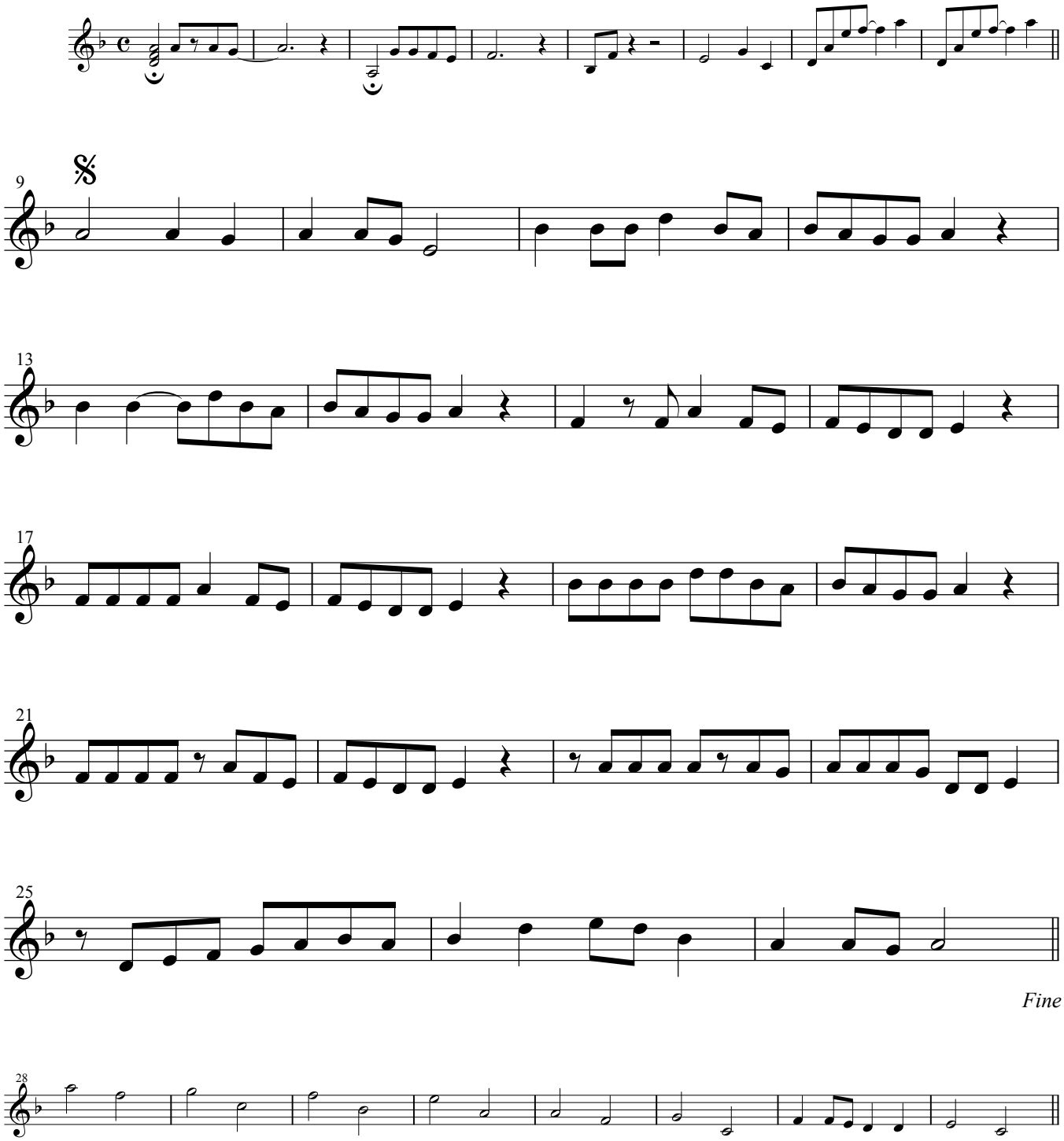とおりゃんせ