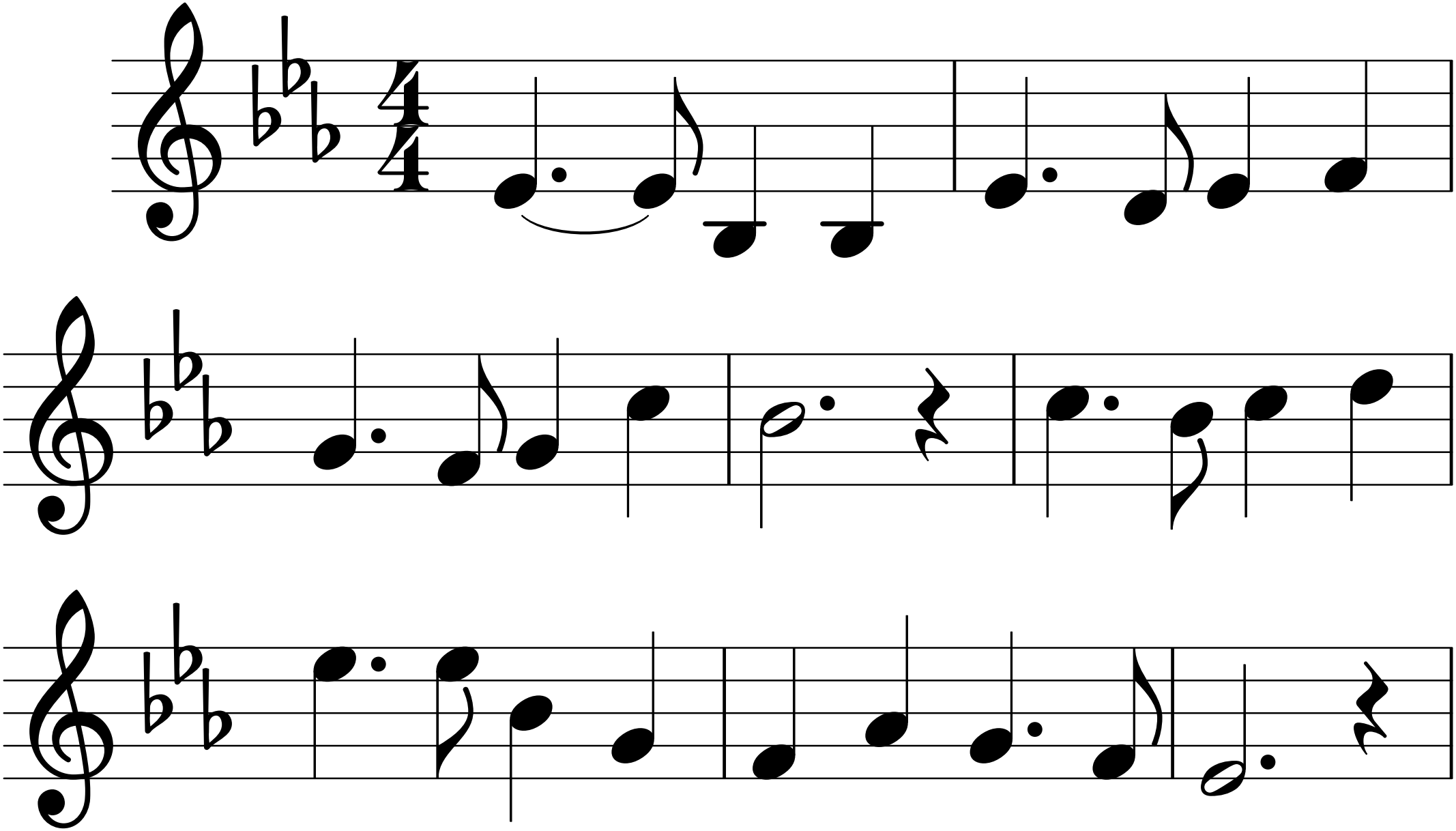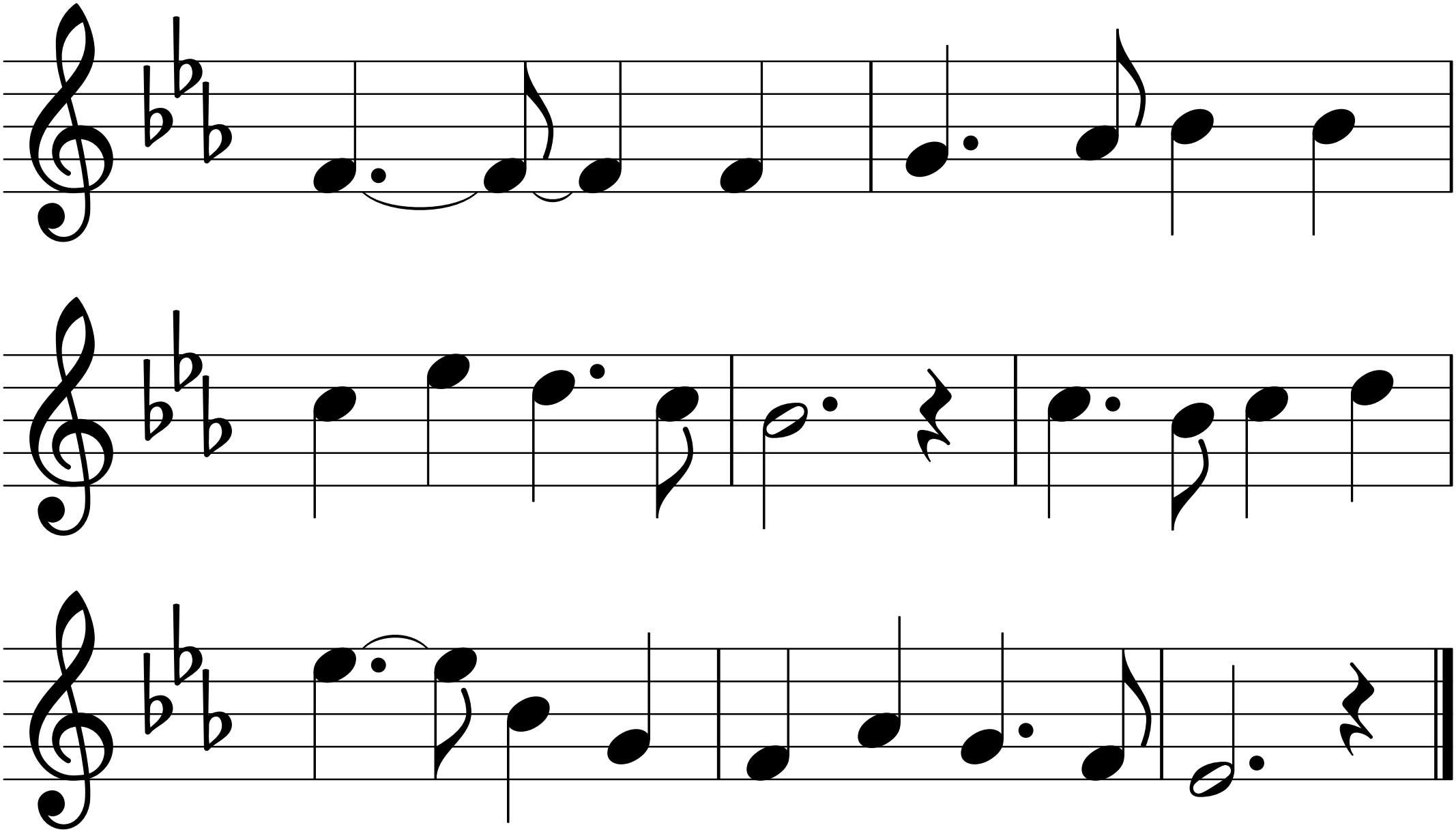我は海の子