

mass gain

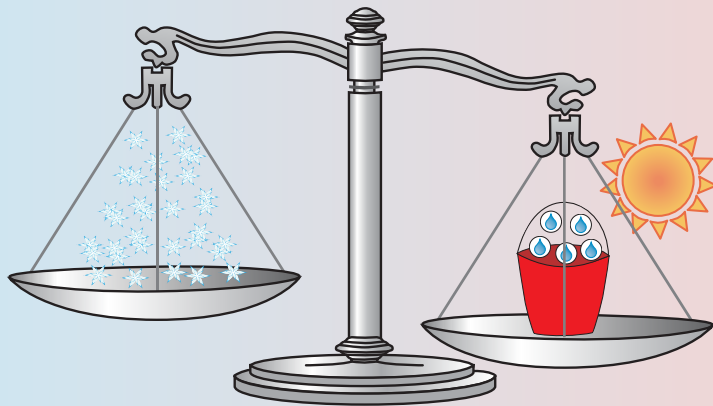
+

mass loss

-

accumulation

+



advance
positive

retreat
negative

