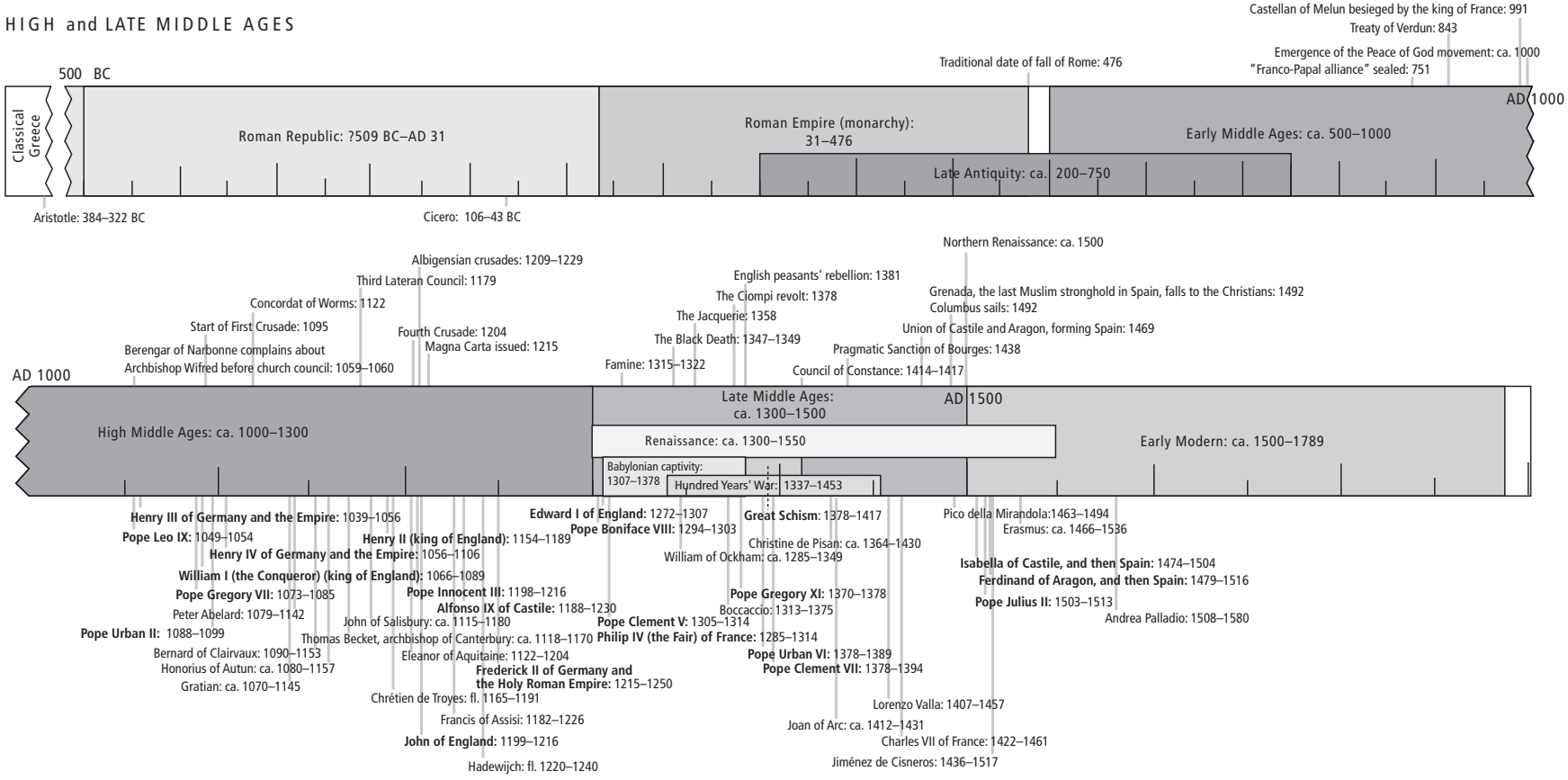HIGH and LATE MIDDLE AGES