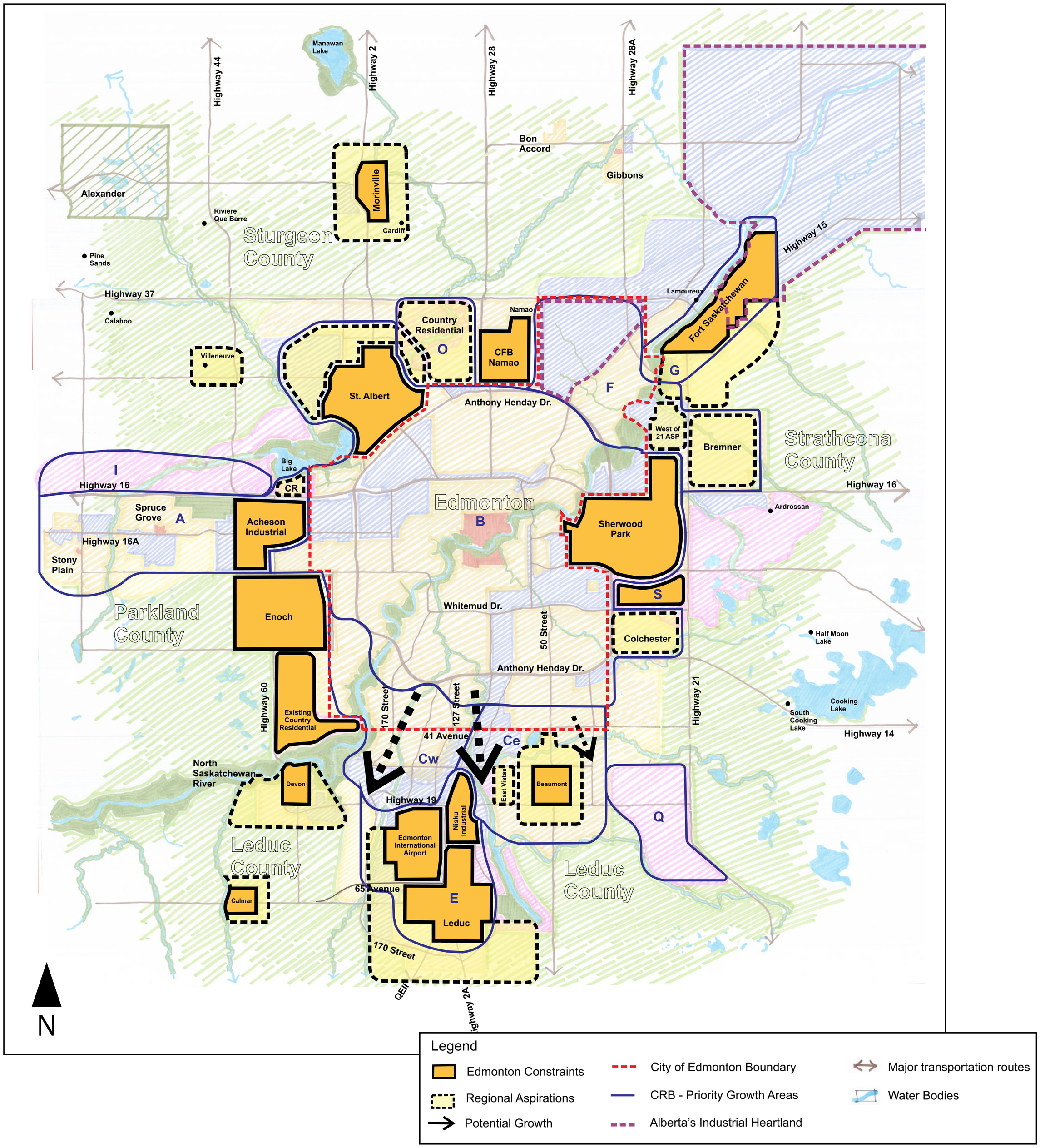Contraints to Growth