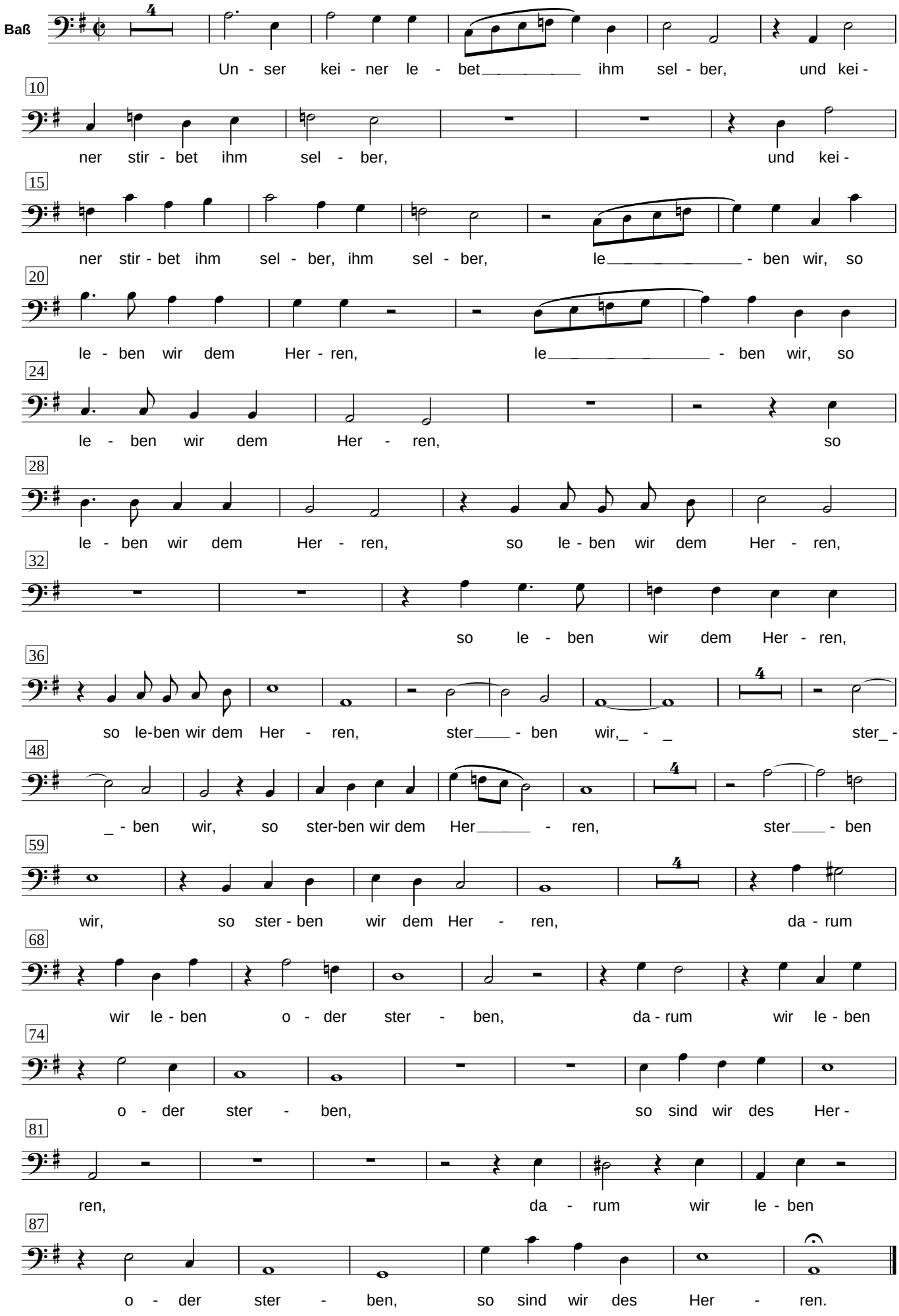6. Unser keiner lebet sich selber 1