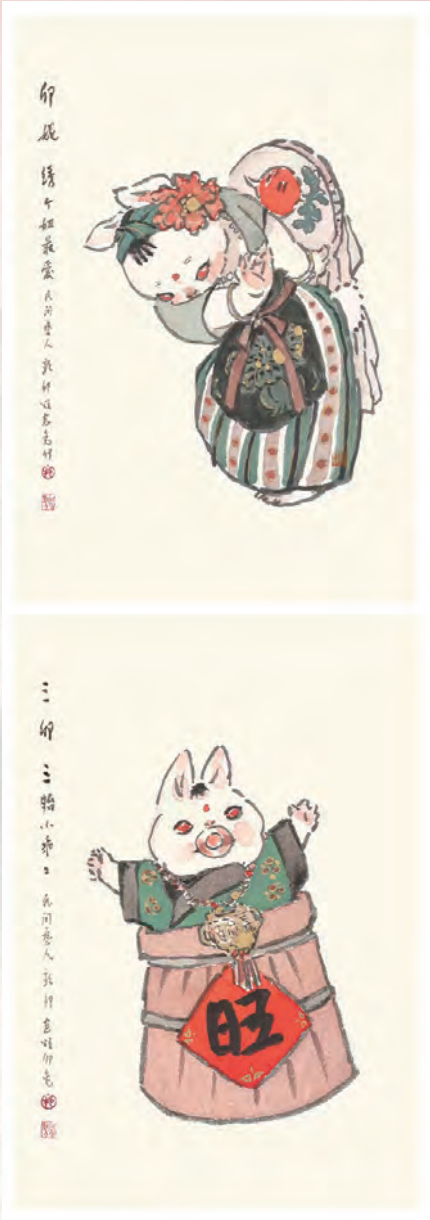《乖兔三字经》