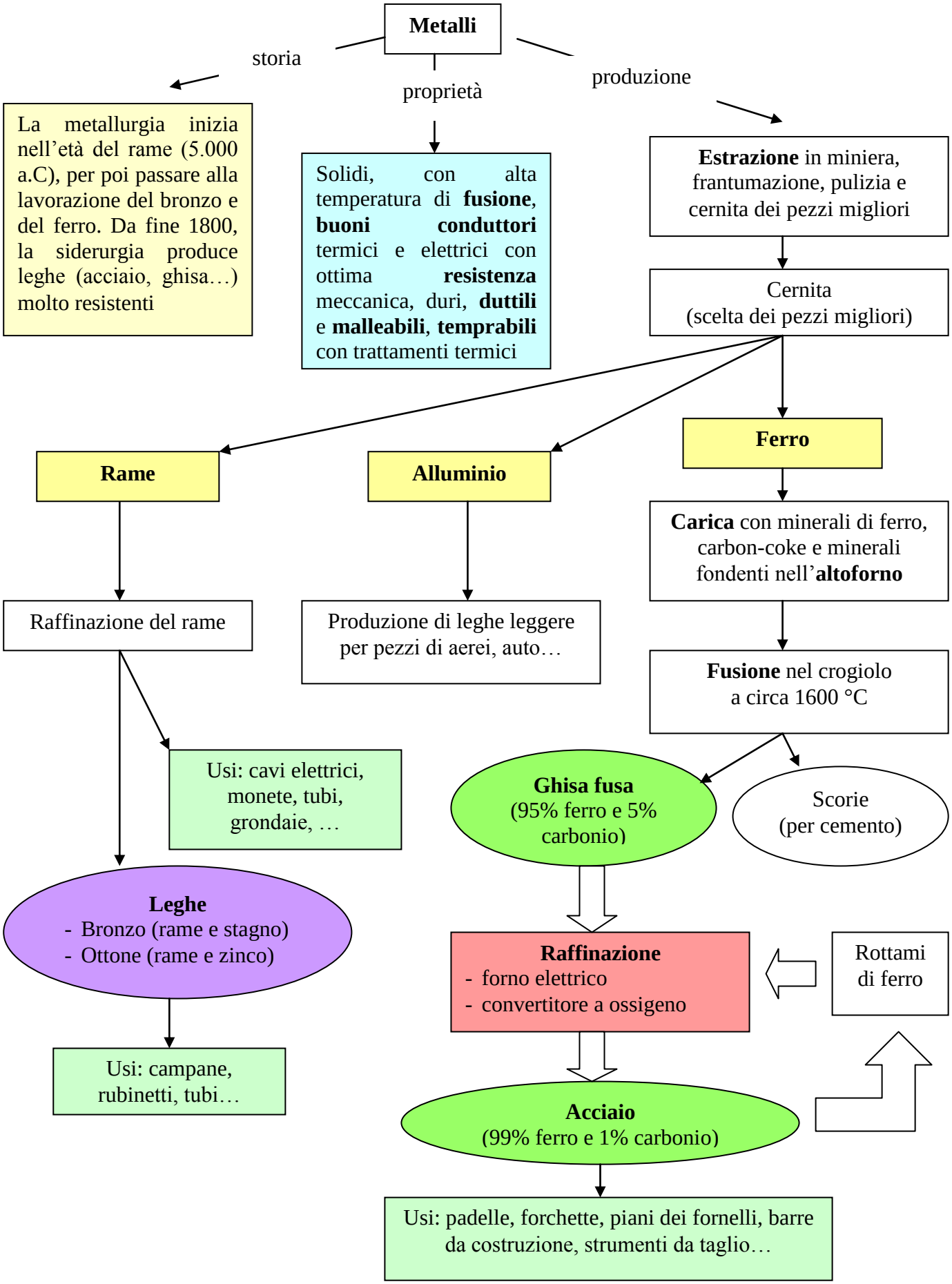I materiali: i metalli