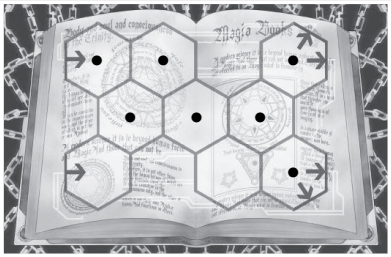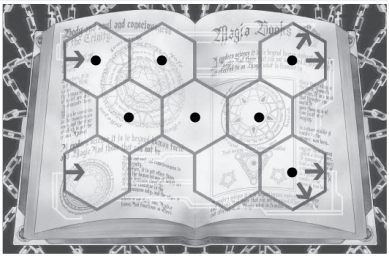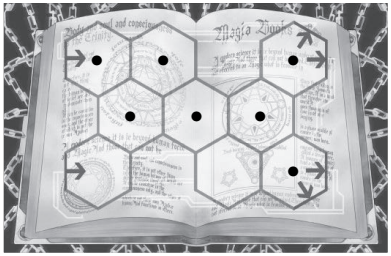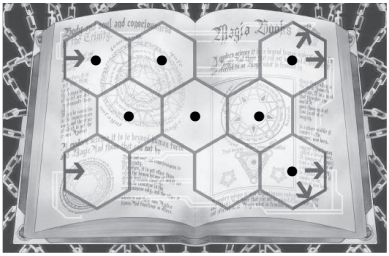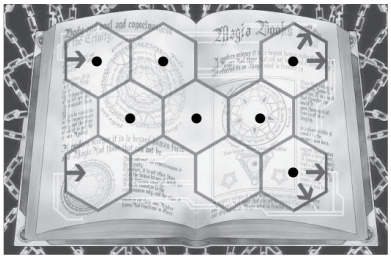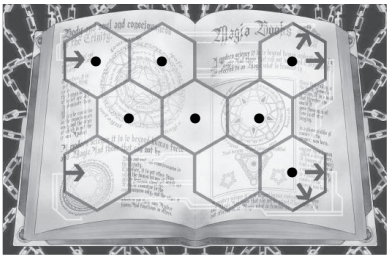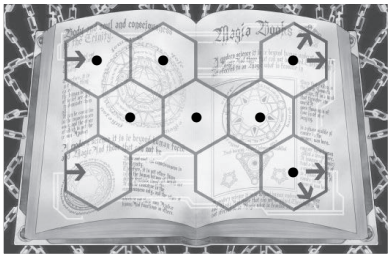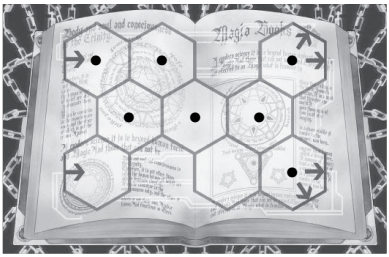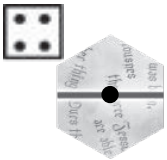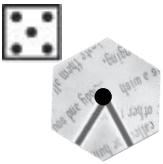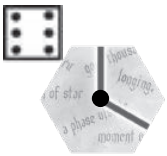禁書ボードシート