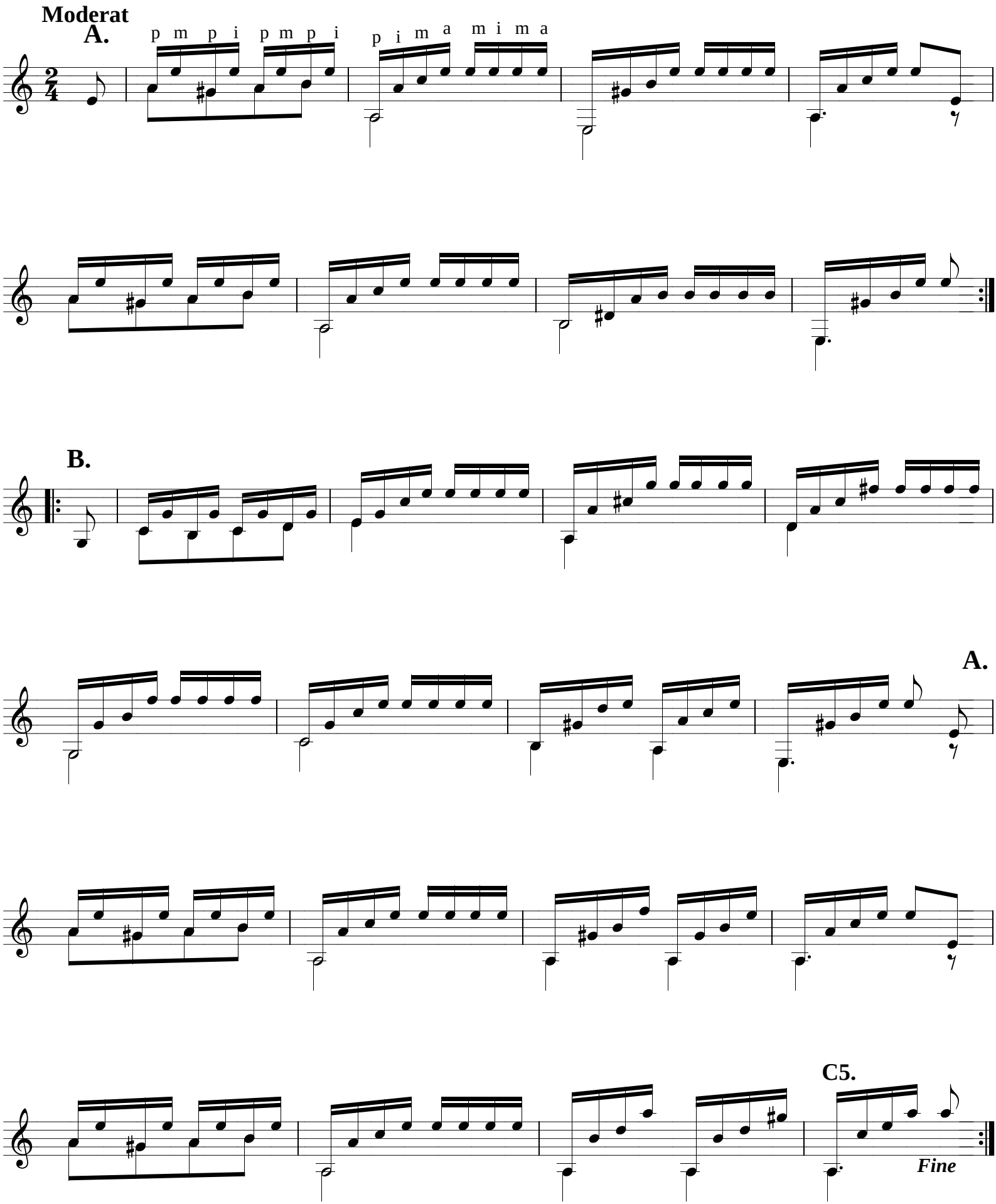中　板