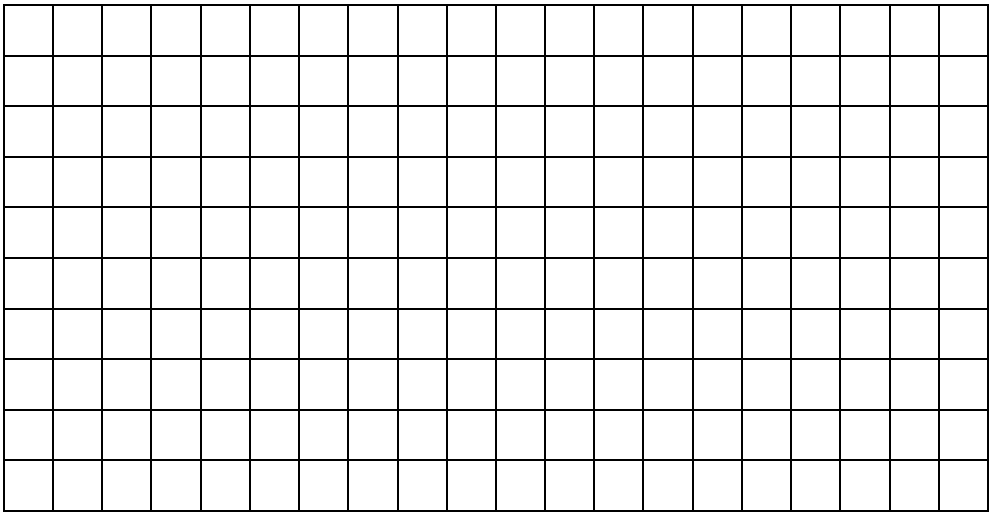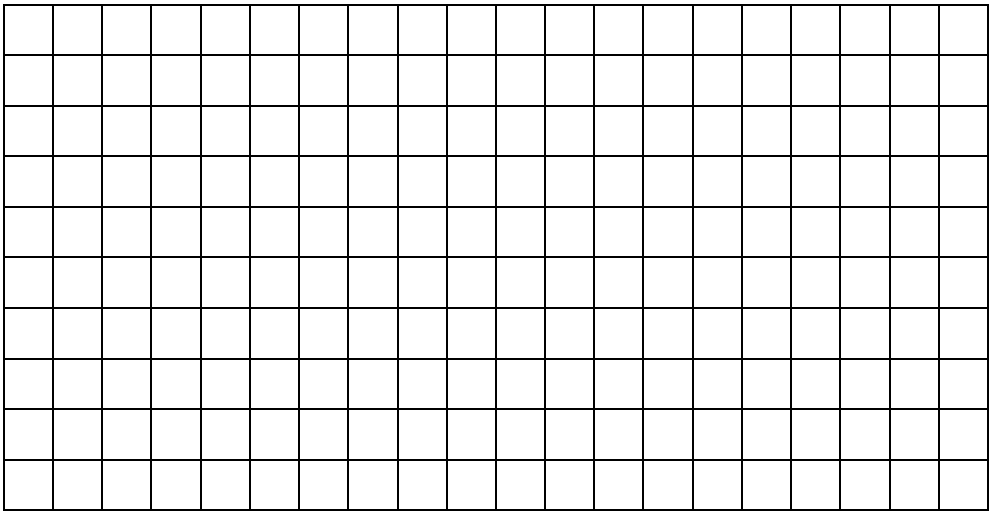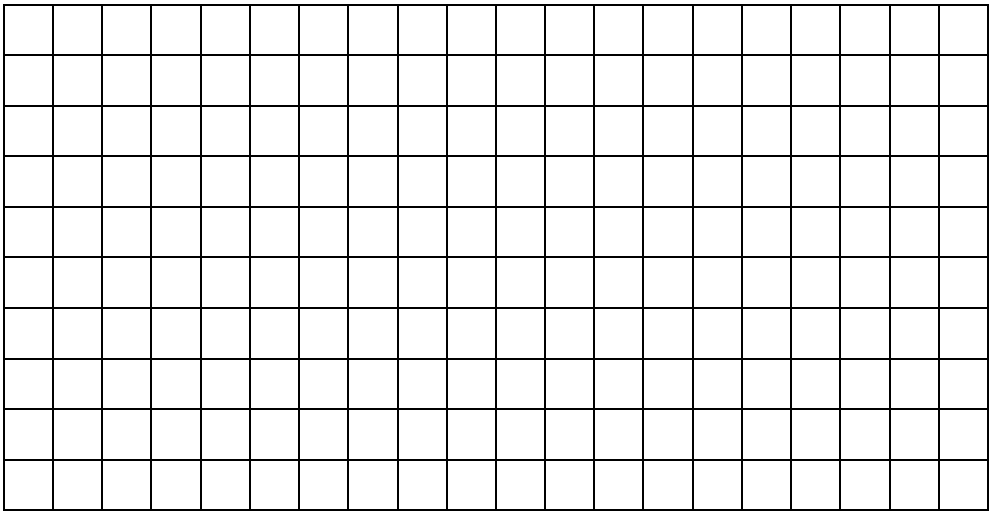【２００字対策】