I had a quick look through the code for congrid.pro,
which calls the Numerical Recipes routine INTERPOLATE.
I can't find interpolate in our Numerical Recipes distribution
(I can find interp). However, in the section in the Numerical Recipes book
which discusses interpolation, it says that only the 1D and 2D cases will be
discussed. The 3D case is 'entirely analogous'. So I guess it might be
time to get the baccy pouch and Rizlas out and roll your own.

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