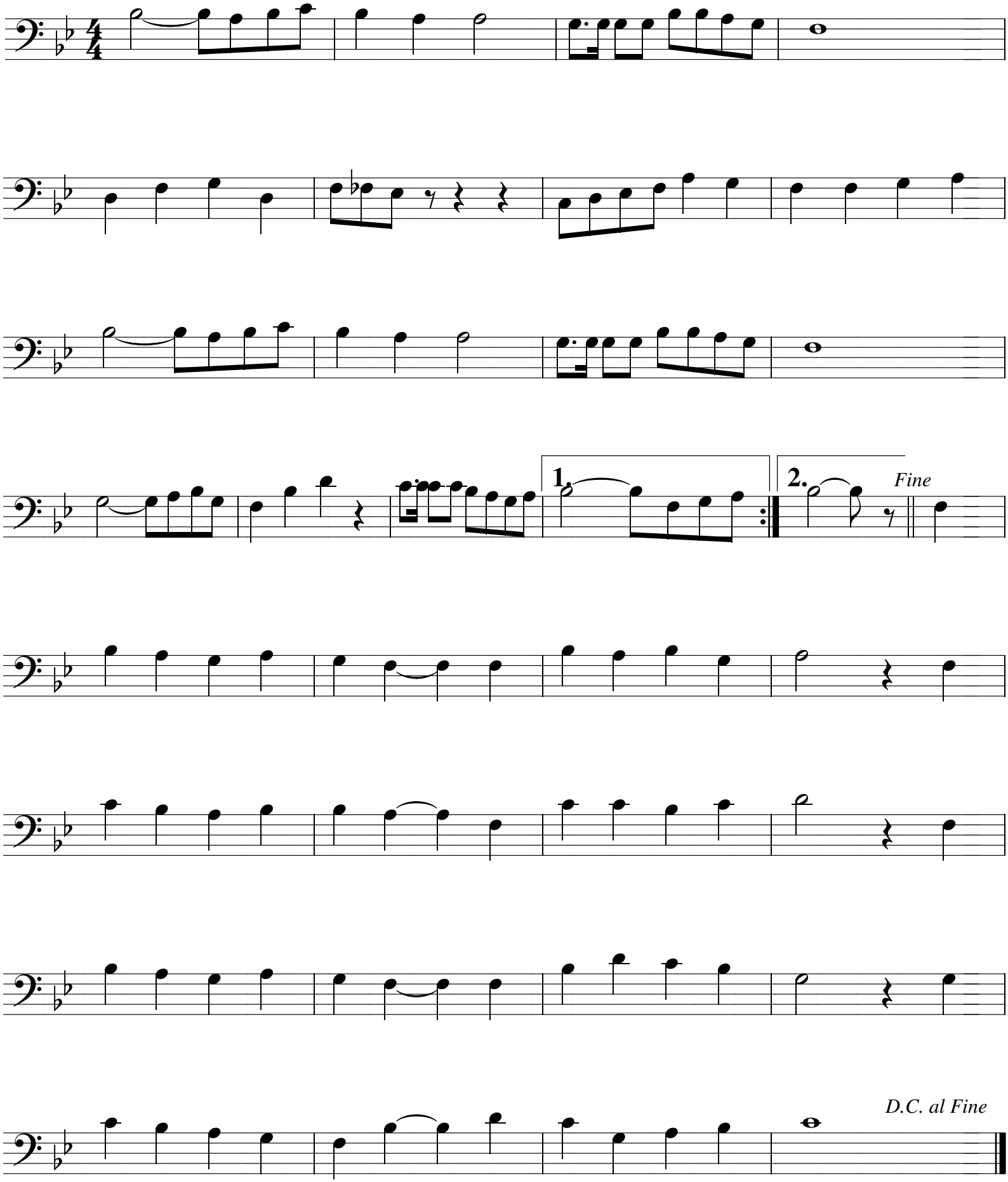Meer kom oet de zedeleer