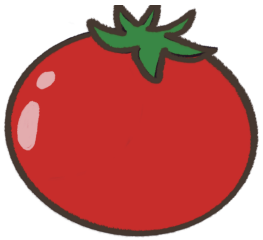り す	と ま と	に じ	の り