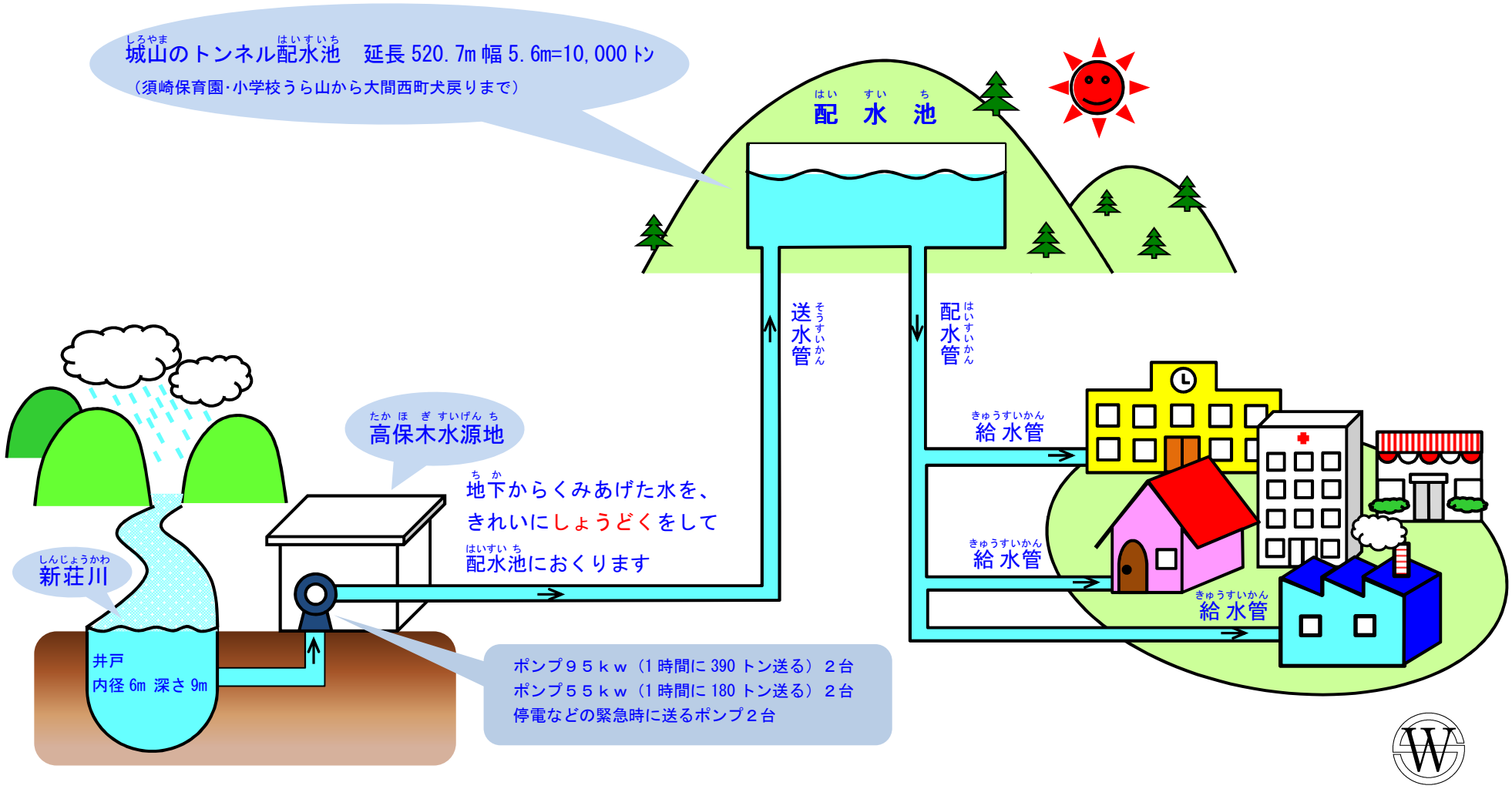きれいな、のみ水ができるまで