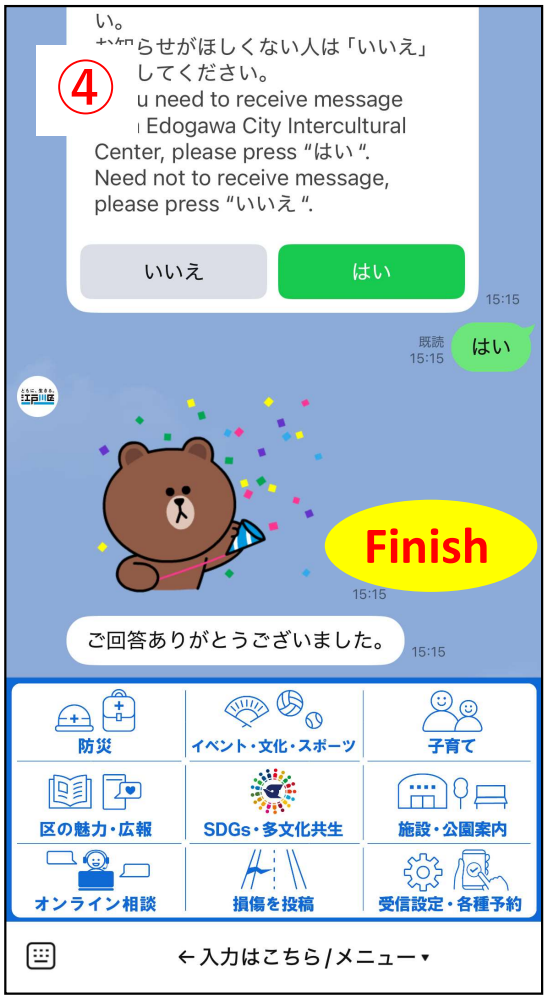◎受信設定の方法（How to set receiving messages）