

板块比较硬和冷，所以其内部变形不明显，
岩石圈表现为弹性，传递弹性应力而没有significant deformation，
所以重力的体力会直接传递到岩石表面，（把板块）拖进海沟中，这种
体力叫做“trench pull”

温度活跃了地幔的creep，而岩石圈的足够冷而阻止了creep？？？

gravitational body forces in glaciers cause ice to flow
because its temperature is near its melt temperature.

内部辐射的能量与过去相比是减少的，所以vigor of the mantle
convection

required today to extract the heat is also less。对流的关键在
于地幔的粘滞度，