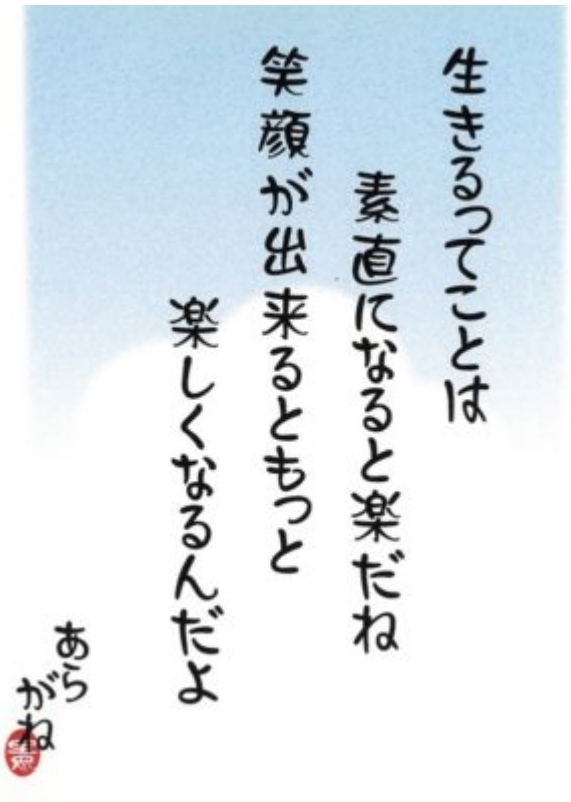生きる