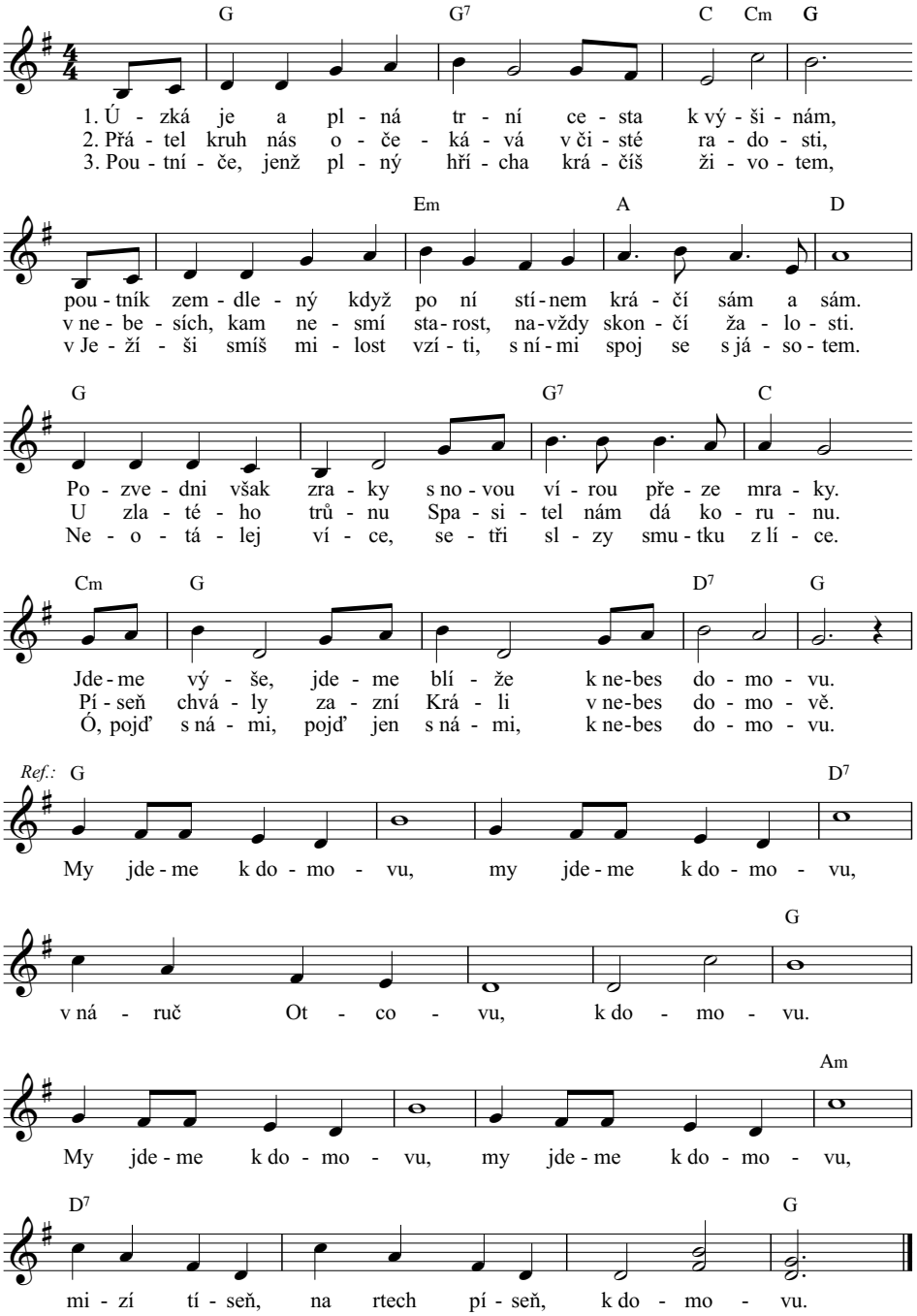Úzká je a plná trní

