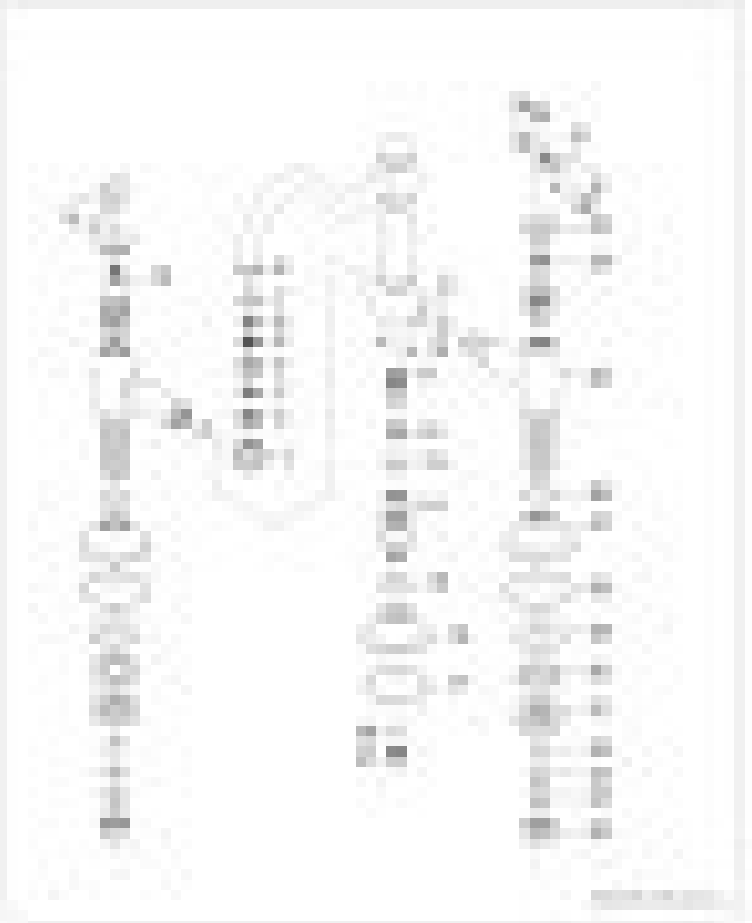第四章 力与运动