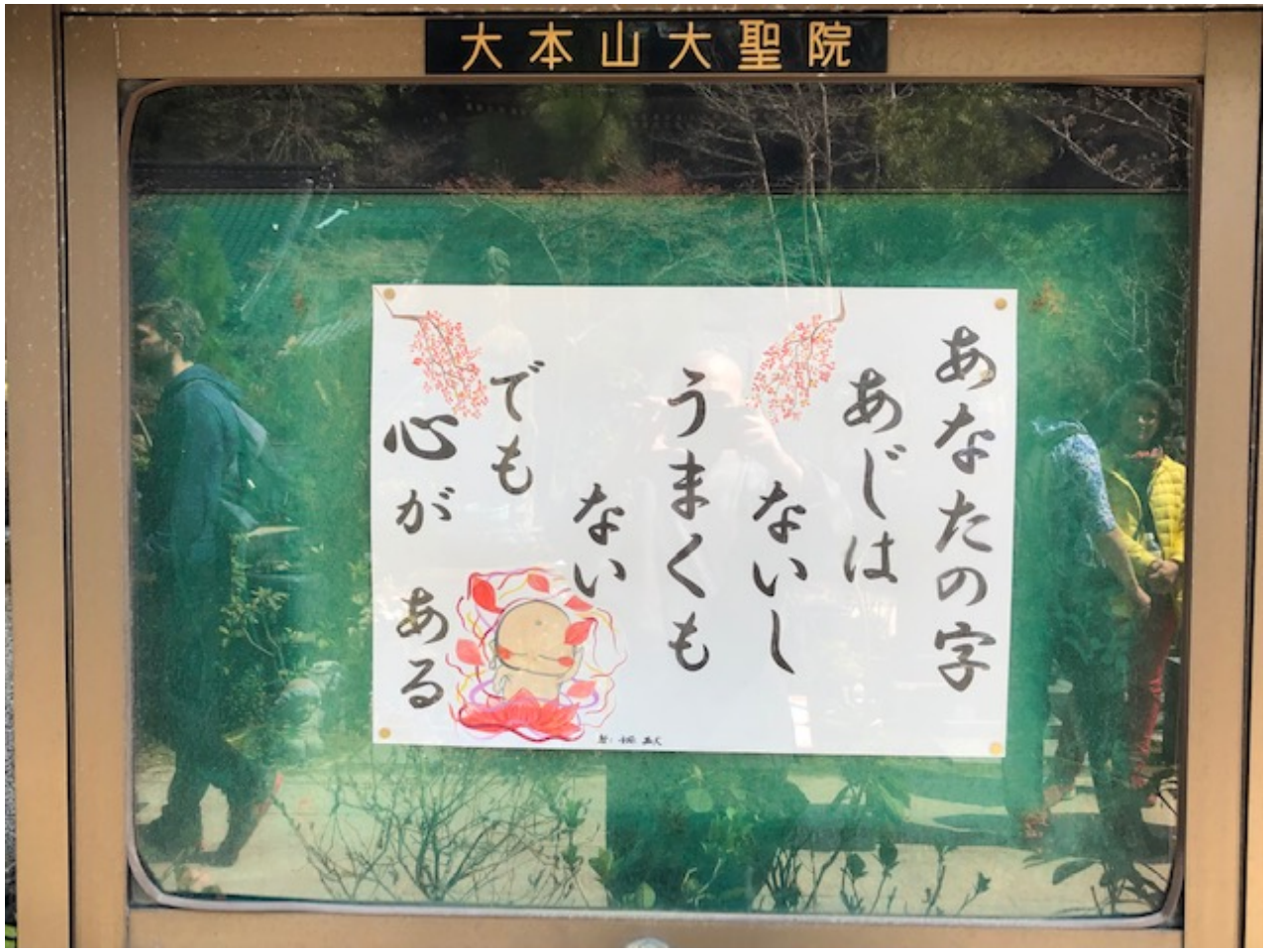四月の言葉