

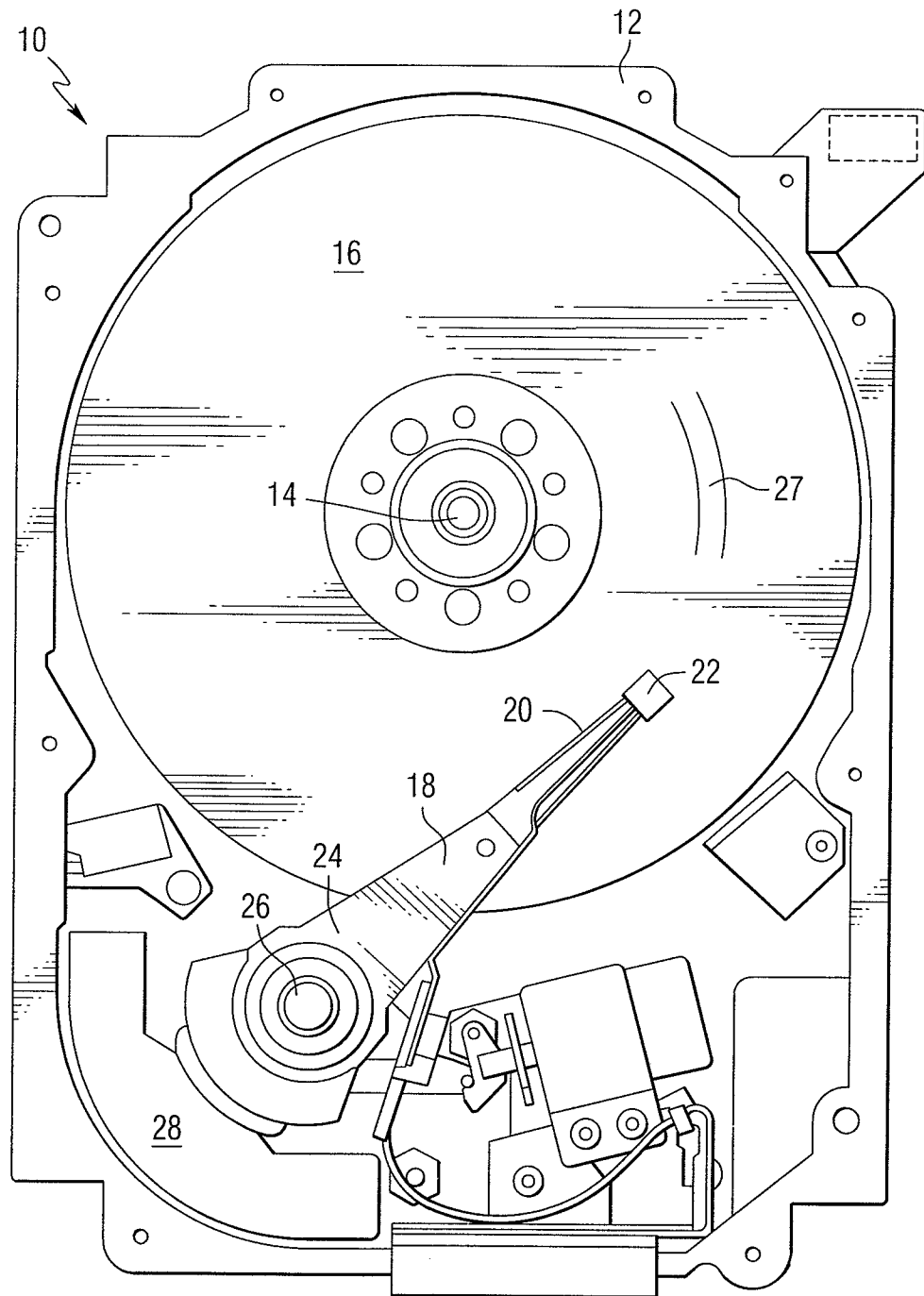


FIG. 1

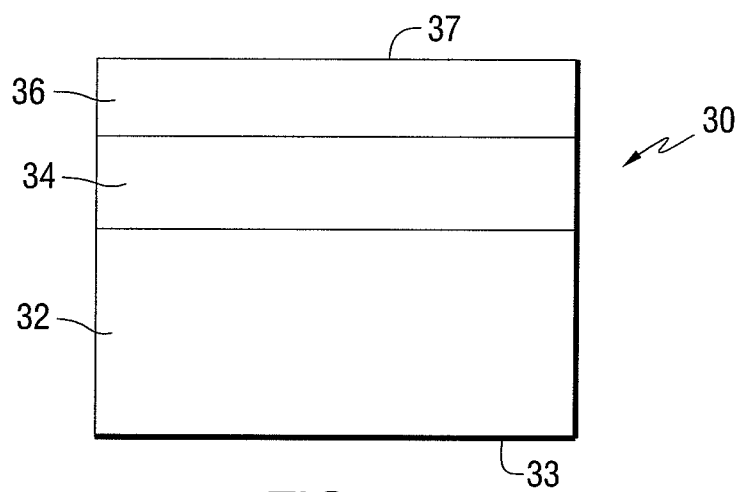


FIG. 2

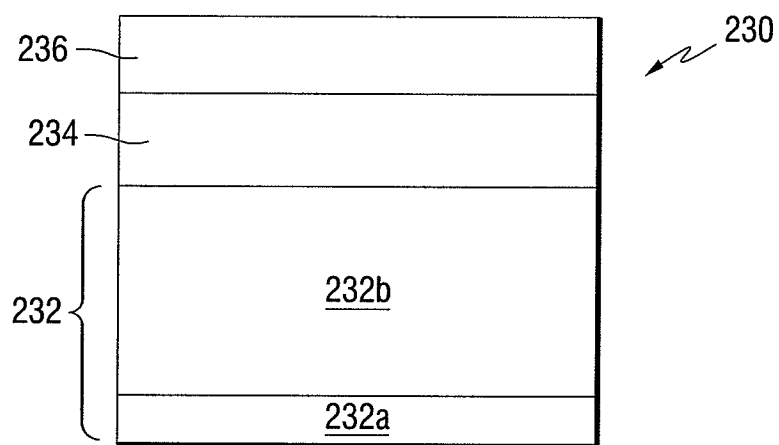


FIG. 7

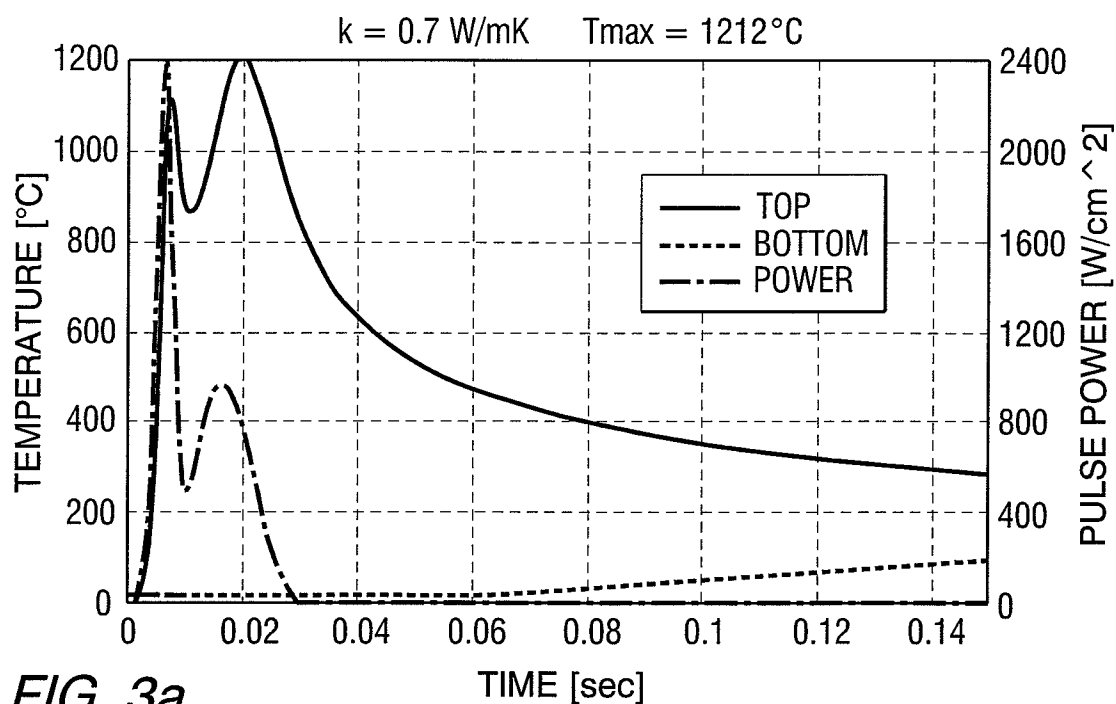


FIG. 3a

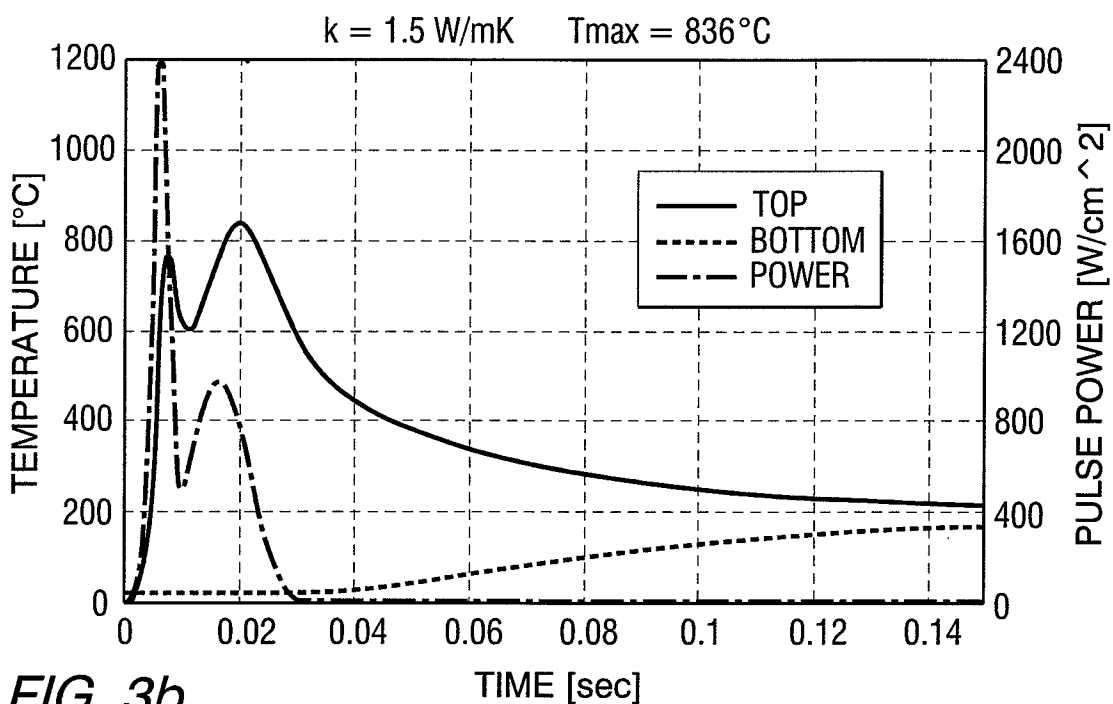


FIG. 3b

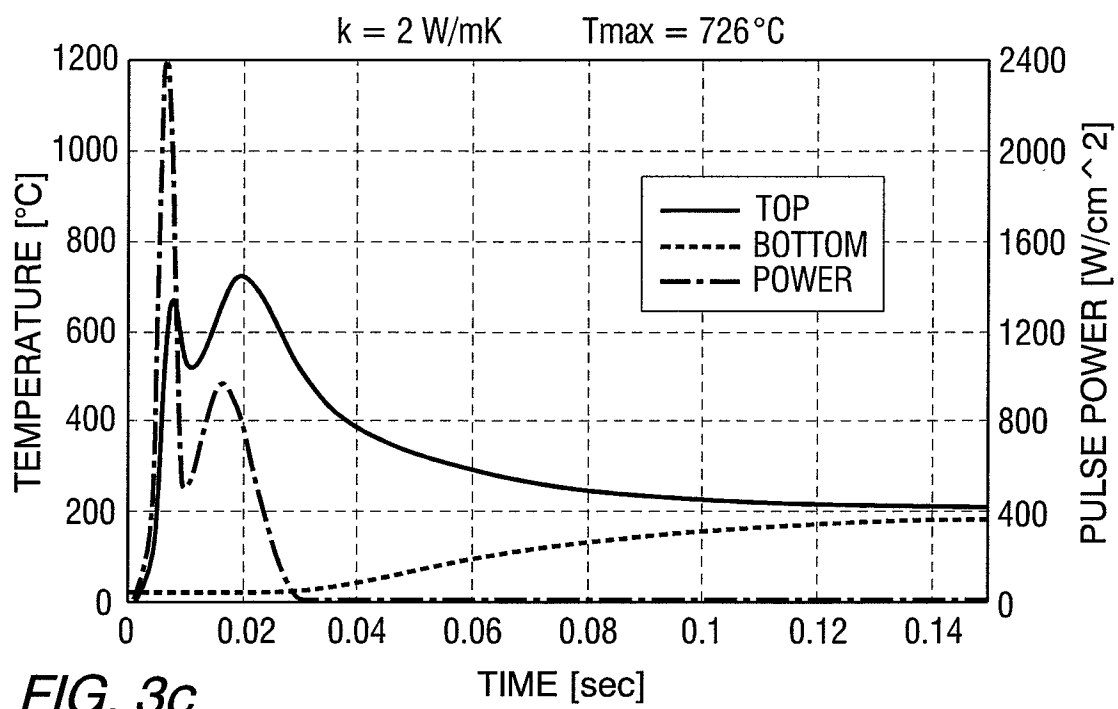
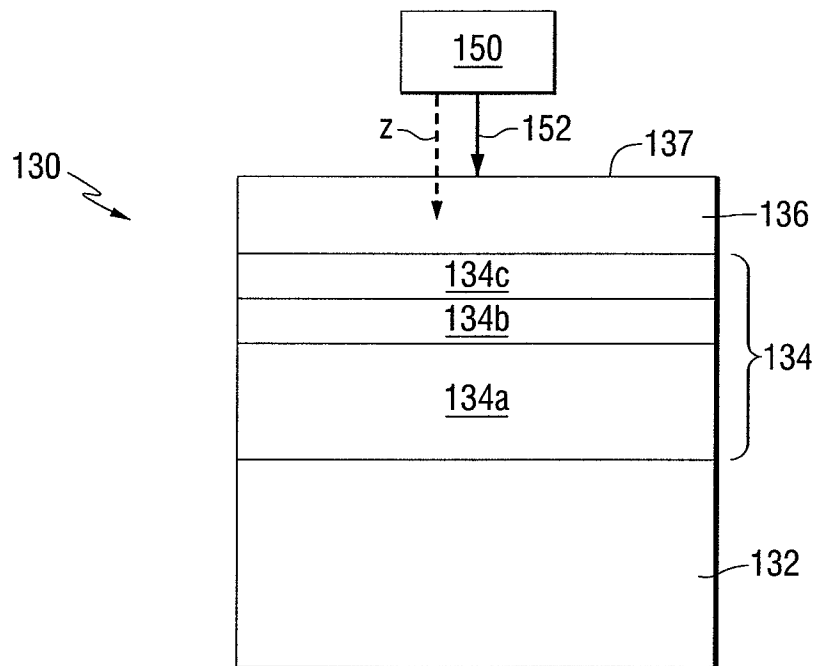


FIG. 4

Material	Thickness	c_v Specific heat [10^6 $J/m^3 \cdot K$]	k_{th} Thermal conductivity [$W/m \cdot K$]
Ar gas	4.44 mm	0.927	0.02
Magnetic layer	15 nm	3.56	20
Ta	4 nm	2.50	20
Pt	10 nm	2.84	71.6
Ru	50 nm	2.91	90
Substrate – glass	0.63 mm	1.88	0.7
Ar gas + quartz rods	5.41 mm	0.283	0.287

FIG. 5

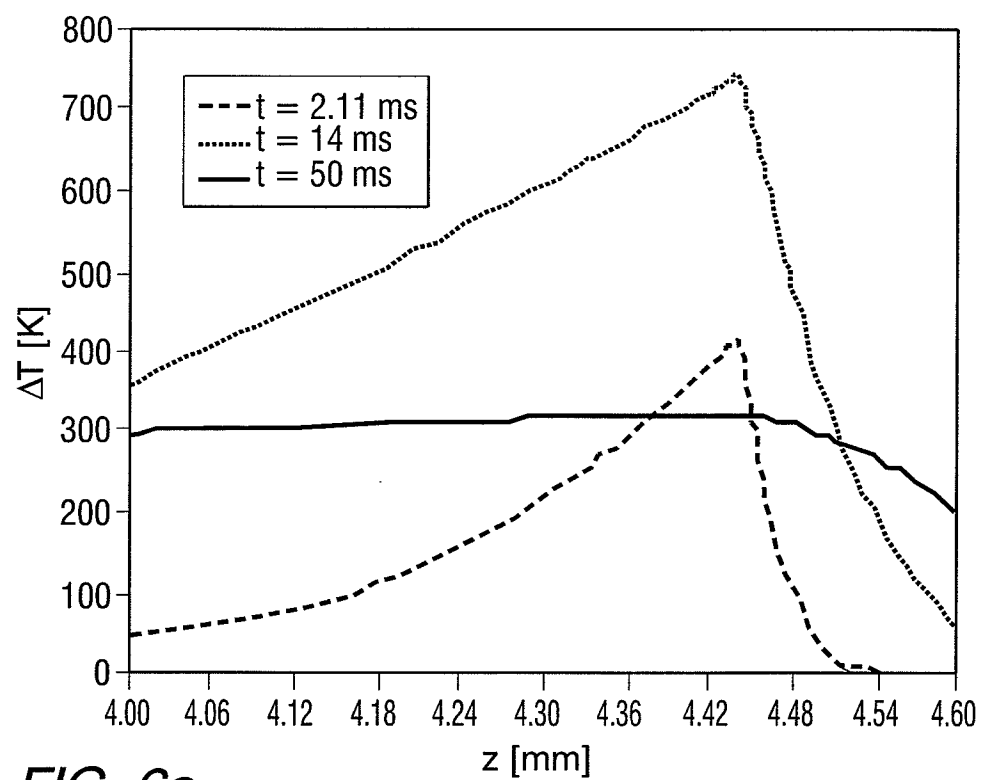


FIG. 6a

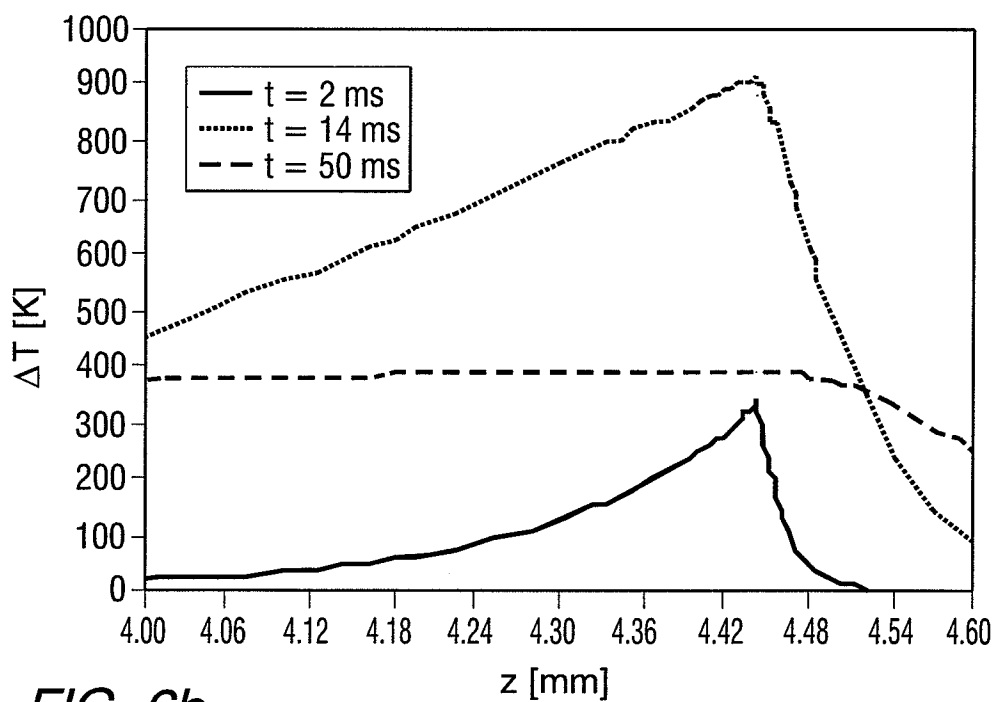


FIG. 6b