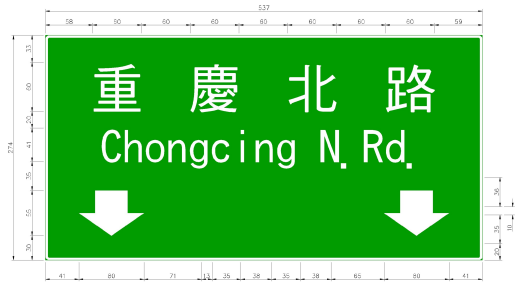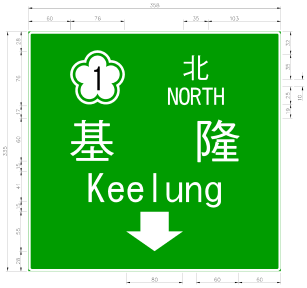指29