Magic numbers: (p. 1454)

- \( ^a N \): 2, 10, 18, 36, 54, 86
- \( ^a Z \): 2, 8, 20, 28, 50, 82, 126

- He, Be, B, N, O, F
- He, Ne, Ar, Kr, Xe, Pb

Binding energies are large (see Fig. 43.2, p. 1451).