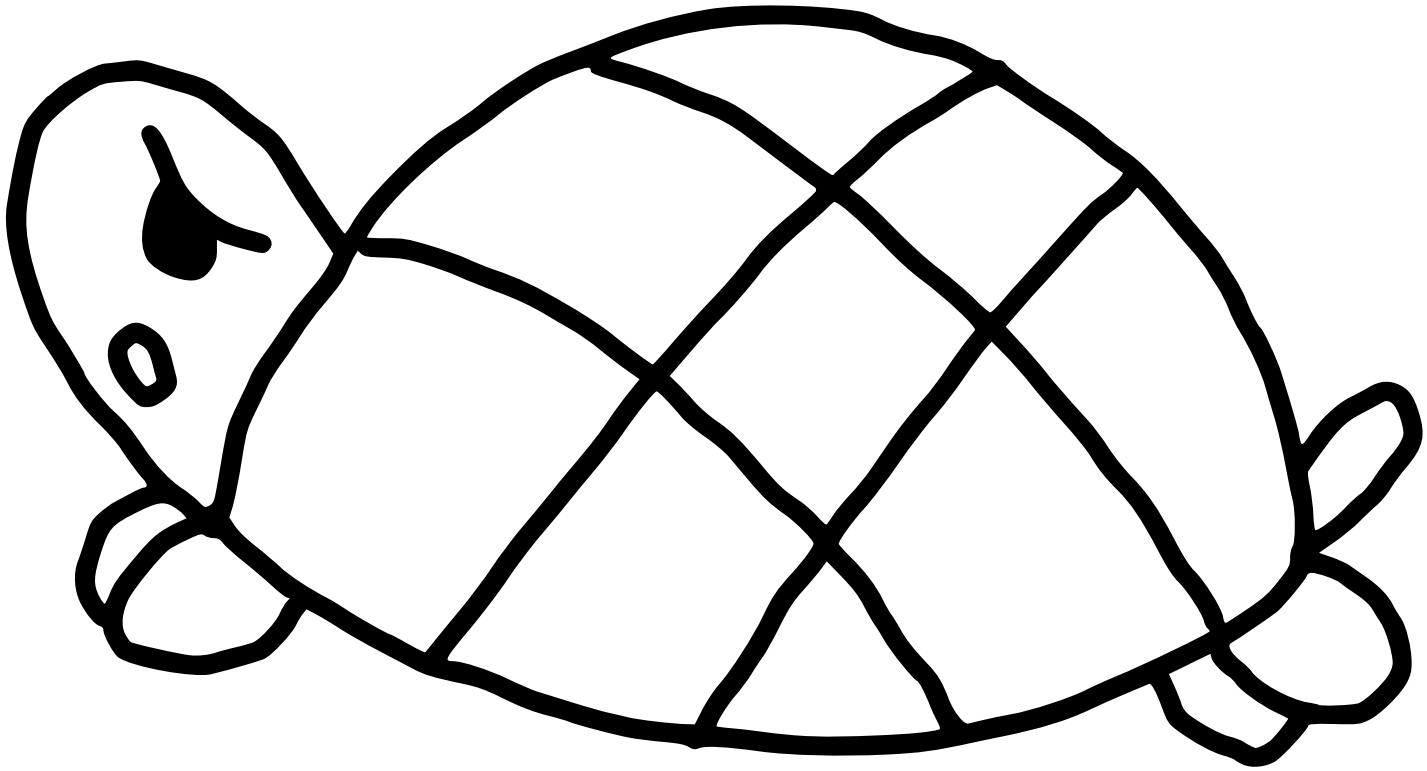かめ