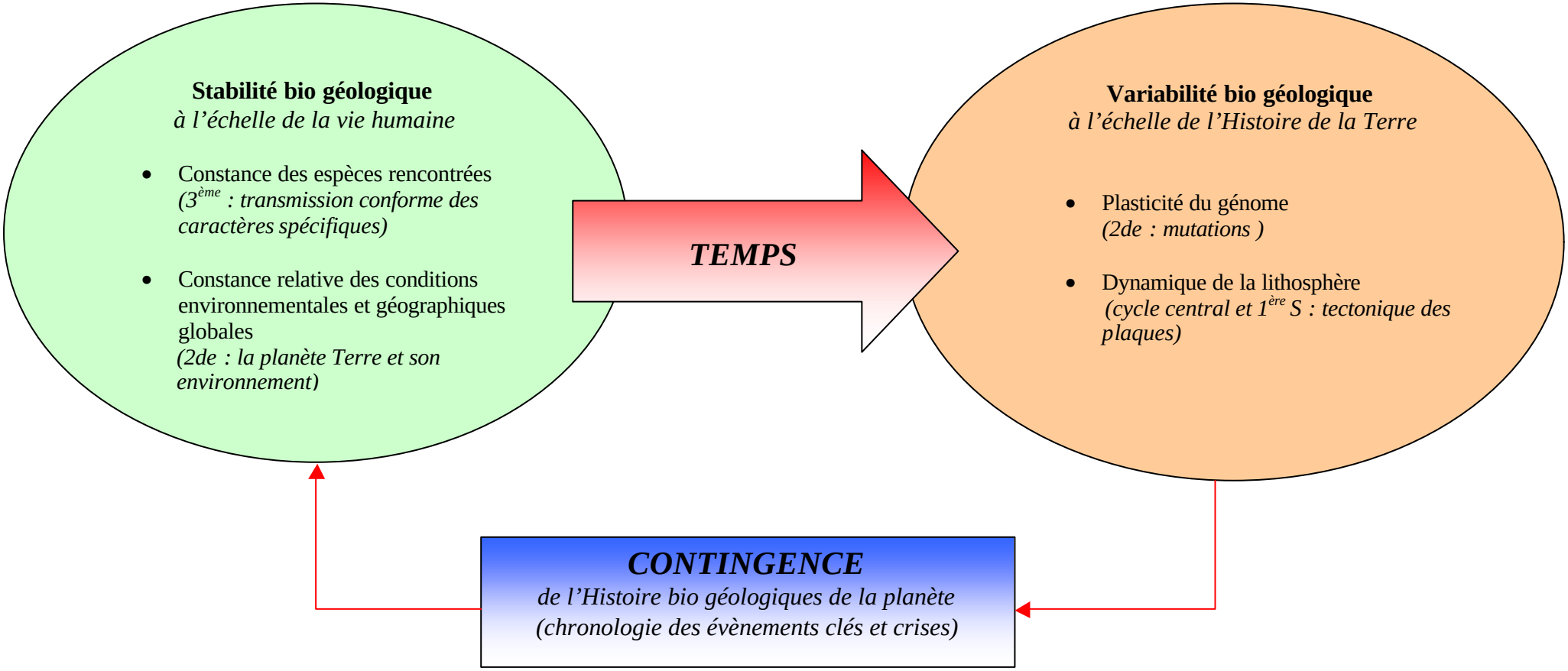COMMENT ALLIER STABILITE ET VARIABILITE ?