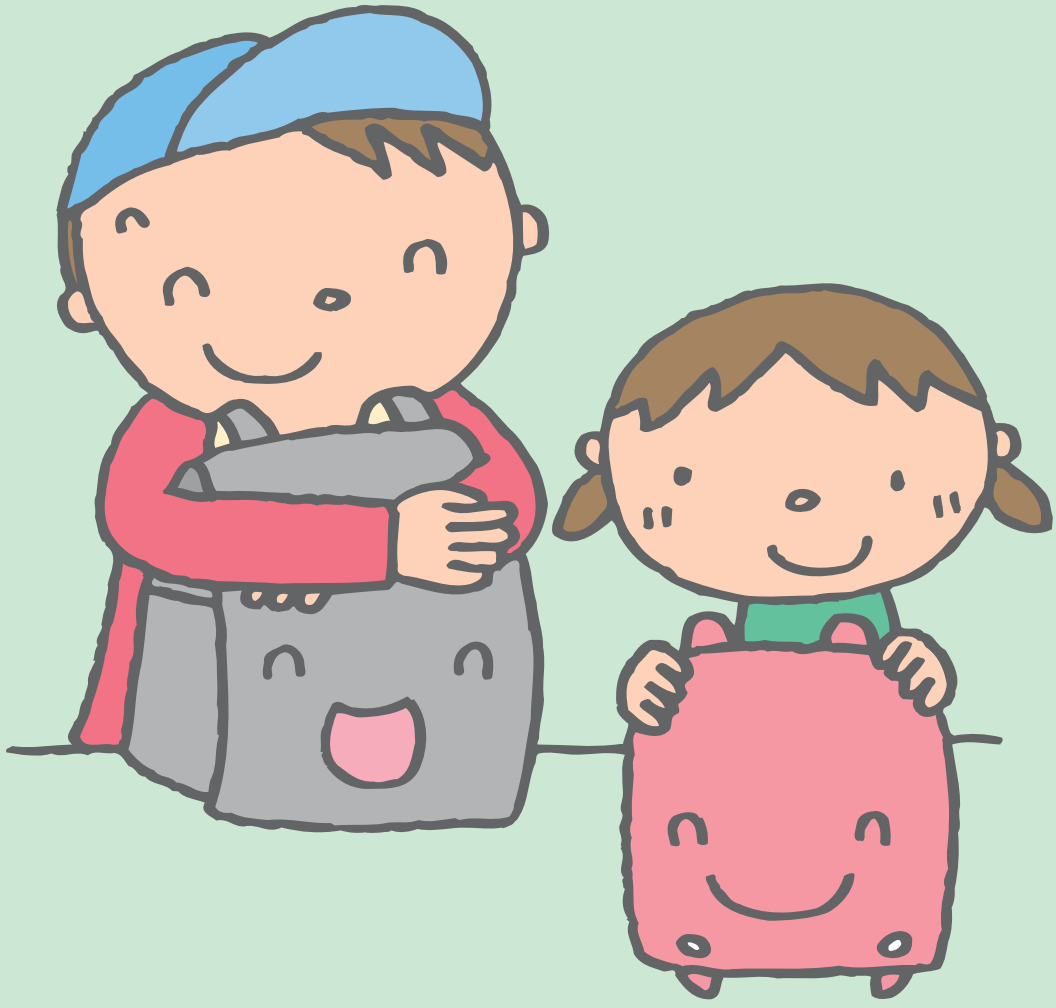ら