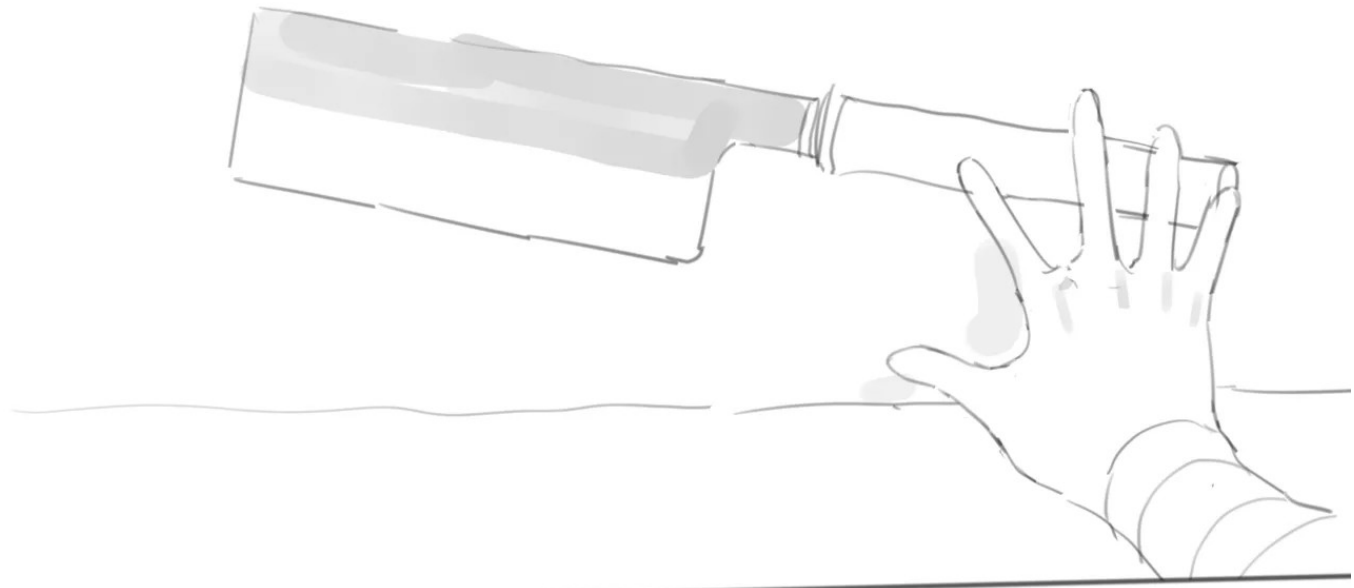ふ