advection-diffusion与swarmadvector同时存在，该如何求解

一种：/docs/examples/1_12_Internally_Heated_Convection-Copy1

两种方式的dt的最小值，

只对advdiff更新。

第二种：

```
while step < nsteps:

    nonLinearSolver(step, nl_tol=1e-2, nl_maxIts=40)

    if step % 1 == 0:
        checkpoint_number +=1
        checkpoint_function(checkpoint_number, sca.Dimensionalize(time,
u.years).magnitude)
    # obtain a timestep and apply a courant factor
    dt = get_dt()

    if uw.rank()==0:
        print('step = {0:6d}; time = {1:.3e}'.format(step,
sca.Dimensionalize(time, u.megayears)))

    uw.barrier()

    # update plastic strain
    plasticStrainIncrement = dt * isYielding.evaluate(swarm)
    weight = boundary(swarm.particleCoordinates.data[:,0], minX, maxX, 20, 4)
    plasticStrainIncrement[:,0] *= weight
    cumulativeTotalStrain.data[:] += plasticStrainIncrement

    # Solve for temperature
    advdiffSystem.integrate(dt)

    # integrate swarms in time
    advector.integrate(dt, update_owners=True)
    advectorSurface.integrate(dt, update_owners=True)
```