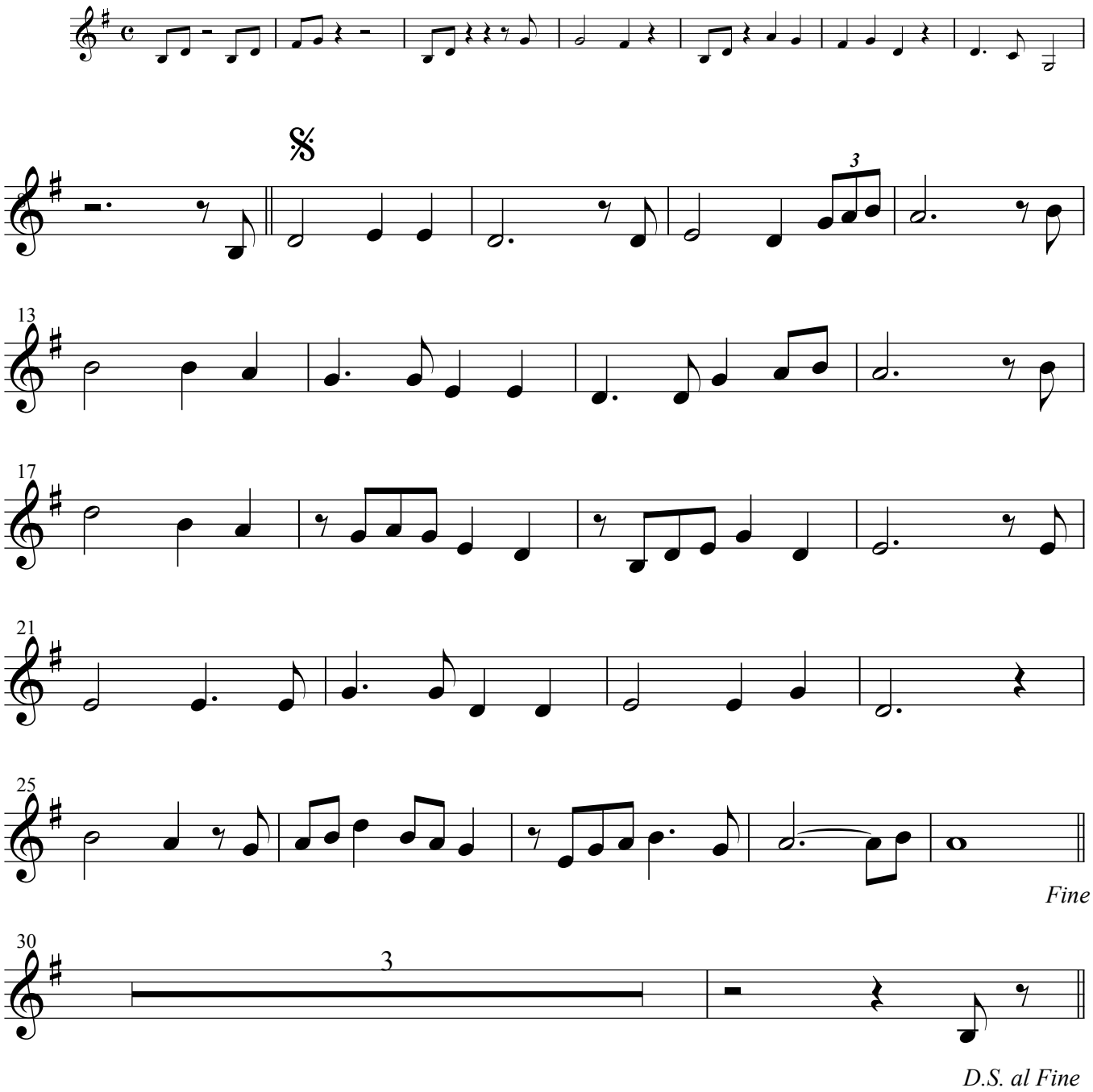しかられて