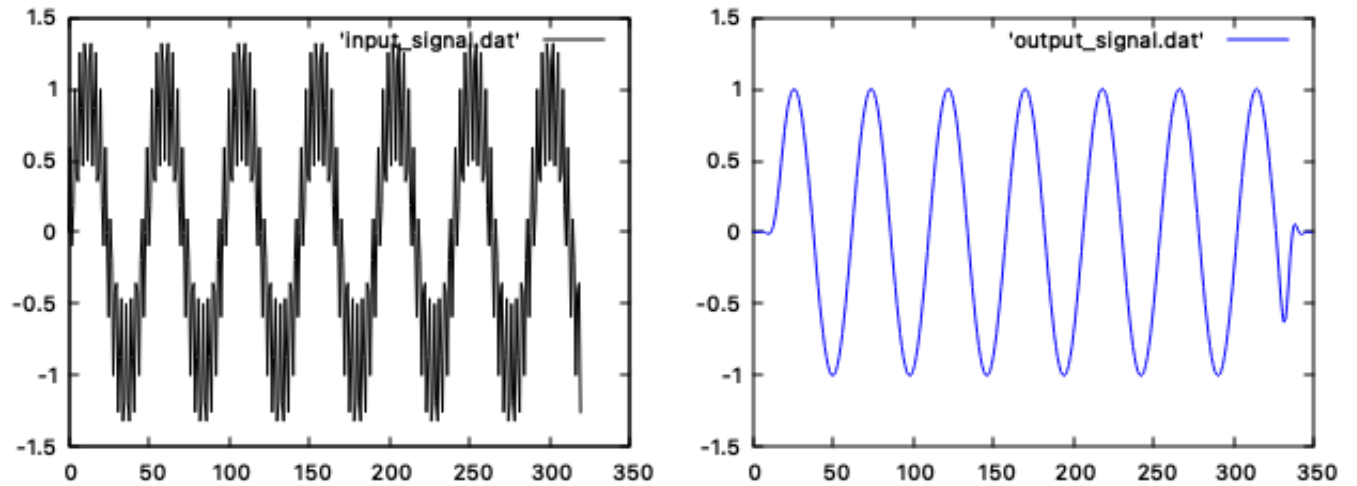In Running Sum the effect is clear that it allows smoothing of the input signal.