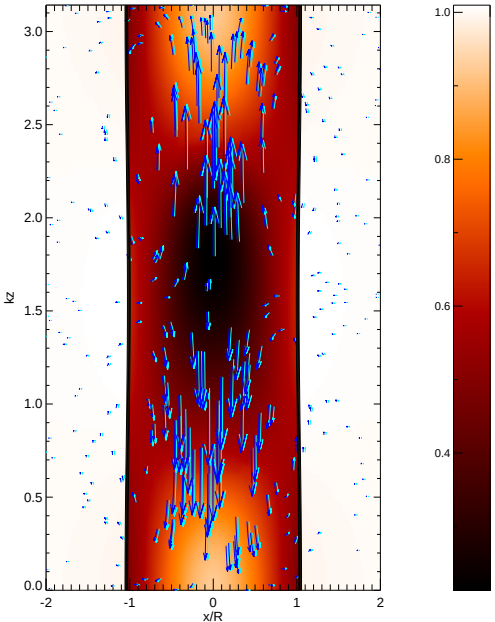
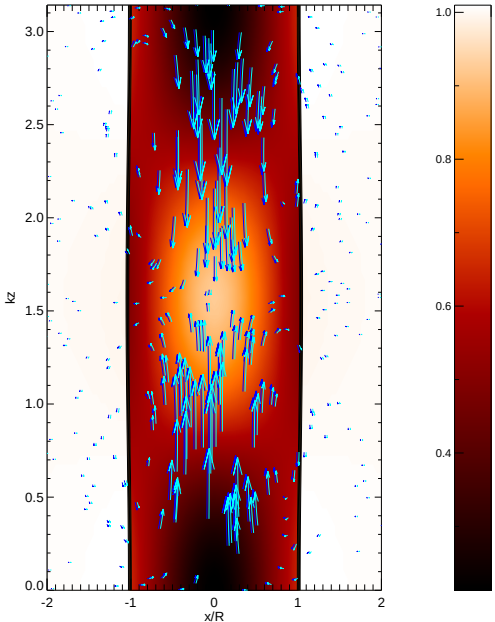


(a) Slow sausage body wave at $t = 0$.



(b) Slow sausage body wave at $t = P/2$.