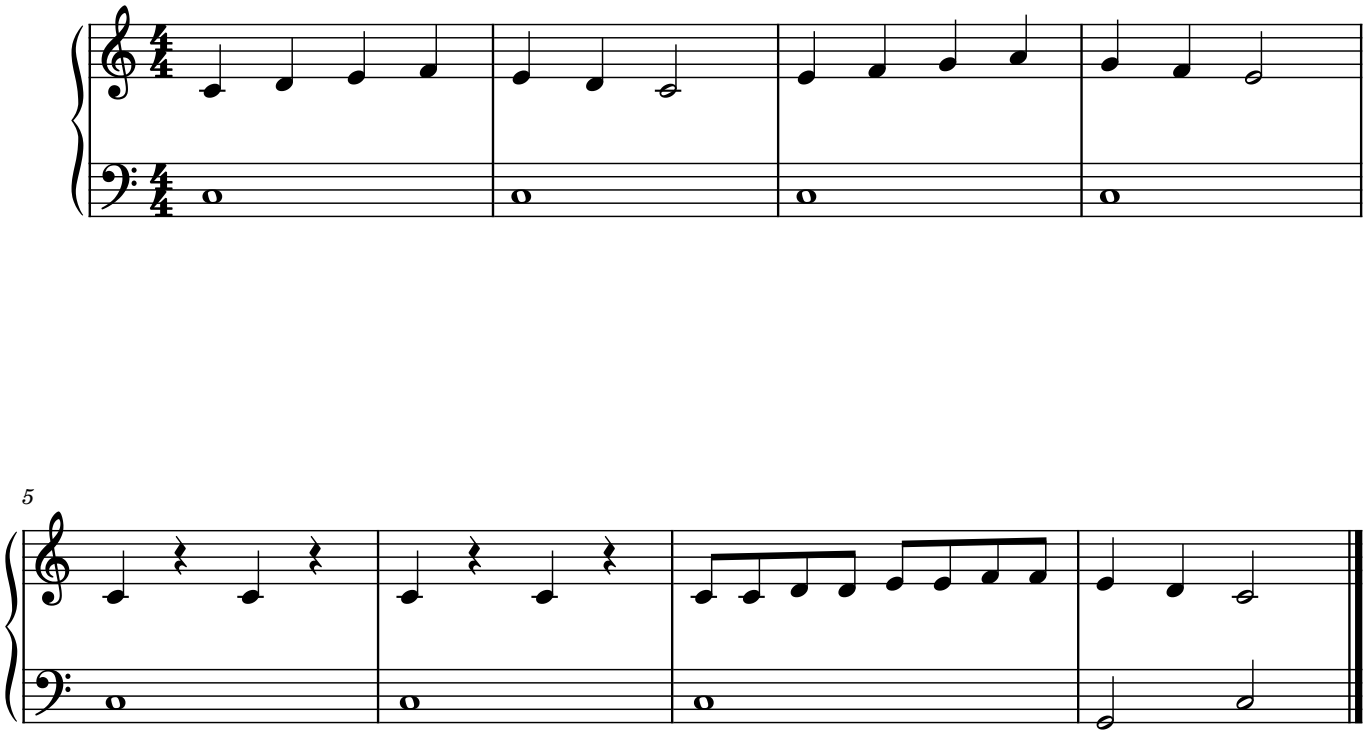かえるのうた