

$$\begin{array}{ccc}
 D & \xrightarrow{u} & F(R) \\
 & \searrow h & \downarrow F(f) \\
 & & F(C)
 \end{array}
 \qquad
 \begin{array}{c}
 R \\
 \downarrow f \\
 C
 \end{array}$$