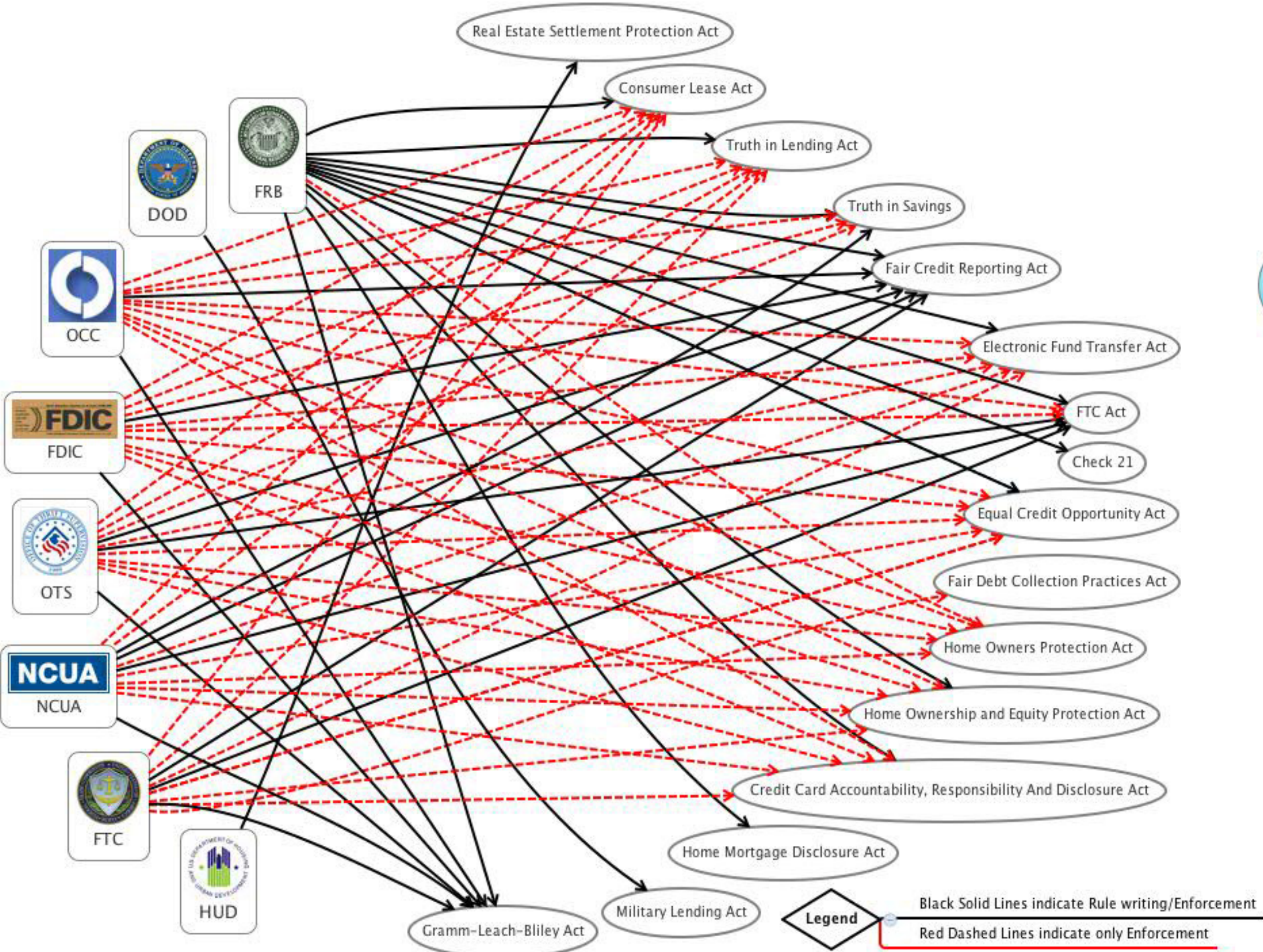


# Which is more efficient and effective?



OR

