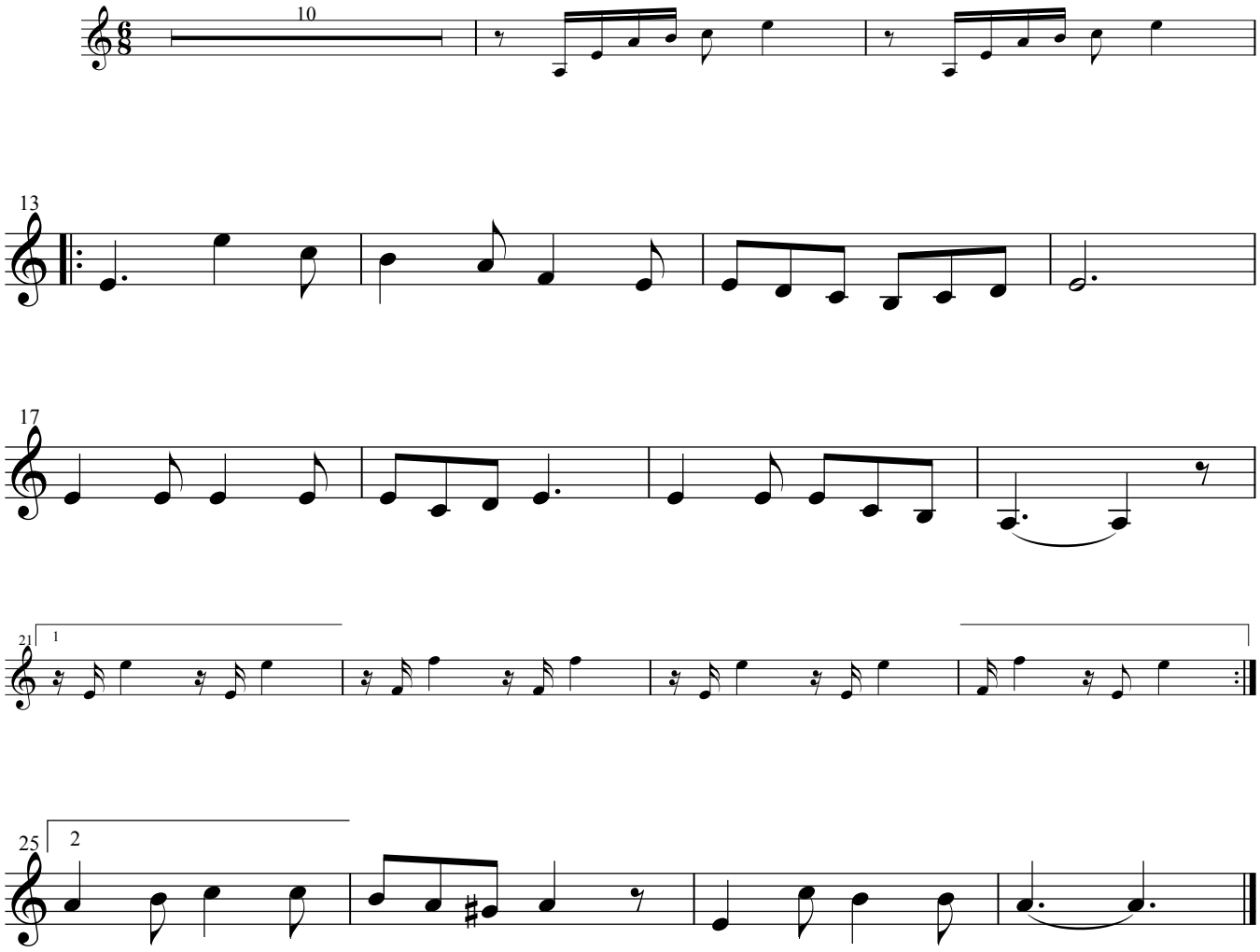宵待草