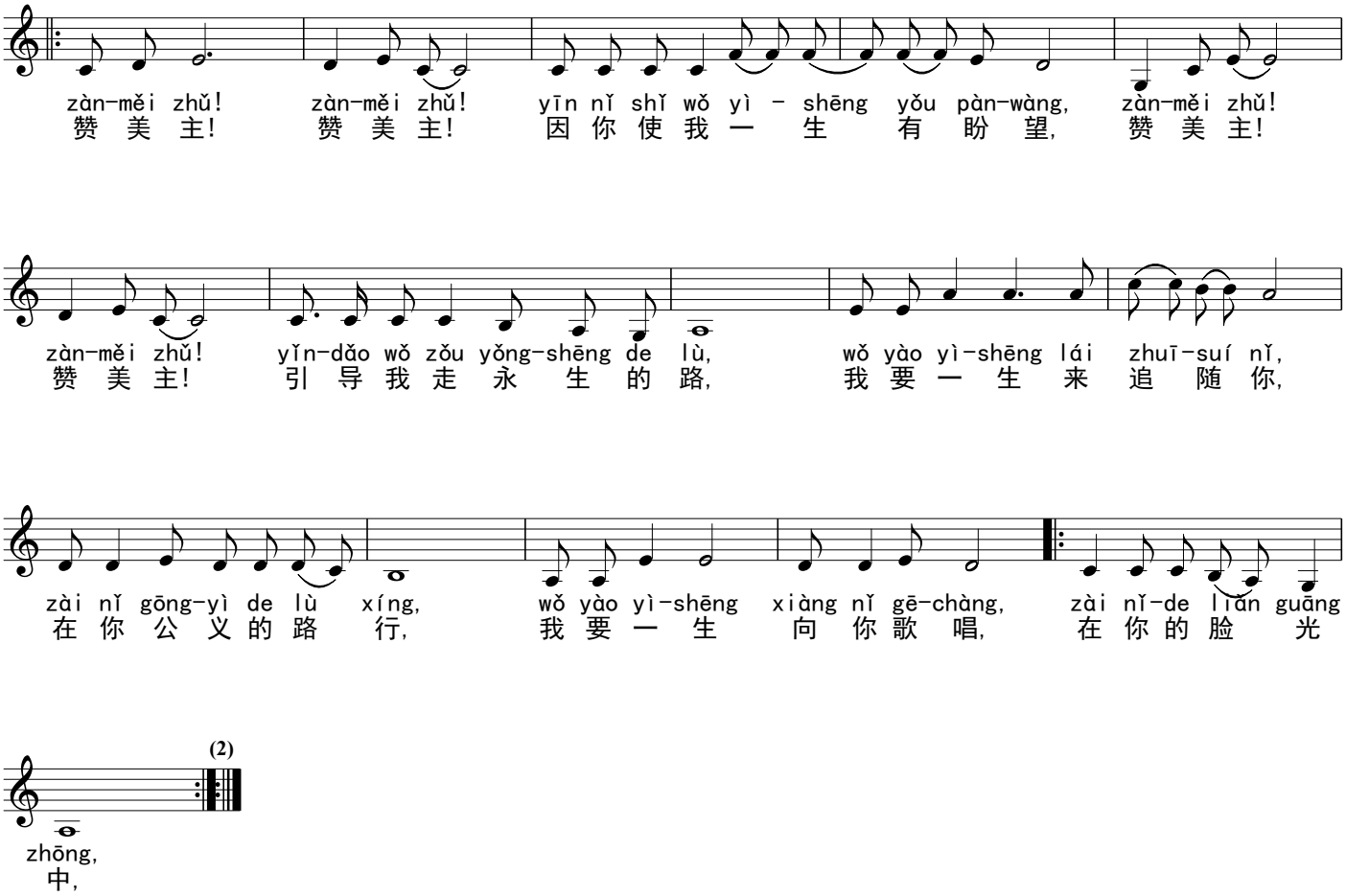Praise Lord 赞美 主 !