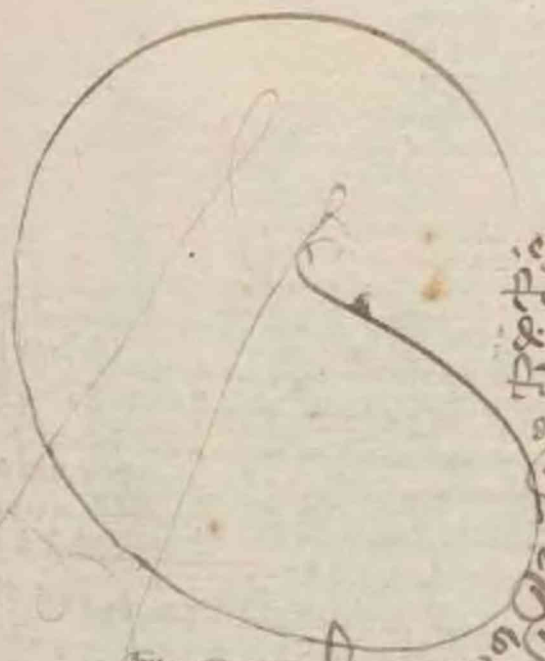De eſſo meſmo