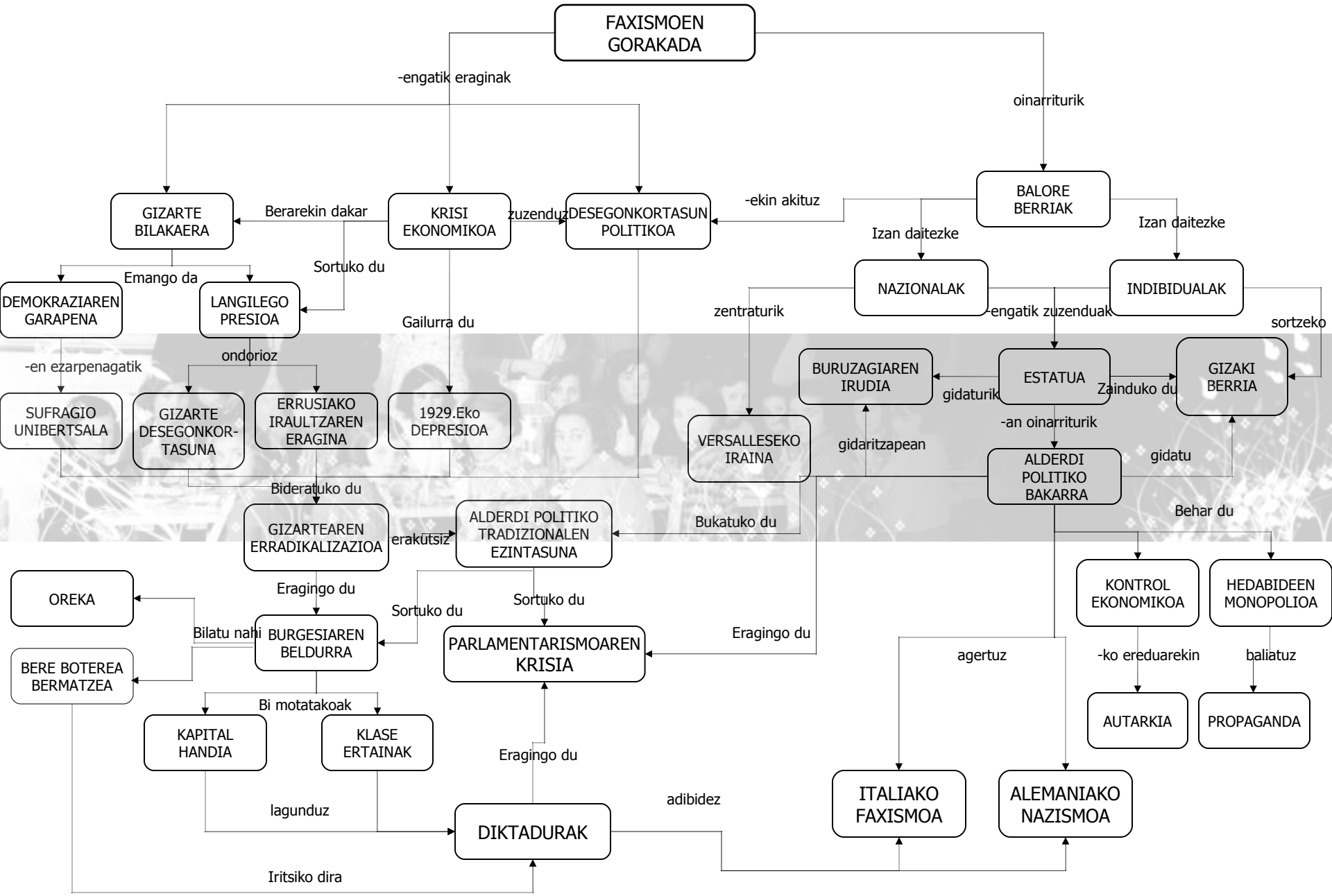DEMOKRAZIAK ETA TOTALITARISMOAK