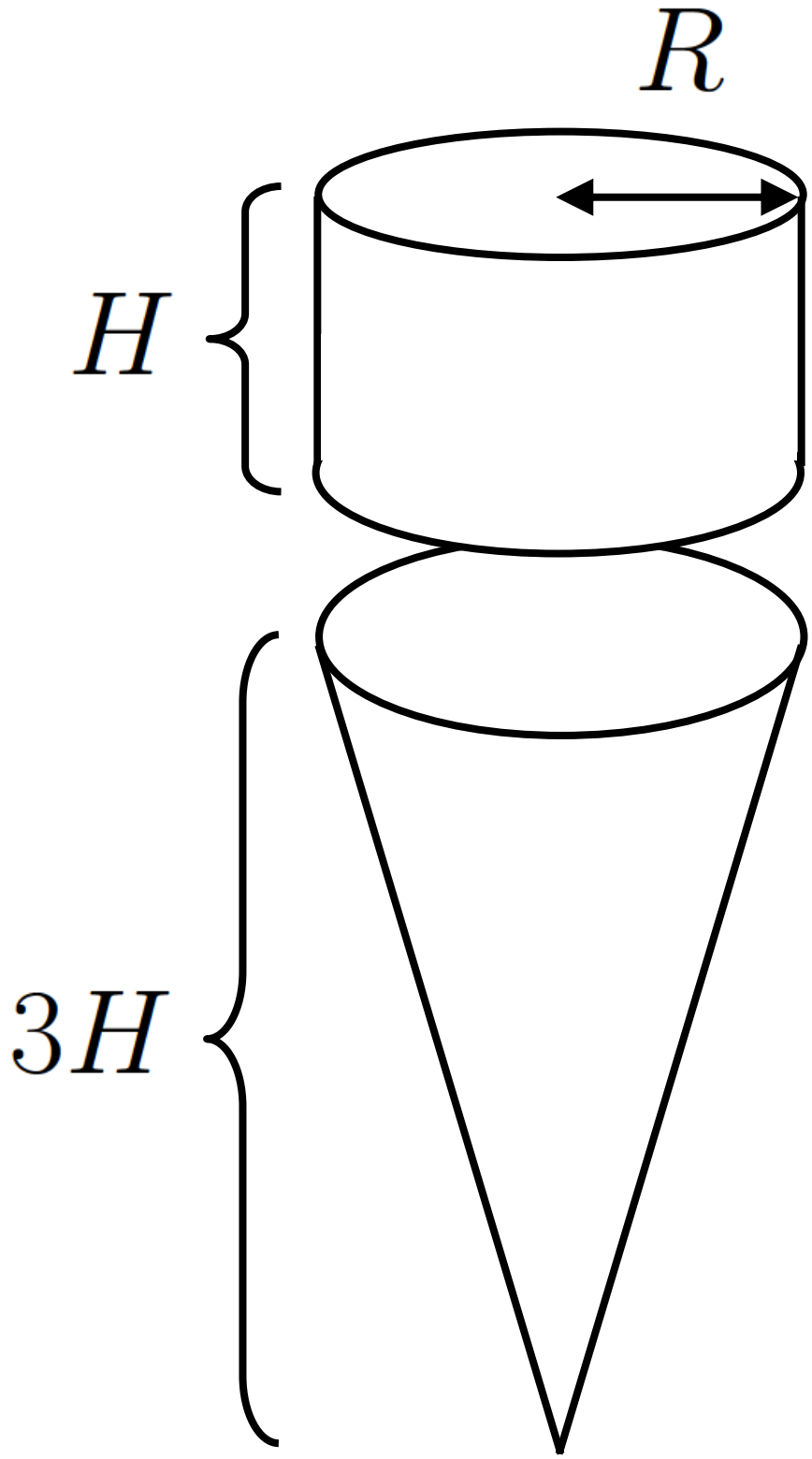
R
H
$3H$