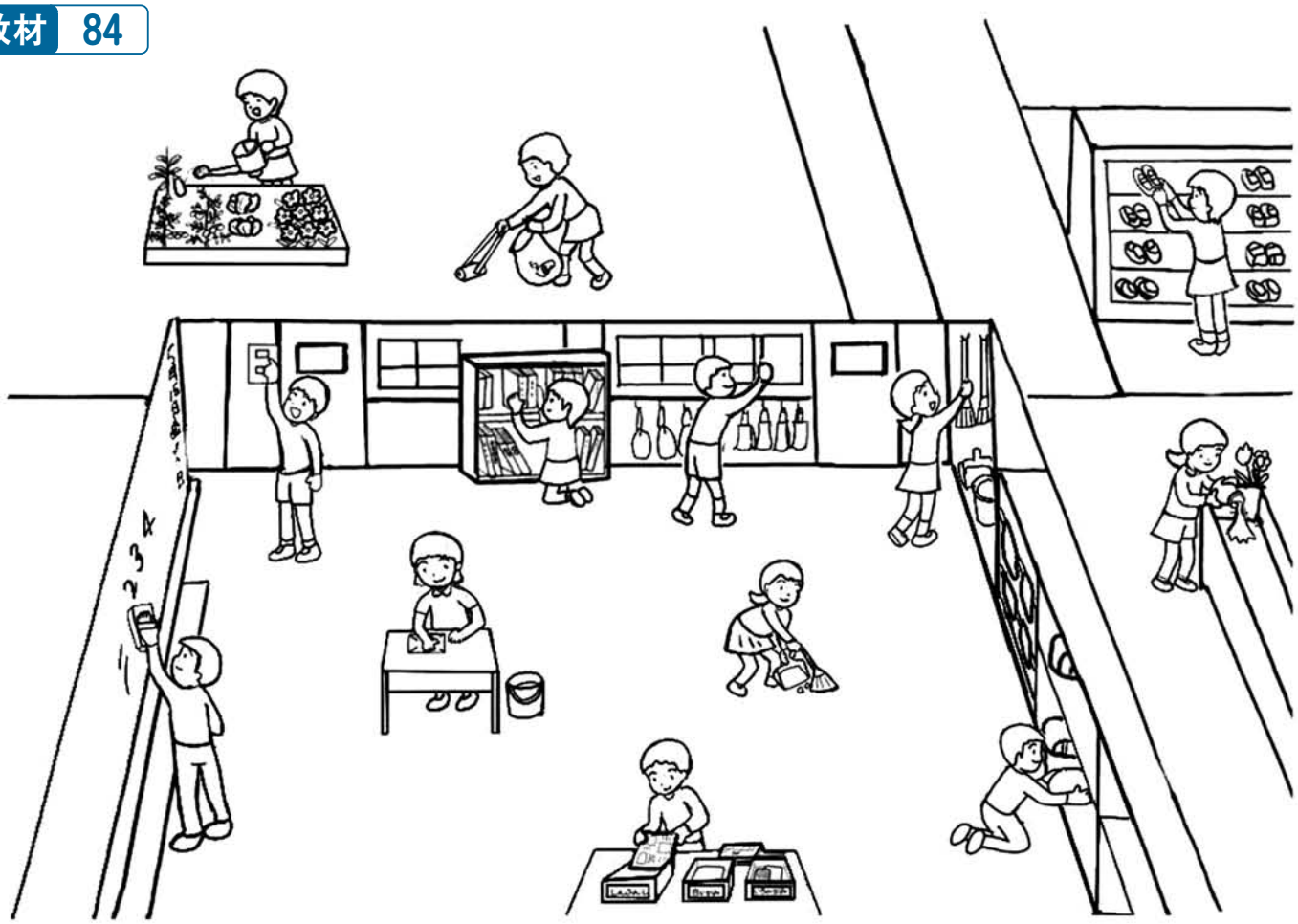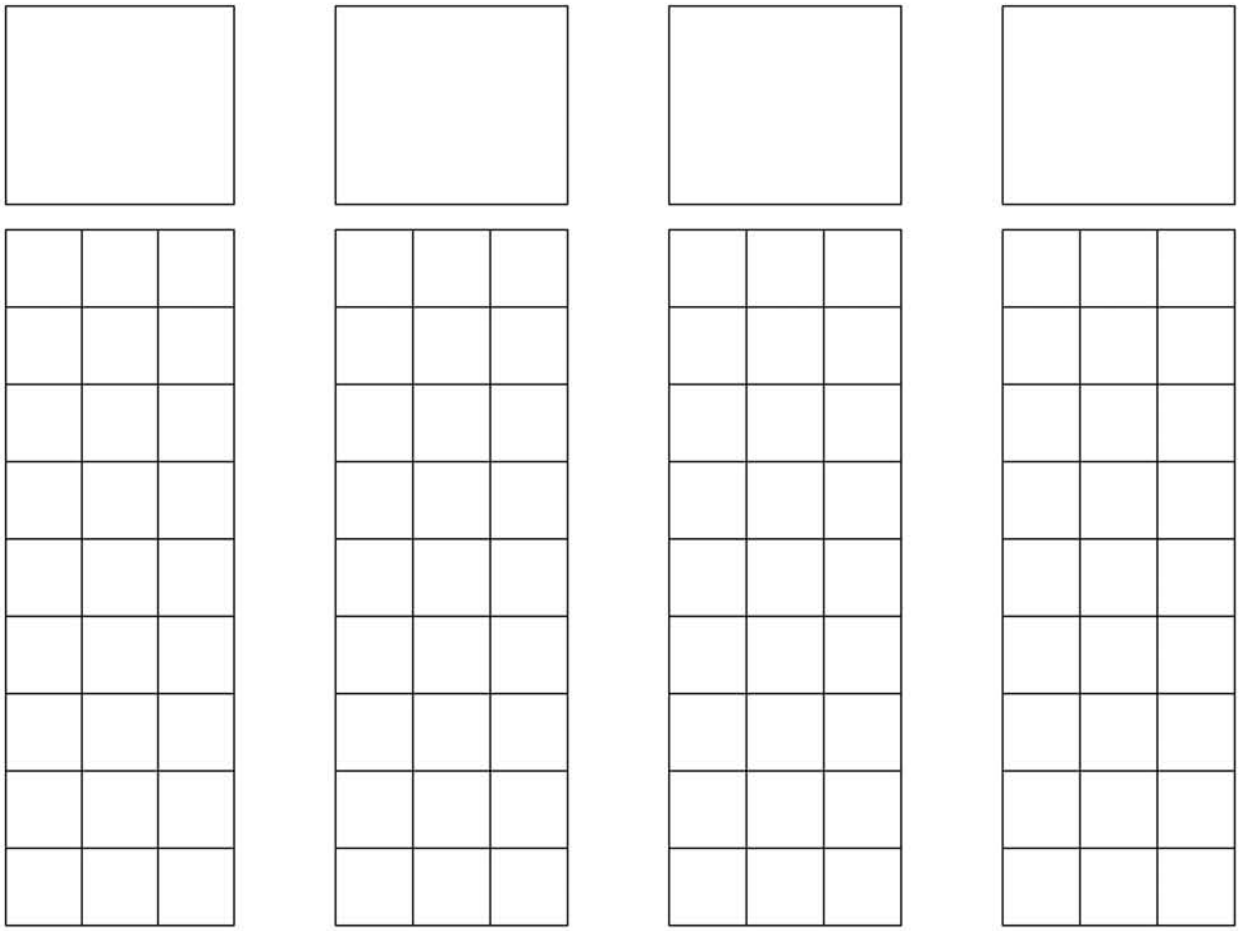教材 84