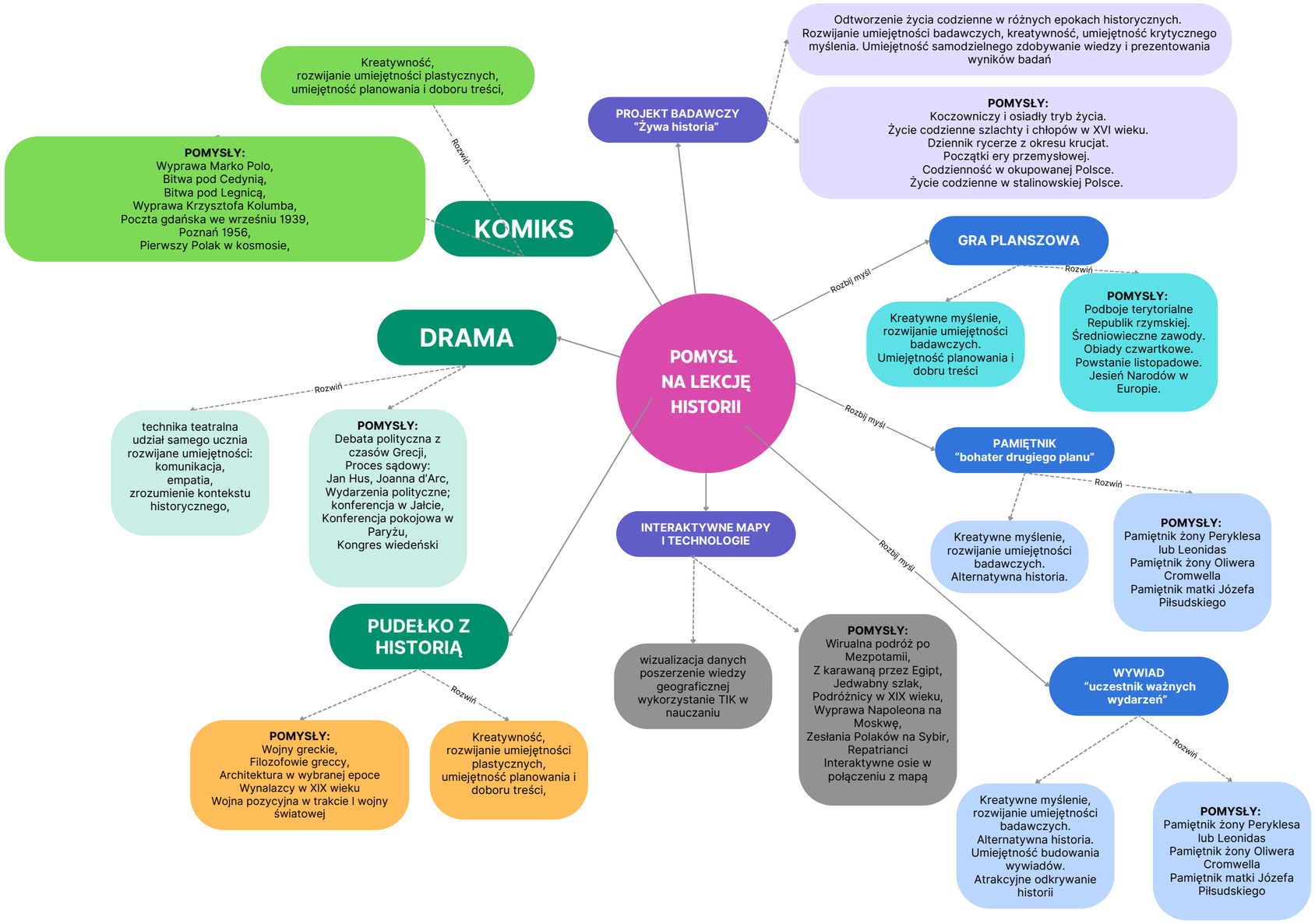Pomysł na lekcję historii