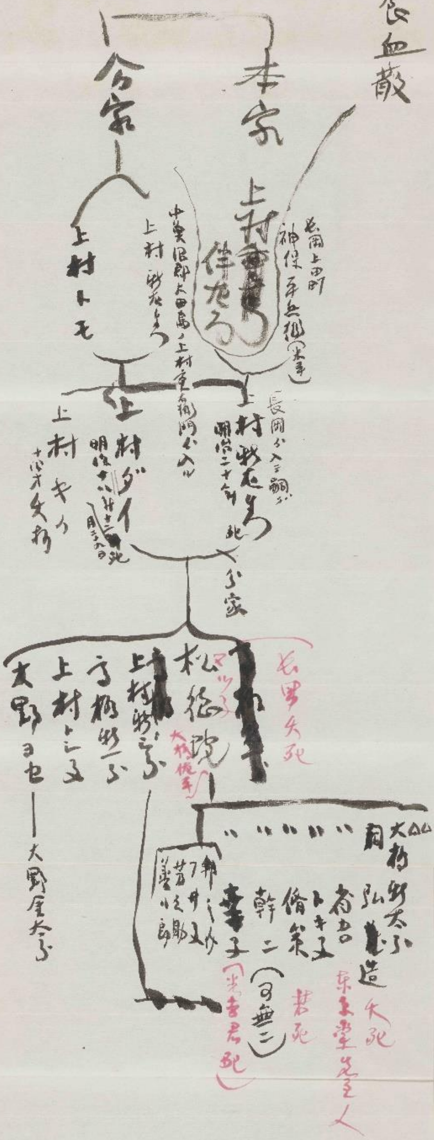養血藪