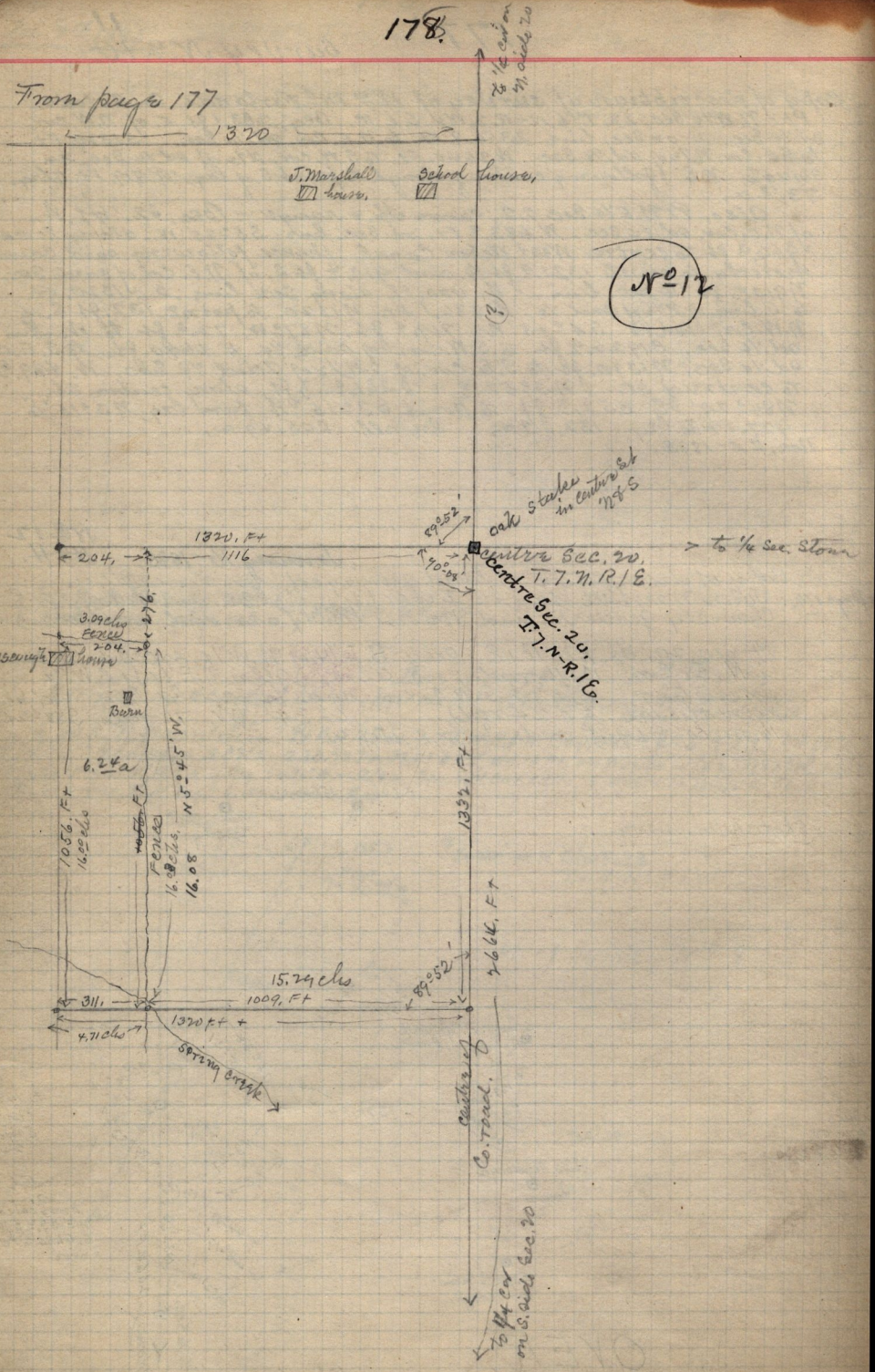From page 177