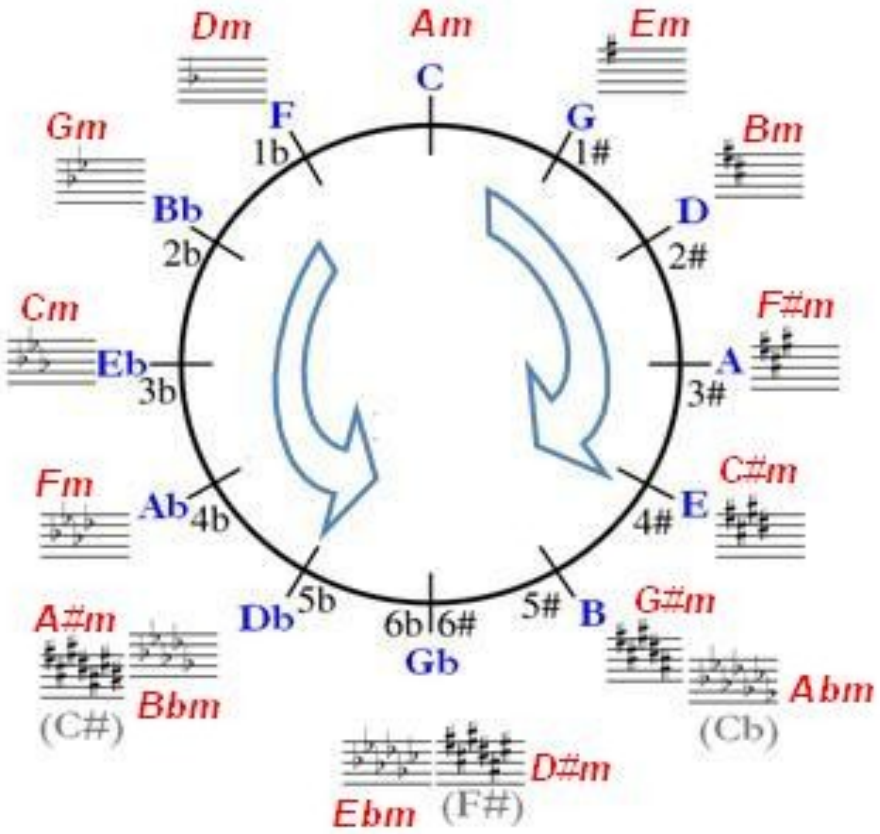Le cycle des quintes