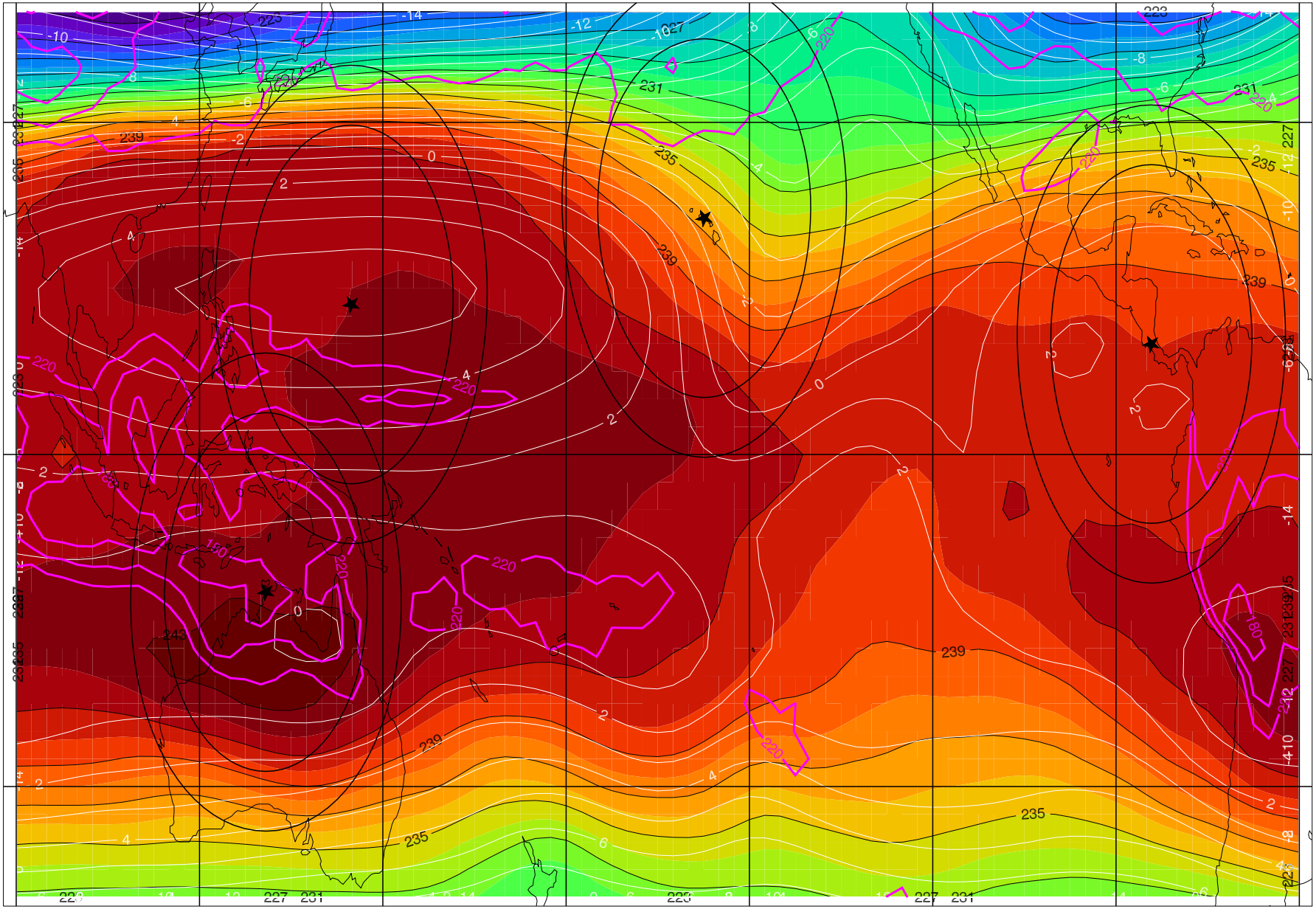300 hPa Temp. (K) January 1984