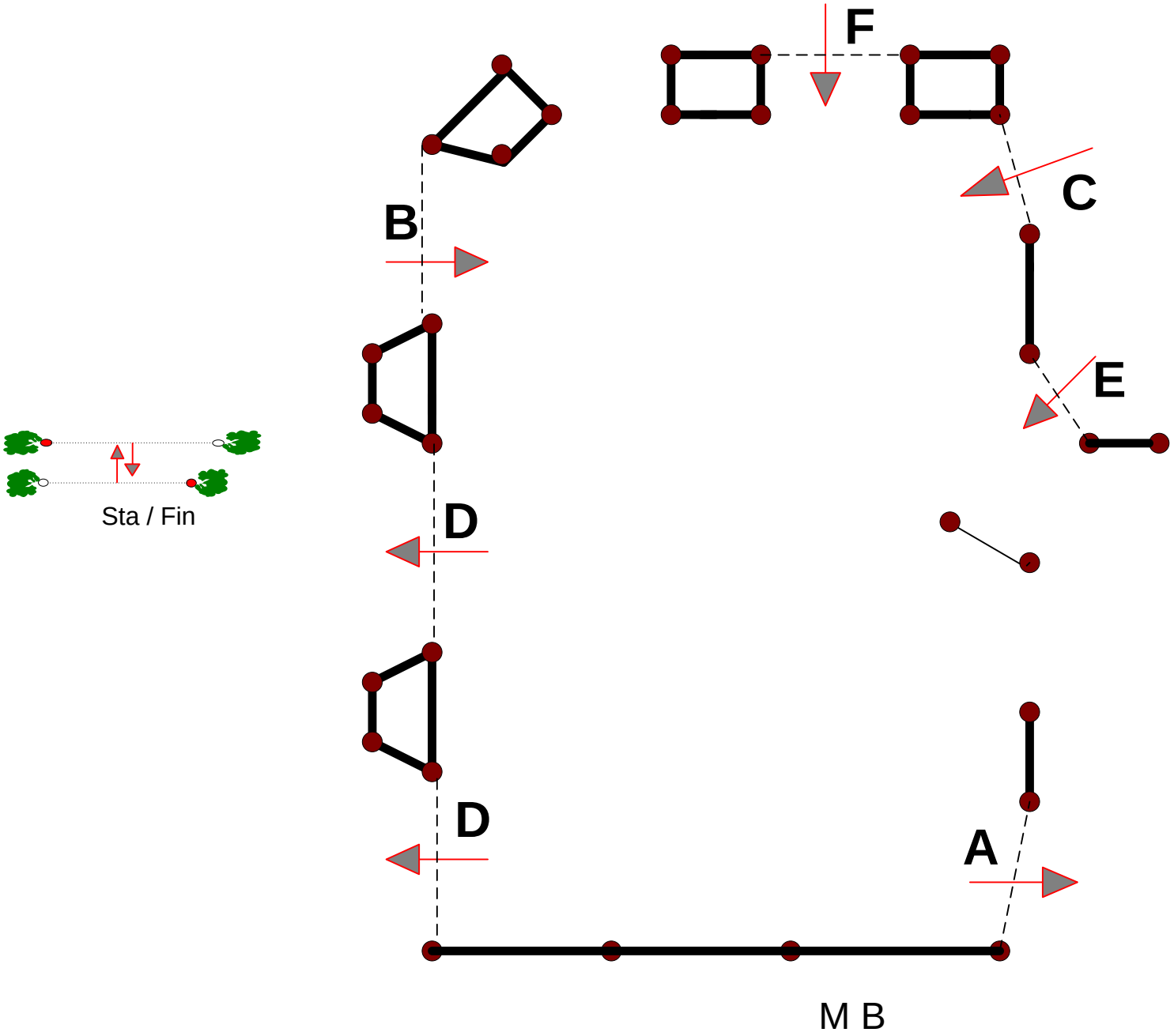H 4