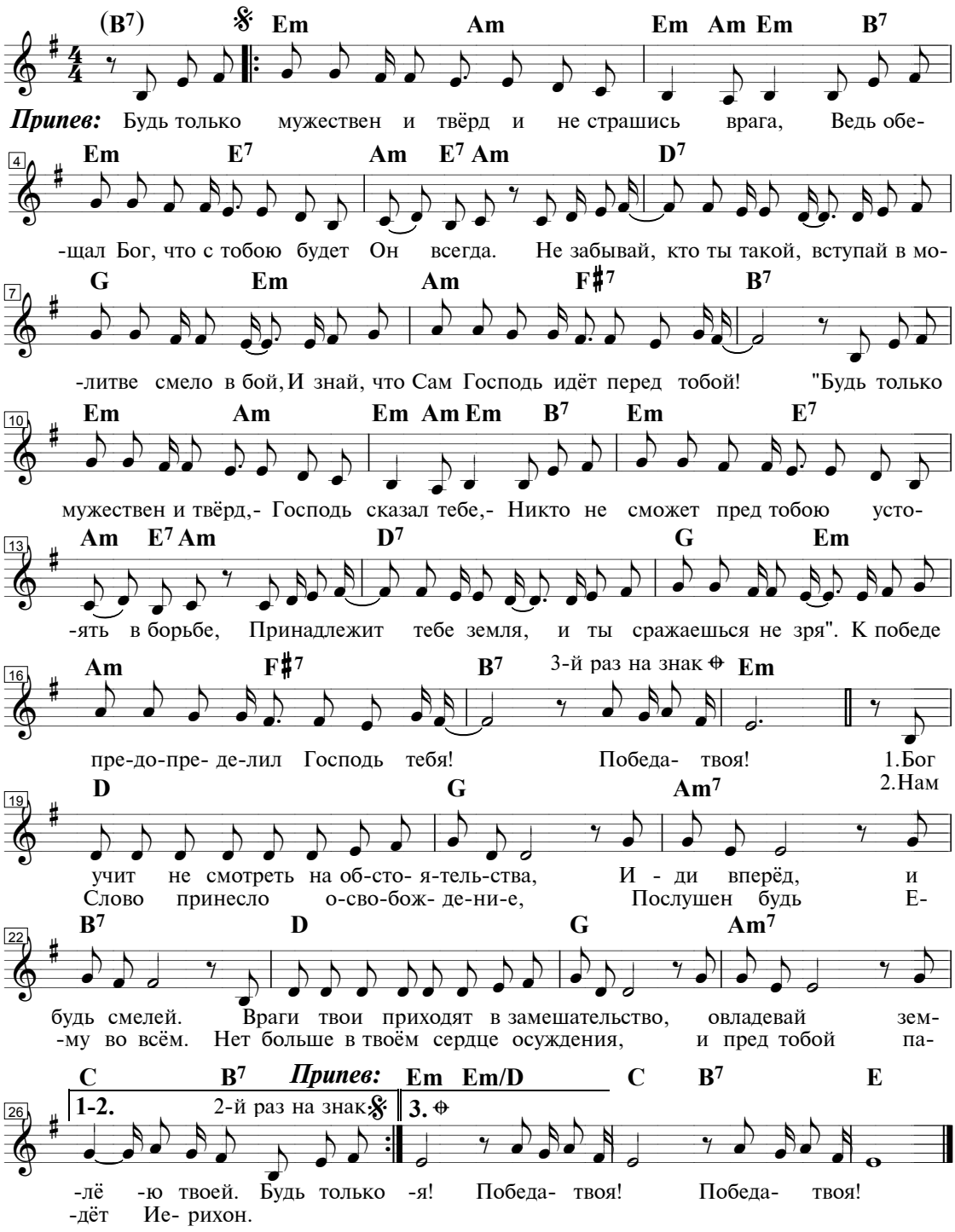573. БУДЬ МУЖЕСТВЕН И ТВЁРД