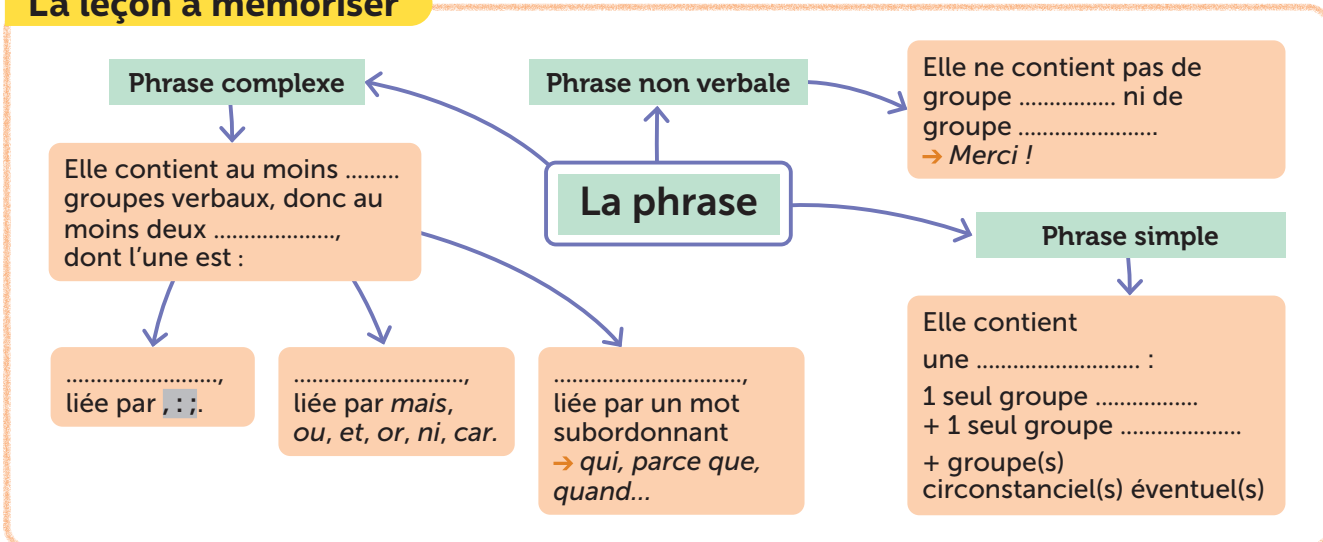La leçon à mémoriser