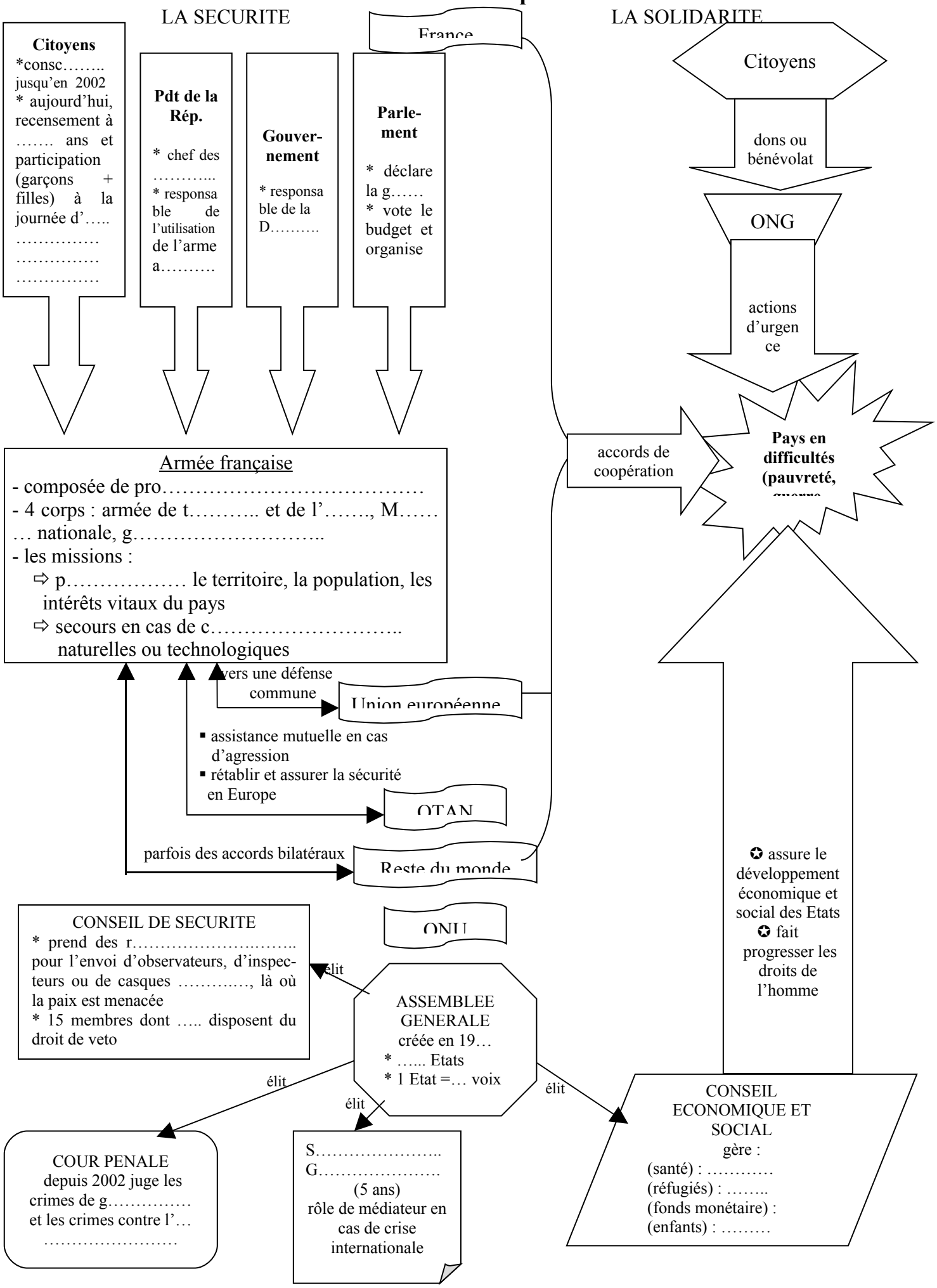La défense et la paix