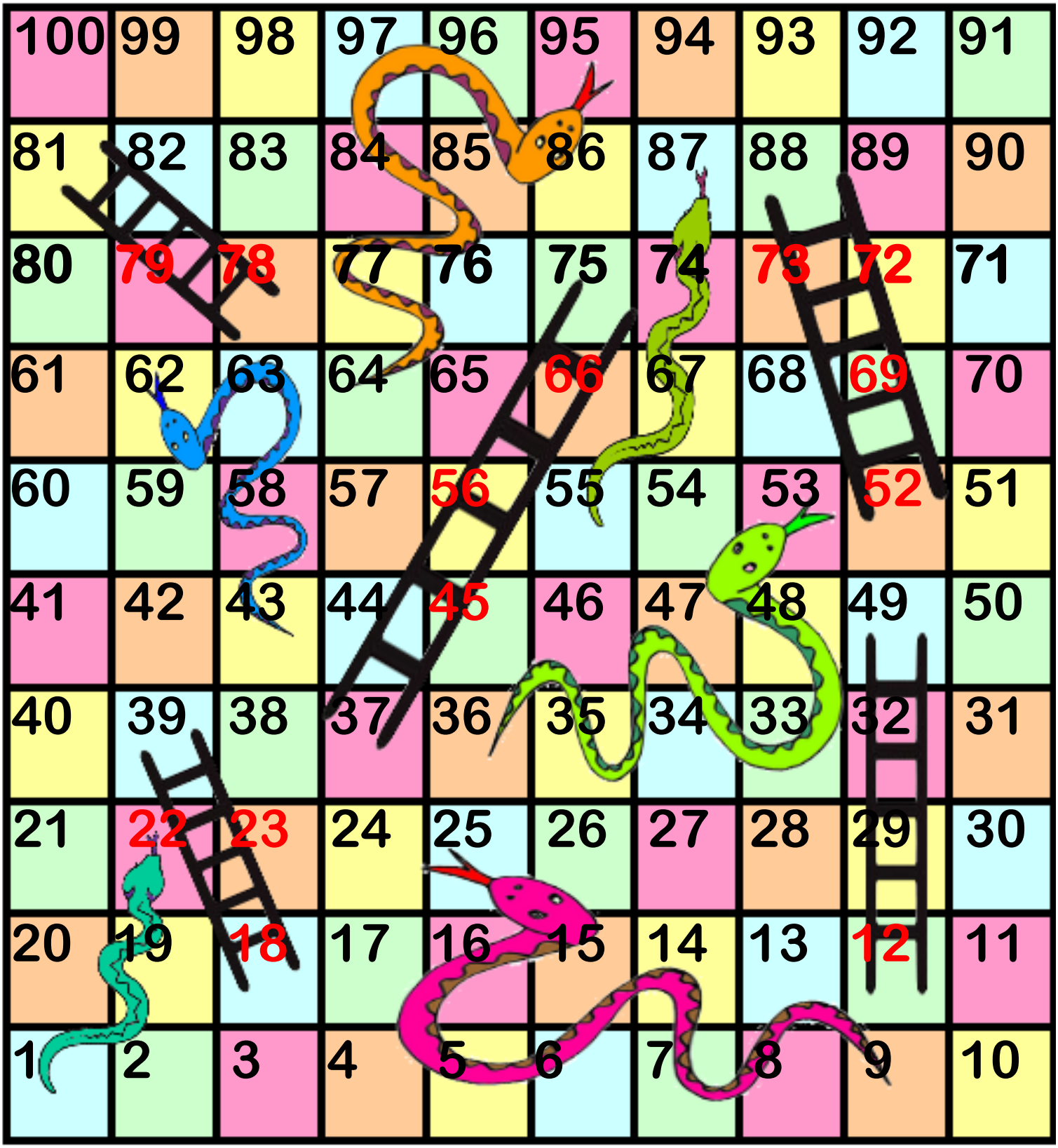Le jeu des échelles