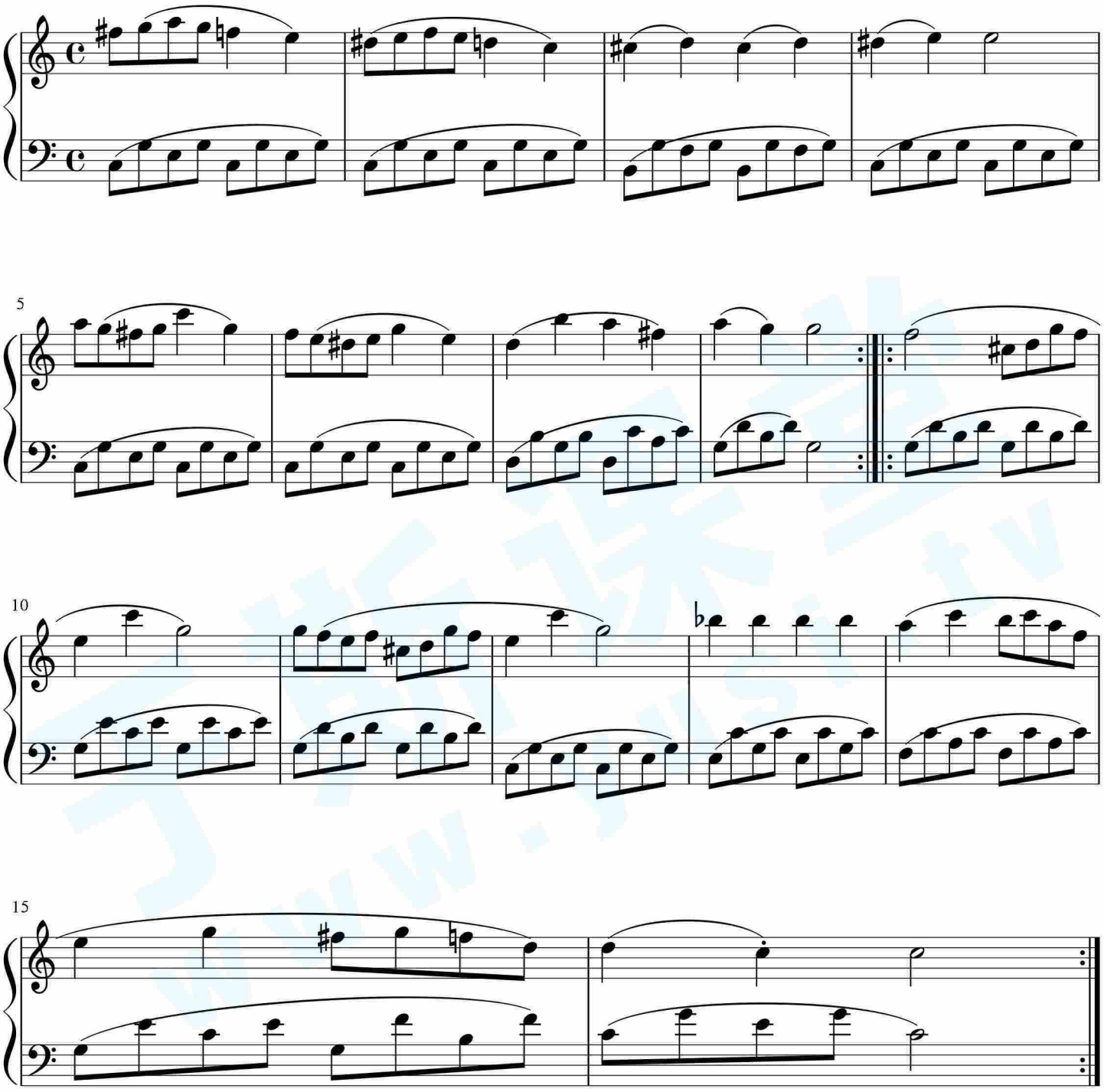带有升、降记号的练习36