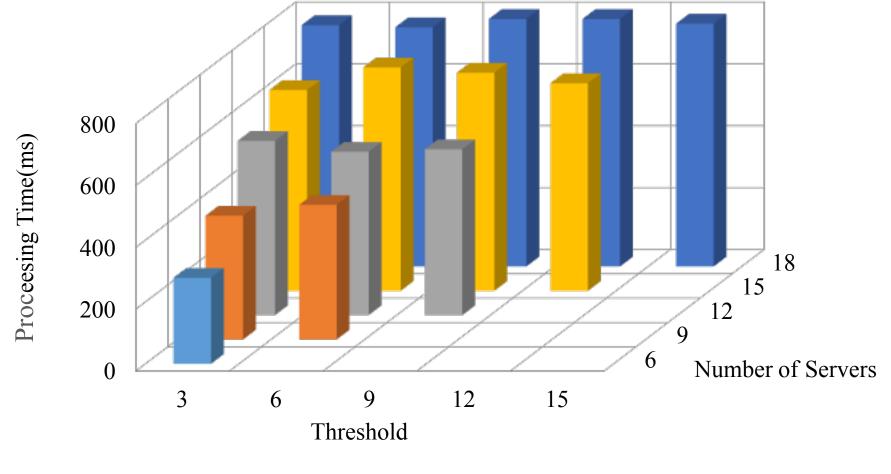


(a) Uploading a single message



(b) Downloading a single message