

# Alfven turbulence rate in the CNM phase

$n_{\text{tot}} = 20 \text{ cm}^{-3}$  -  $B = 6\text{e-}06 \text{ } \mu\text{G}$  -  $T = 50 \text{ K}$  -  $\text{grad}(P_{\text{CR}}) = 1\text{e-}29 \text{ erg cm}^{-4}$

