582	-3.6285	-5.0617	-7.0427	-9.8637	-14.010				
10	0.00045	0.00095	0.00174	0.00305	0.00527	0.00916	0.01617	0.02941				
10	0.74414	1.3319	2.0761	3.0740	4.4495	6.3882	9.1841	13.327				
11	-1.0587	-1.7959	-2.6721	-3.8023	-5.3239	-7.4402	-10.475					
11	0.00053	0.00111	0.00205	0.00361	0.00627	0.01097	0.01955					
11	0.78083	1.3995	2.1854	3.2430	4.7073	6.7818	9.7926					
12	-1.1036	-1.8772	-2.8017	-4.0010	-5.6257	-7.9007	-11.189					
12	0.00061	0.00130	0.00240	0.00426	0.00746	0.01316	0.02370					
12	0.82254	1.4767	2.3105	3.4373	5.0051	7.2394	10.505					
13	-1.1541	-1.9690	-2.9489	-4.2280	-5.9724	-8.4340						
13	0.00071	0.00152	0.00282	0.00503	0.00888	0.01582						
13	0.86974	1.5642	2.4532	3.6600	5.3484	7.7705						
14	-1.2108	-2.0724	-3.1156	-4.4868	-6.3709	-9.0520						
14	0.00083	0.00177	0.00331	0.00595	0.01060	0.01907						
14	0.92301	1.6634	2.6155	3.9148	5.7438	8.3873						
15	-1.2742	-2.1890	-3.3046	-4.7821	-6.8291							
15	0.00096	0.00207	0.00389	0.00705	0.01268							
15	0.98302	1.7757	2.8001	4.2063	6.1996							
16	-1.3453	-2.3203	-3.5189	-5.1195	-7.3575							
16	0.00112	0.00242	0.00459	0.00838	0.01523							
16	1.0506	1.9027	3.0101	4.5402	6.7259							
17	-1.4250	-2.4683	-3.7622	-5.5058	-7.9684							
17	0.00130	0.00283	0.00542	0.00999	0.01838							
17	1.1266	2.0463	3.2492	4.9233	7.3357							
18	-1.5142	-2.6353	-4.0388	-5.9492								
18	0.00151	0.00332	0.00641	0.01196								
18	1.2122	2.2090	3.5219	5.3640								
19	-1.6143	-2.8240	-4.3544	-6.4603								
19	0.00177	0.00391	0.00762	0.01438								
19	1.3087	2.3935	3.8337	5.8729								
20	-1.7269	-3.0380	-4.7155									

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TABLE V: Same as Table IV, with  $v' = v - 2$ .

$L/v$	2	3	4	5	6	7	8	9	10	11	12
0	-0.03562	-0.08270	-0.15560	-0.26641	-0.43284	-0.68172	-1.0547	-1.6186	-2.4838	-3.8426	-6.0497
1	-0.03587	-0.08328	-0.15668	-0.26825	-0.43585	-0.68654	-1.0624	-1.6308	-2.5035	-3.8751	-6.1053
1	0.00003	0.00006	0.00012	0.00023	0.00041	0.00073	0.00131	0.00240	0.00453	0.00895	0.01885
1	0.08291	0.17403	0.30084	0.47932	0.73230	1.0941	1.6179	2.3884	3.5465	5.3373	8.2150
2	-0.03639	-0.08444	-0.15884	-0.27195	-0.44191	-0.69626	-1.0779	-1.6554	-2.5433	-3.9410	-6.2183
2	0.00005	0.00011	0.00022	0.00040	0.00072	0.00129	0.00232	0.00425	0.00804	0.01592	0.03367
2	0.07078	0.14860	0.25698	0.40961	0.62610	0.93596	1.3849	2.0461	3.0412	4.5827	7.0652
3	-0.03717	-0.08621	-0.16213	-0.27758	-0.45113	-0.71106	-1.1014	-1.6931	-2.6042	-4.0419	
3	0.00007	0.00016	0.00031	0.00058	0.00105	0.00188	0.00338	0.00621	0.01179	0.02346	
3	0.06941	0.14579	0.25226	0.40233	0.61542	0.92077	1.3638	2.0173	3.0029	4.5335	
4	-0.03824	-0.08862	-0.16660	-0.28522	-0.46367	-0.73121	-1.1336	-1.7445	-2.6876	-4.1805	
4	0.00009	0.00021	0.00042	0.00078	0.00140	0.00251	0.00454	0.00837	0.01597	0.03197	
4	0.06987	0.14687	0.25430	0.40593	0.62152	0.93093	1.3807	2.0456	3.0511	4.6182	
5	-0.03960	-0.09169	-0.17232	-0.29501	-0.47975	-0.75708	-1.1749	-1.8108	-2.7955		
5	0.00011	0.00026	0.00053	0.00099	0.00179	0.00322	0.00584	0.01082	0.02077		
5	0.07116	0.14969	0.25944	0.41455	0.63549	0.95320	1.4161	2.1024	3.1438		
6	-0.04128	-0.09549	-0.17938	-0.30711	-0.49965	-0.78915	-1.2263	-1.8935	-2.9305		
6	0.00013	0.00033	0.00065	0.00123	0.00223	0.00402	0.00733	0.01367	0.02642		
6	0.07302	0.15377	0.26679	0.42684	0.65527	0.98456	1.4657	2.1814	3.2722		
7	-0.04330	-0.10007	-0.18790	-0.32173	-0.52373	-0.82805	-1.2888	-1.9944			
7	0.00016	0.00040	0.00080	0.00149	0.00273	0.00495	0.00907	0.01703			
7	0.07540	0.15895	0.27613	0.44244	0.68039	1.0244	1.5287	2.2819			
8	-0.04569	-0.10550	-0.19802	-0.33912	-0.55243	-0.87454	-1.3637	-2.1159			
8	0.00019	0.00047	0.00096	0.00180	0.00331	0.00603	0.01113	0.02107			
8	0.07827	0.16522	0.28746	0.46138	0.71093	1.0729	1.6056	2.4051			
9	-0.04851	-0.11187	-0.20991	-0.35959	-0.58630	-0.92957	-1.4527				
9	0.00023	0.00056	0.00114	0.00216	0.00399	0.00732	0.01360				
9	0.08167	0.17264	0.30087	0.48385	0.74725	1.1307	1.6977				
10	-0.05178	-0.11929	-0.22378	-0.38352	-0.62600	-0.99430	-1.5580				
10	0.00027	0.00067	0.00136	0.00258	0.00479	0.00885	0.01661				
10	0.08561	0.18129	0.31655	-0.51017	0.78993	1.1990	1.8068				
11	-0.05556	-0.12789	-0.23988	-0.41135	-0.67233	-1.0702					
11	0.00032	0.00079	0.00161	0.00308	0.00575	0.01072					
11	0.09017	0.19128	0.33470	0.54077	0.83972	1.2790					
12	-0.05992	-0.13780	-0.25849	-0.44363	-0.72627	-1.1589					
12	0.00038	0.00093	0.00191	0.00367	0.00691	0.01299					
12	0.09539	0.20277	0.35564	0.57616	0.89757	1.3724					
13	-0.06492	-0.14922	-0.27997	-0.48101	-0.78899						
13	0.00044	0.00109	0.00226	0.00438	0.00831						
13	0.10135	0.21592	0.37969	0.61699	0.96465						
14	-0.07067	-0.16234	-0.30473	-0.52427	-0.86194						
14	0.00052	0.00129	0.00268	0.00524	0.01003						
14	0.10813	0.23095	0.40728	0.66405	1.0424						
15	-0.07725	-0.17742	-0.33328	-0.57436							
15	0.00061	0.00152	0.00319	0.00629							
15	0.11586	0.24811	0.43892	0.71831							
16	-0.08478	-0.19474	-0.36621	-0.63243							
16	0.00071	0.00180	0.00380	0.00757							
16	0.12464	0.26771	0.47523	0.78091							
17	-0.09342	-0.21466	-0.40425	-0.69990							
17	0.00084	0.00213	0.00455	0.00915							
17	0.13462	0.29010	0.51692								
18	-0.10333	-0.23760	-0.44828								
18	0.00099	0.00254	0.00546								
18	0.14599	0.31571	0.56491								
19	-0.11471	-0.26407	-0.49938								
19	0.00117	0.00303	0.00659								
19	0.15895	0.34506	0.62028								
20	-0.12780	-0.29469									
20	0.00139	0.00363									

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