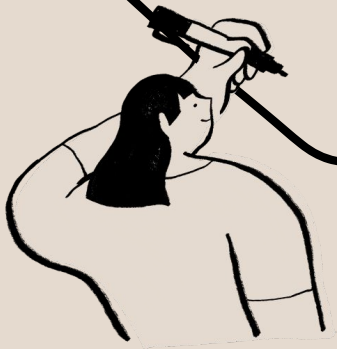Dårlige vaner