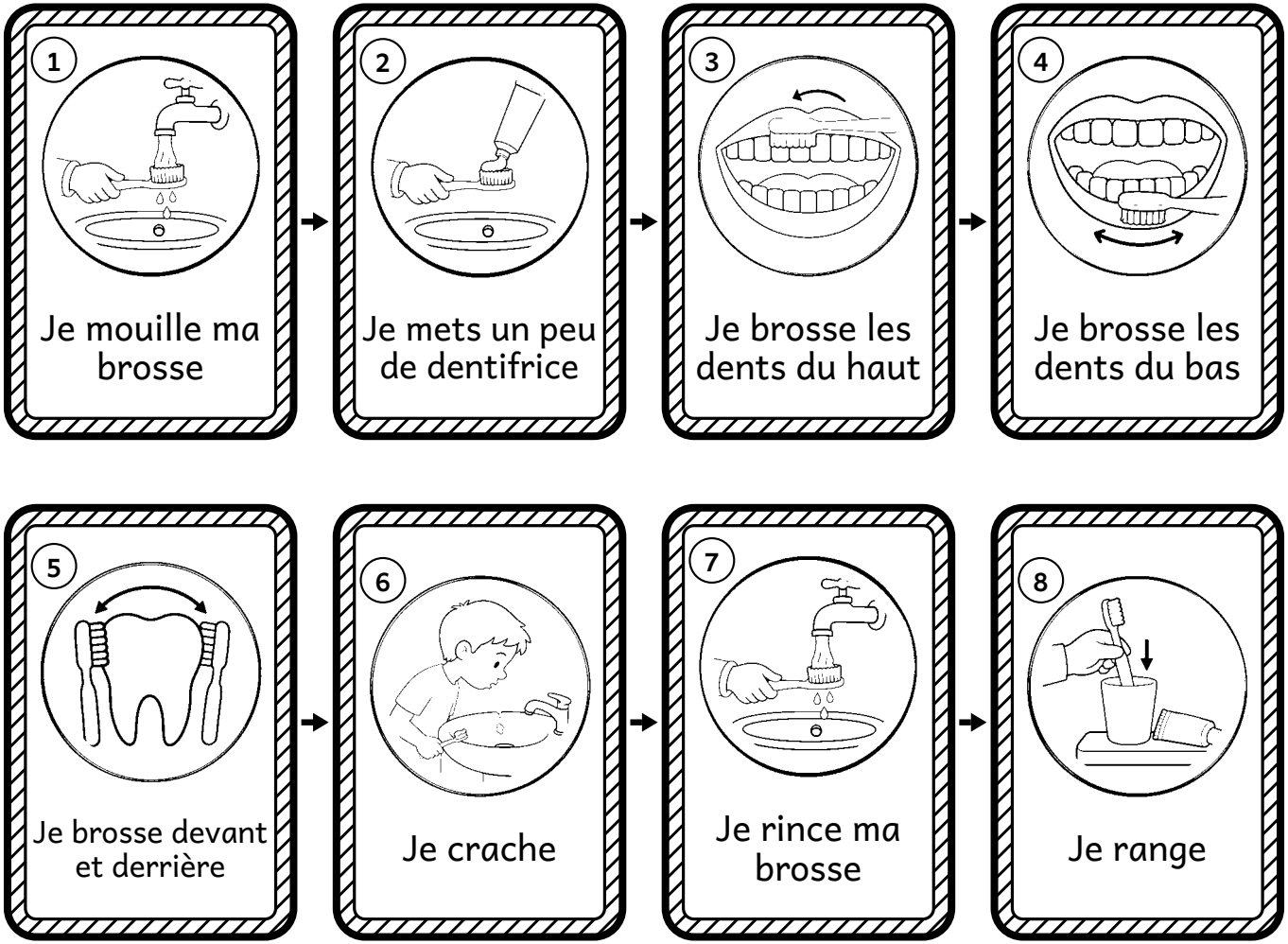Je me brosse les dents