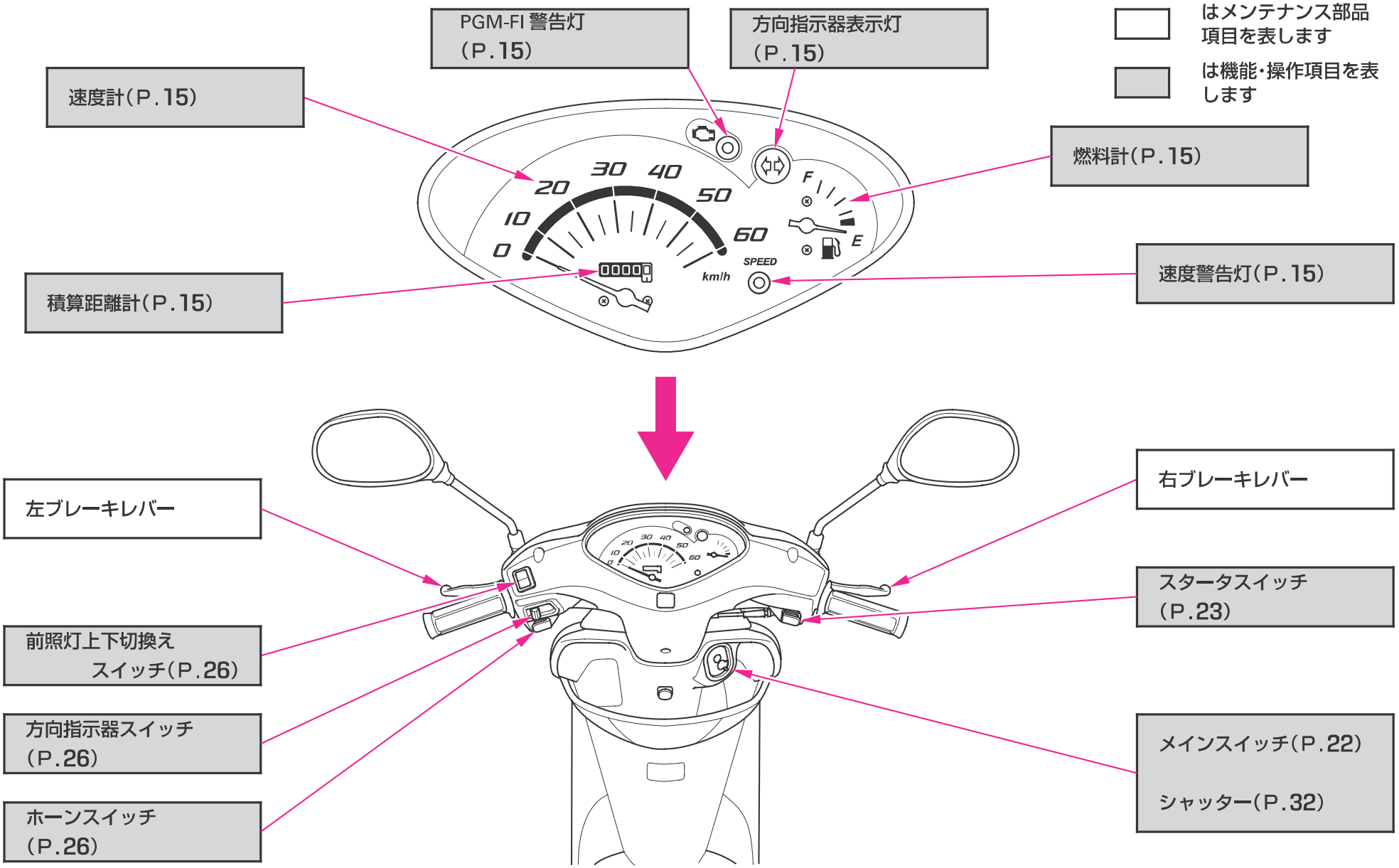1 ご使用の前に ビジュアル目次