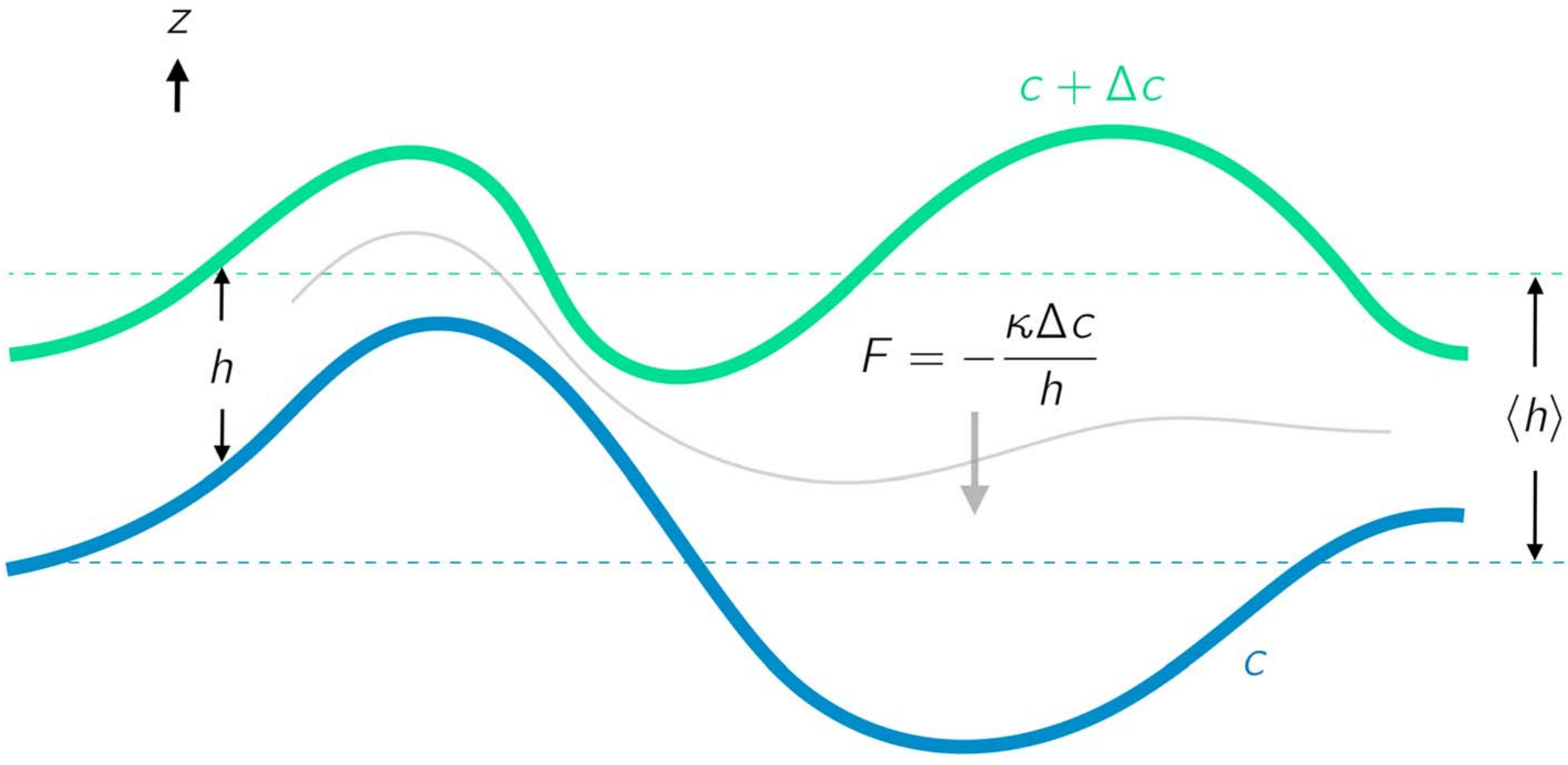
z
$c + \Delta c$
h
$F = -\frac{\kappa \Delta c}{h}$
$\langle h \rangle$
c