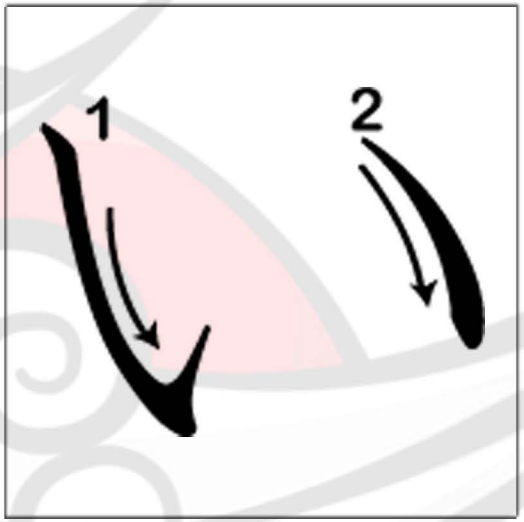い