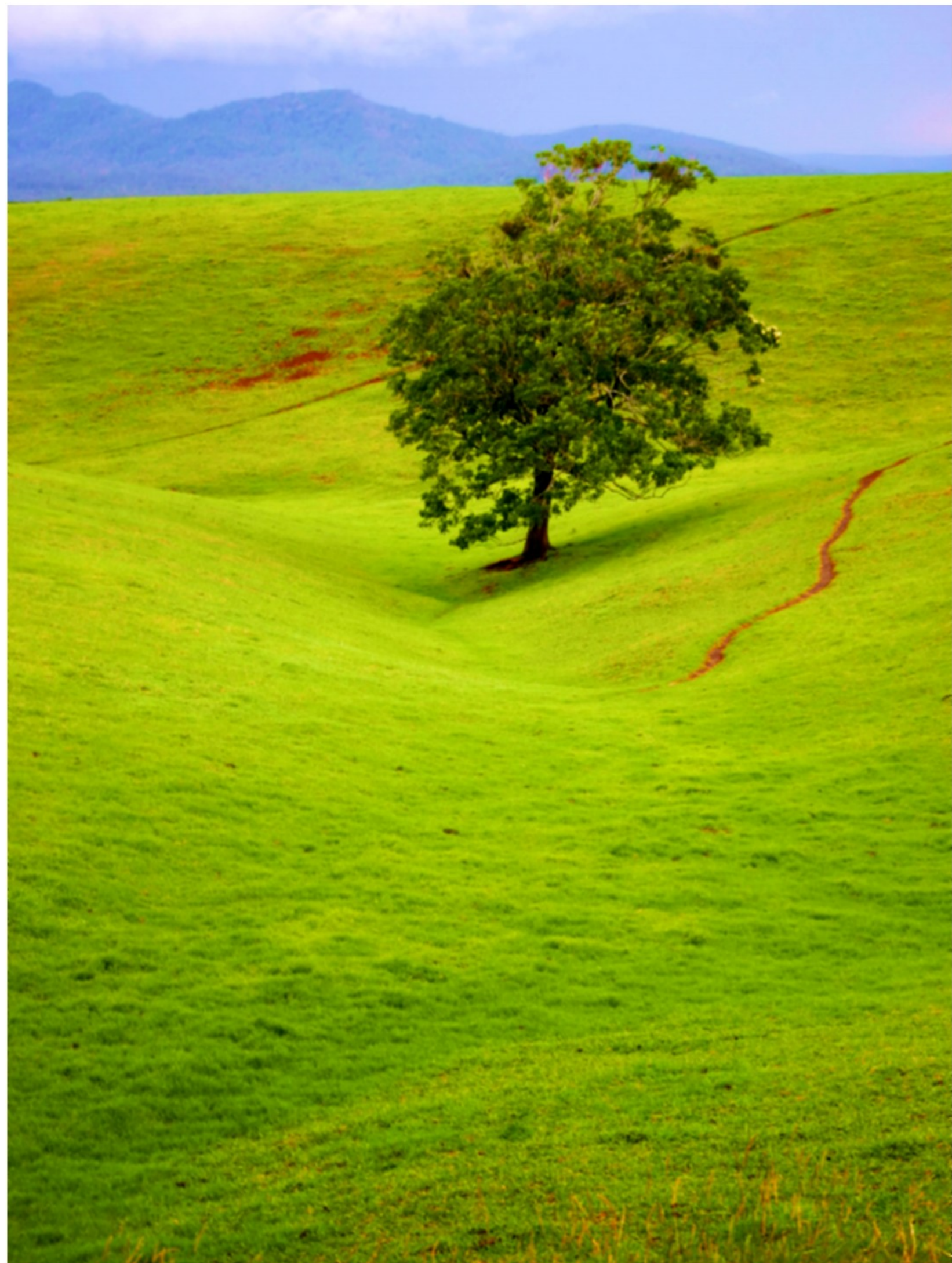


QUIET AND SOLITUDE



HOW IMPORTANT
ARE THEIR
REGENERATIVE
POWERS,
ESPECIALLY
FOR THE YOUNG?