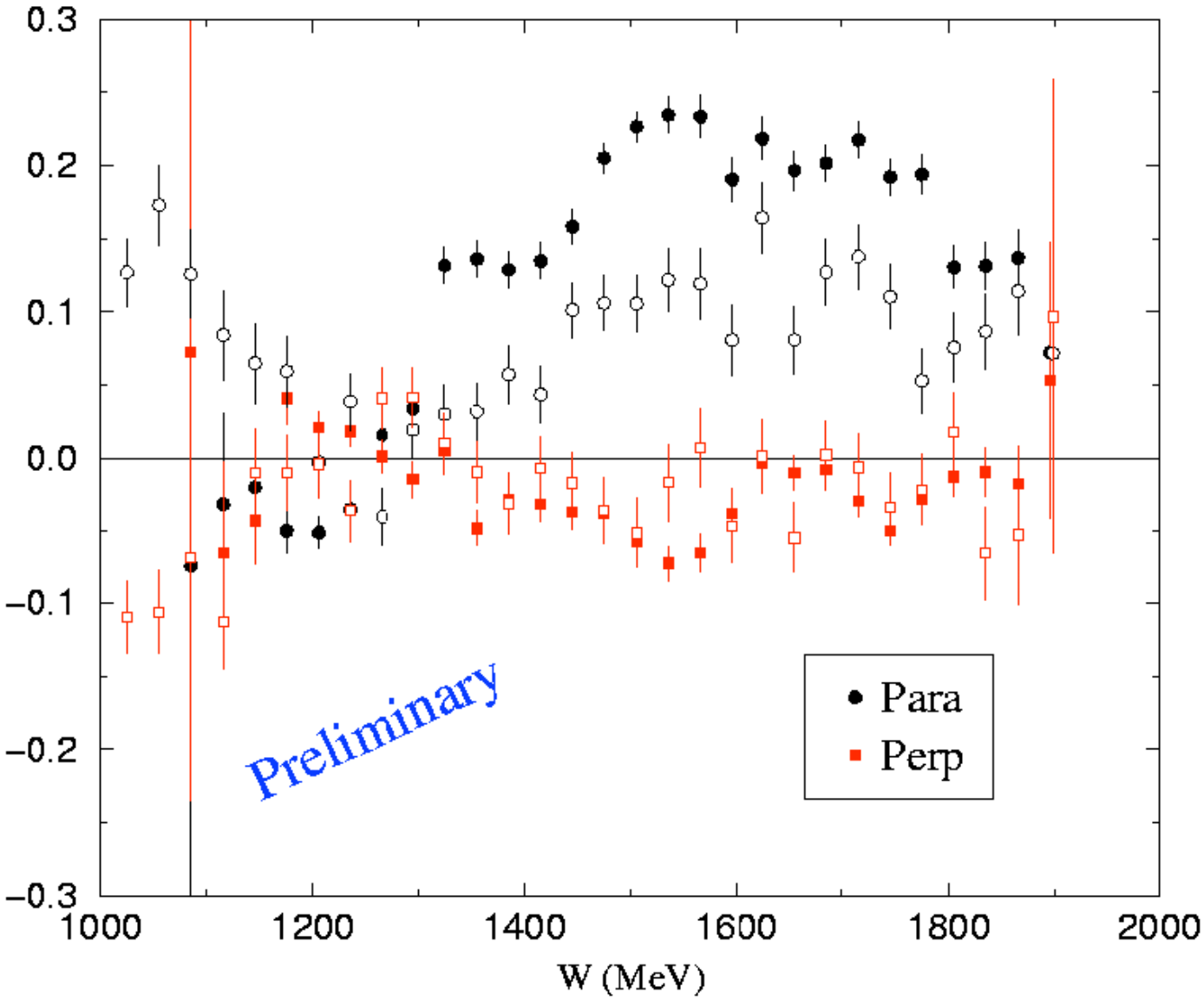Proton and Deuteron