Temperature Regulator Circuit

(C) 1997 G. Forrest Cook
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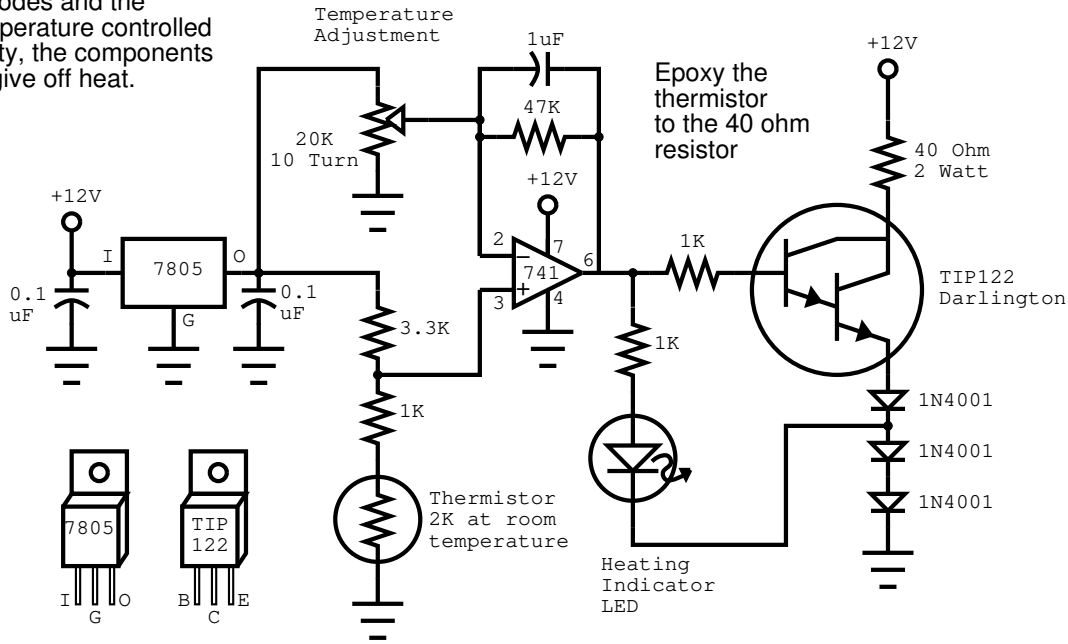
WB0RIO

For best efficiency, make good thermal contact between the 40 ohm resistor, the TIP 122, the 3 diodes and the temperature controlled entity, the components all give off heat.