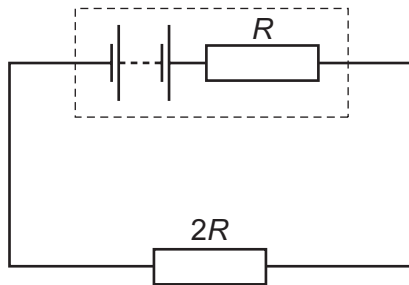34 The diagram shows an electric circuit in which the resistance of the external resistor is $2R$ and the internal resistance of the source is R.

What is the ratio $\dfrac{\text{power in internal resistance}}{\text{power in external resistor}}$?

A $\dfrac{1}{4}$ **B** $\dfrac{1}{2}$ **C** 2   **D** 4