Online Material

Appendix A: Figures

In this online appendix we give all the figures for the sources in our sample. They are organized in the same order as that of Table 1, i.e. in order of increasing source right ascension, and for each source in the same order as they are presented in the text, i.e. figures of all spectra (see Fig. 4), the two velocity–time–flux density plots (see Fig. 5–6), the light curve of the integrated flux (see Fig. 7), the upper and lower envelopes together with the mean spectrum (see Fig. 8) and the rate–of–occurrence (see Fig. 9). For instance, Figure

(A1.a) corresponds to the spectra of NGC 281 in an autoscaled intensity scale;
(A1.b) corresponds to the velocity–time–intensity *full* plot of NGC 281;
(A1.c) corresponds to the velocity–time–intensity *zoomed* plot of NGC 281;
(A1.d) corresponds to the light curve of NGC 281;
(A1.e) corresponds to the upper and lower envelopes and the mean spectrum of NGC 281;
(A1.f) corresponds to the rate–of–occurrence for NGC 281;
(A2.a) corresponds to the spectra of W3 OH in an autoscaled intensity scale, etc.

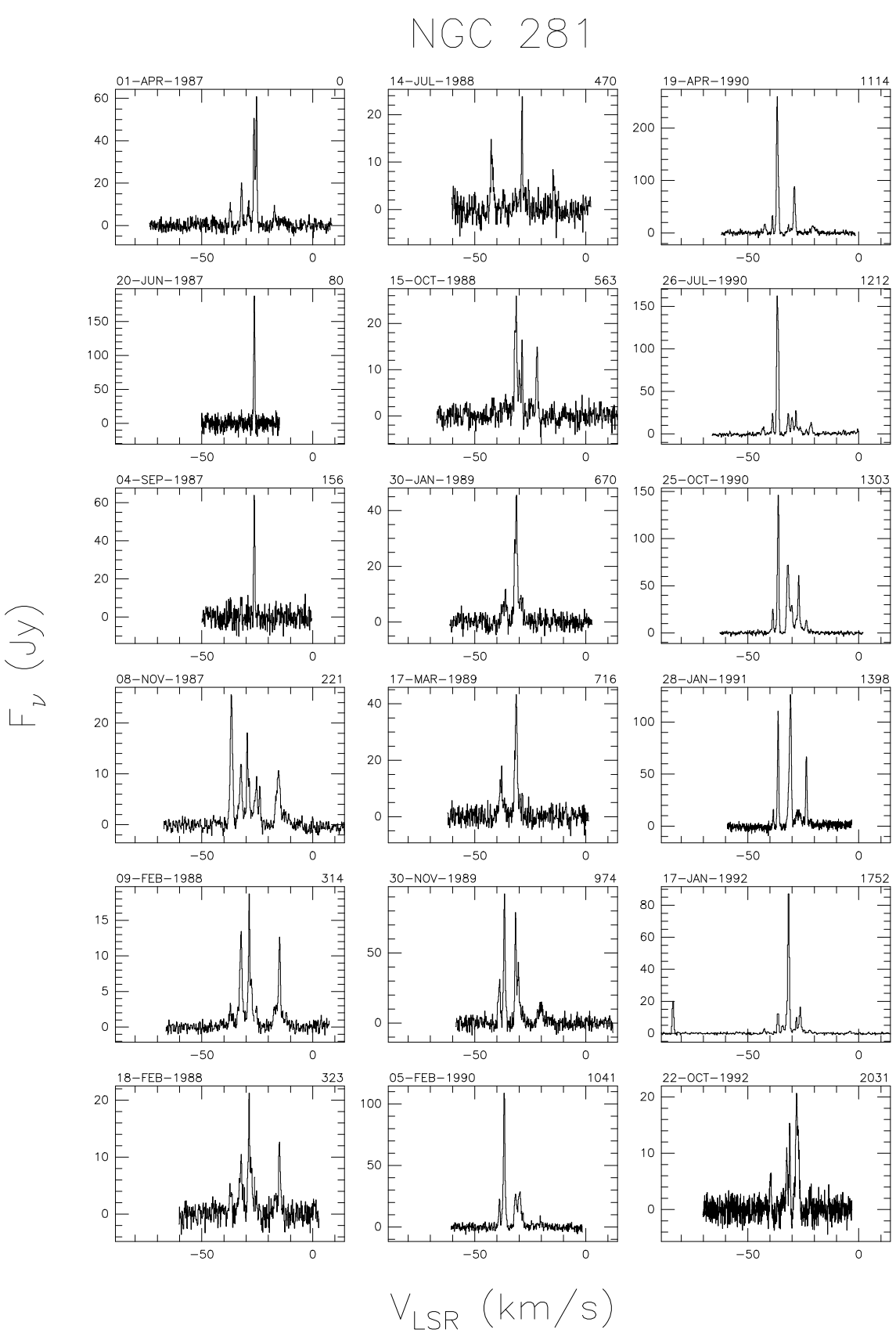

Fig. A.1. a Spectra of source NGC 281 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

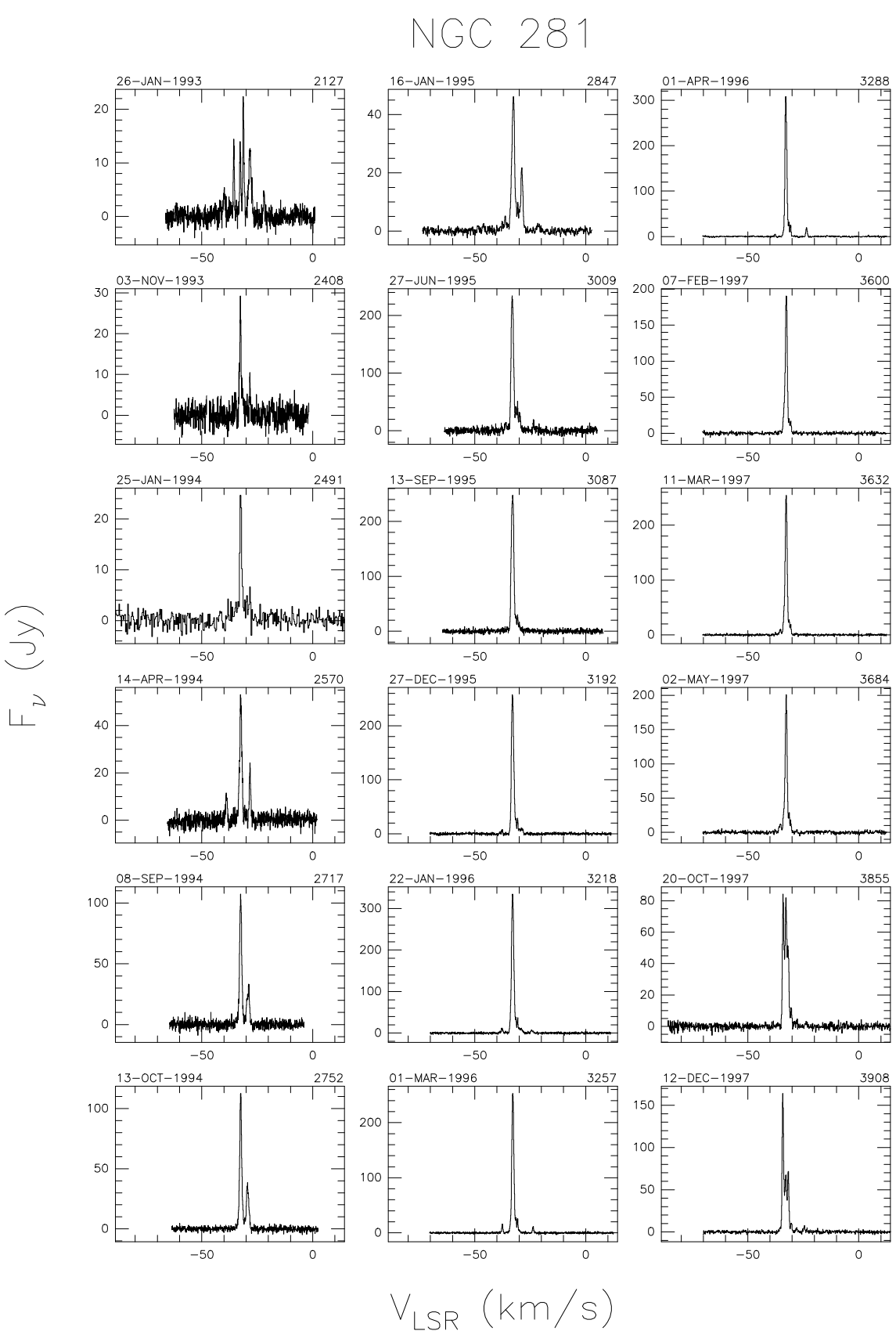

Fig. A.1. a continued

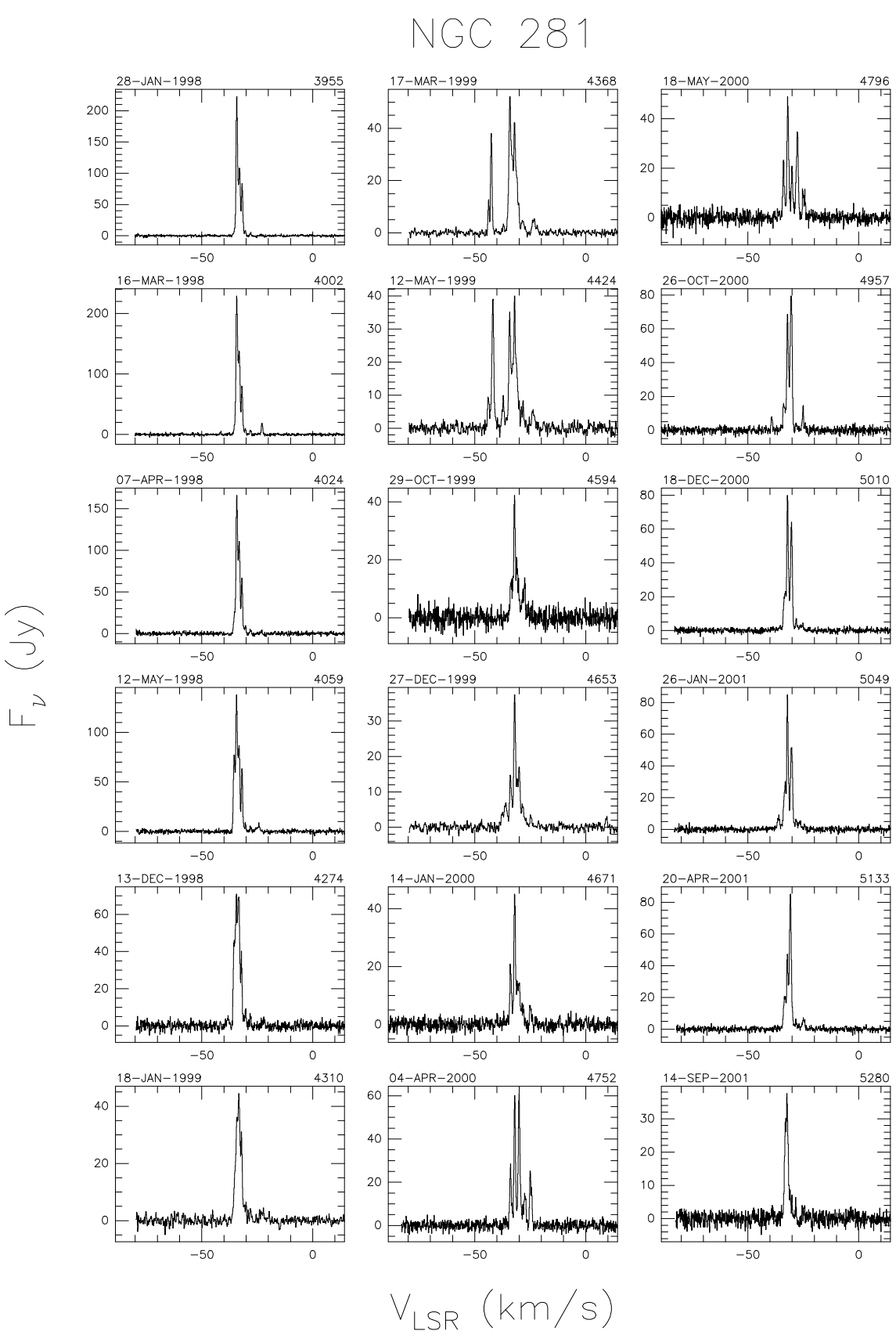

Fig. A.1. a continued

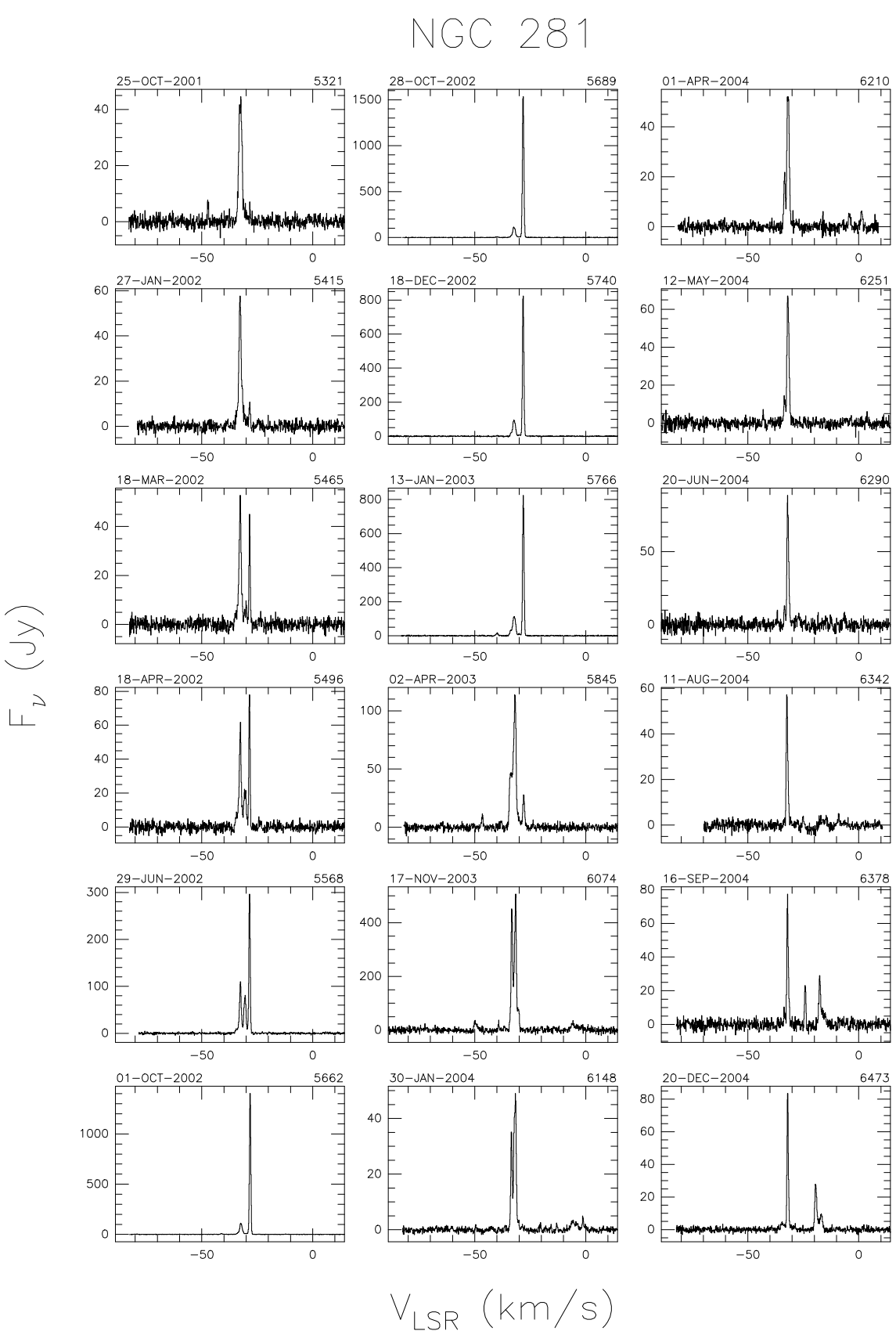

Fig. A.1. a continued

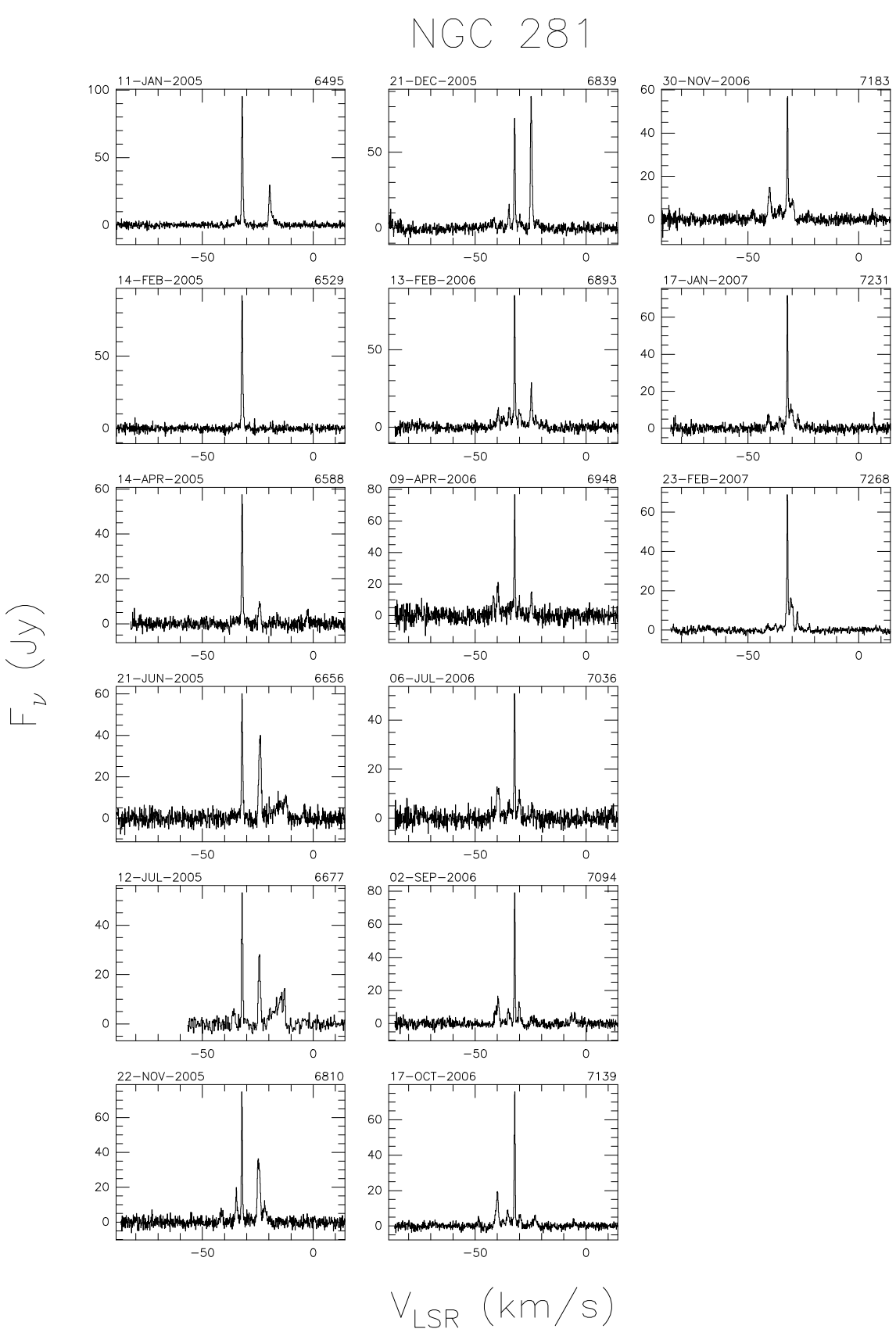

Fig. A.1. a continued

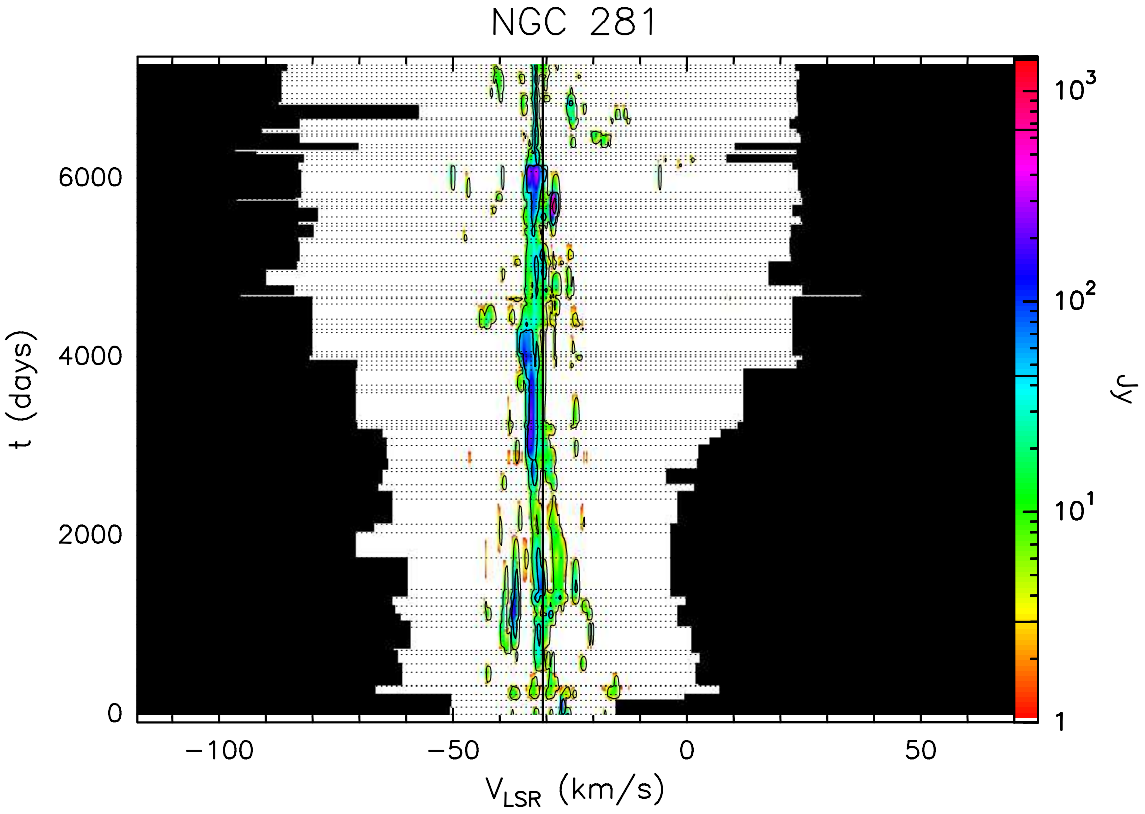

Fig. A.1. b Velocity–time–flux density *full* plot for source NGC 281. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

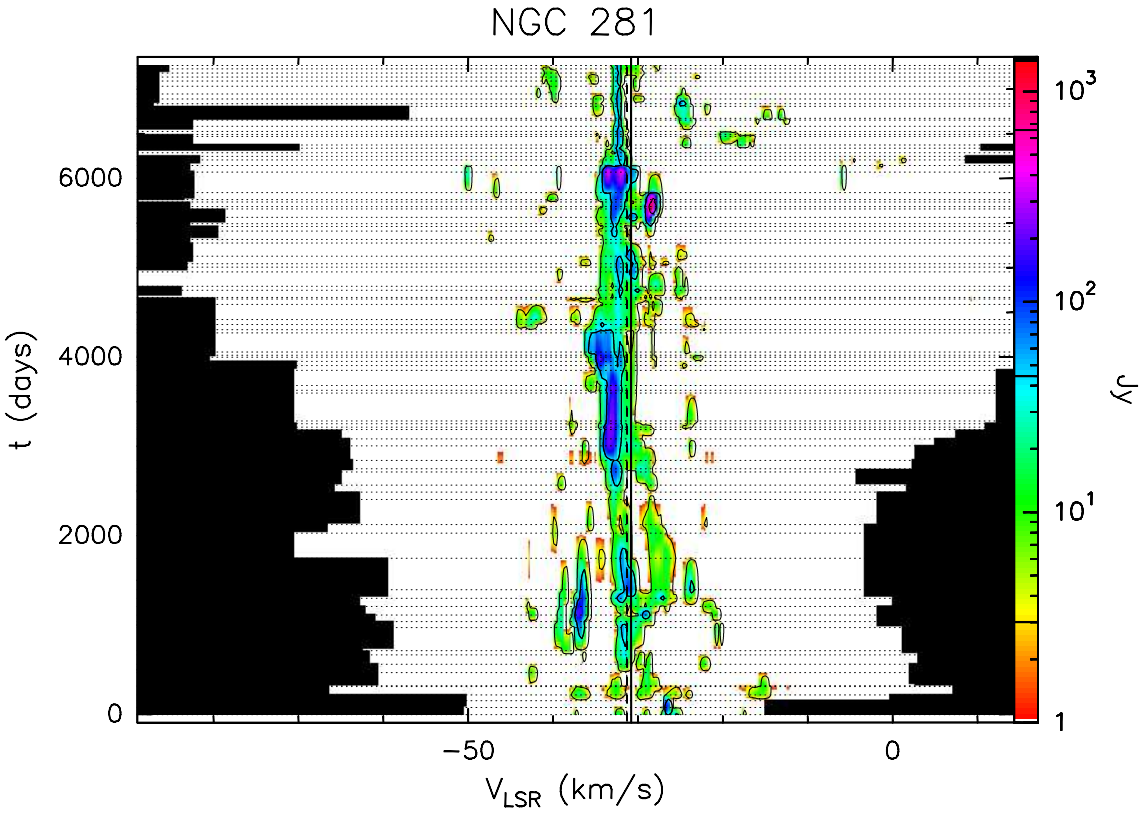

Fig. A.1. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

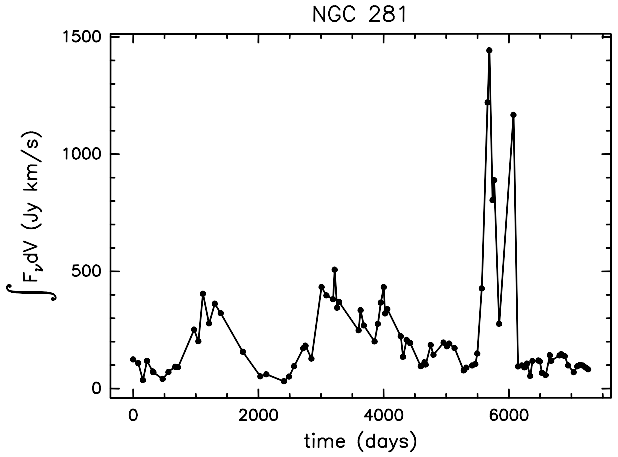

Fig. A.1. d Integral of the flux density over the observed velocity range as a function of time for source NGC 281.

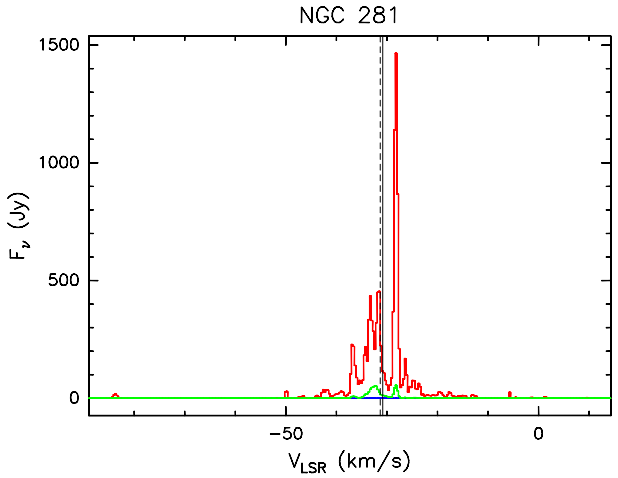

Fig. A.1. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source NGC 281 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

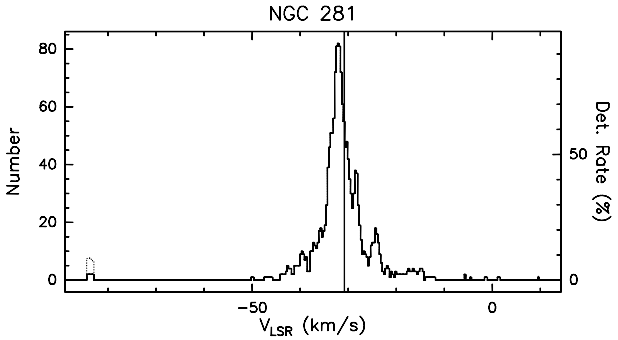

Fig. A.1. f Rate-of-occurrence plot for source NGC 281. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

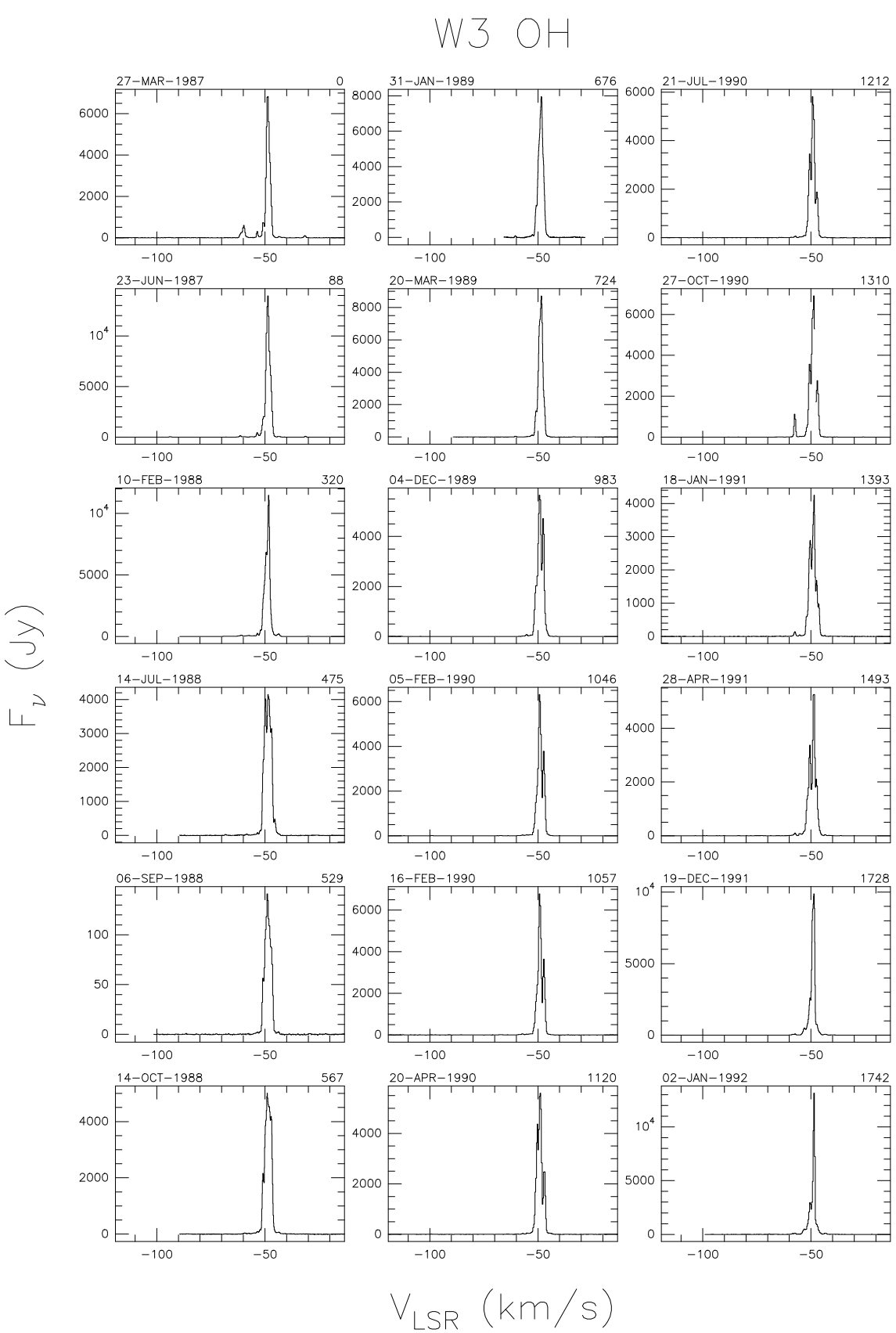

Fig. A.2. a Spectra of source W3 OH with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

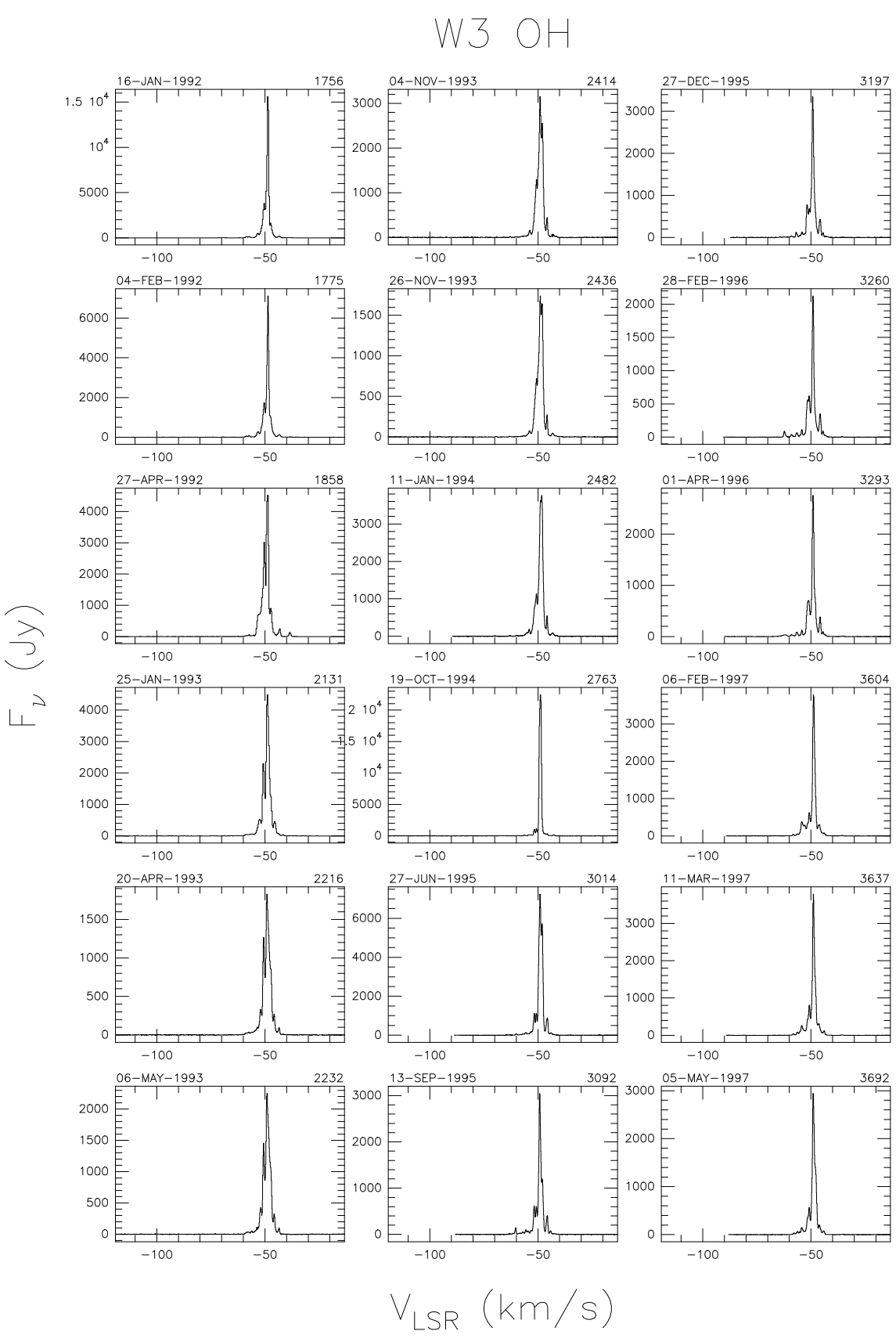

Fig. A.2. a continued

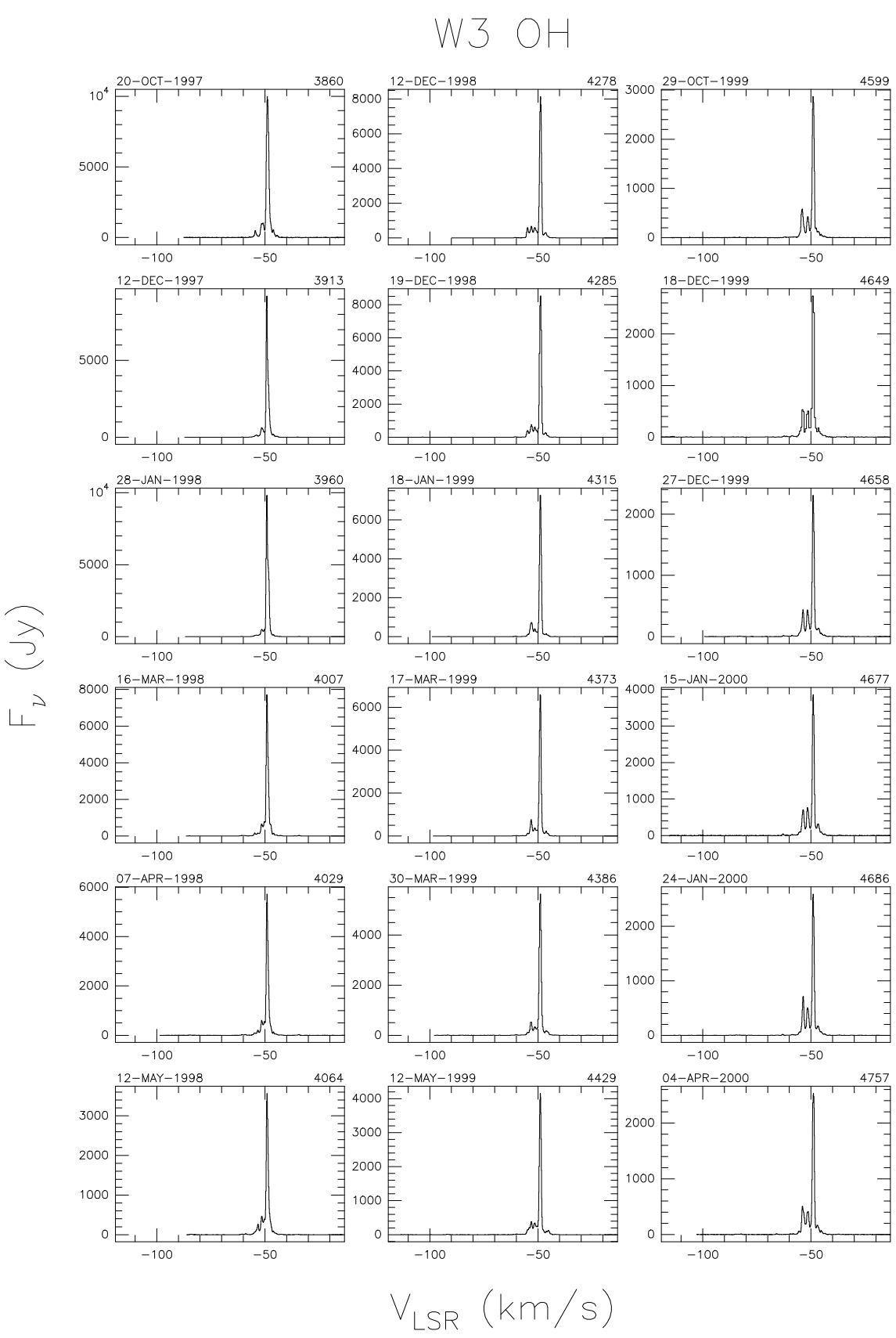

Fig. A.2. a continued

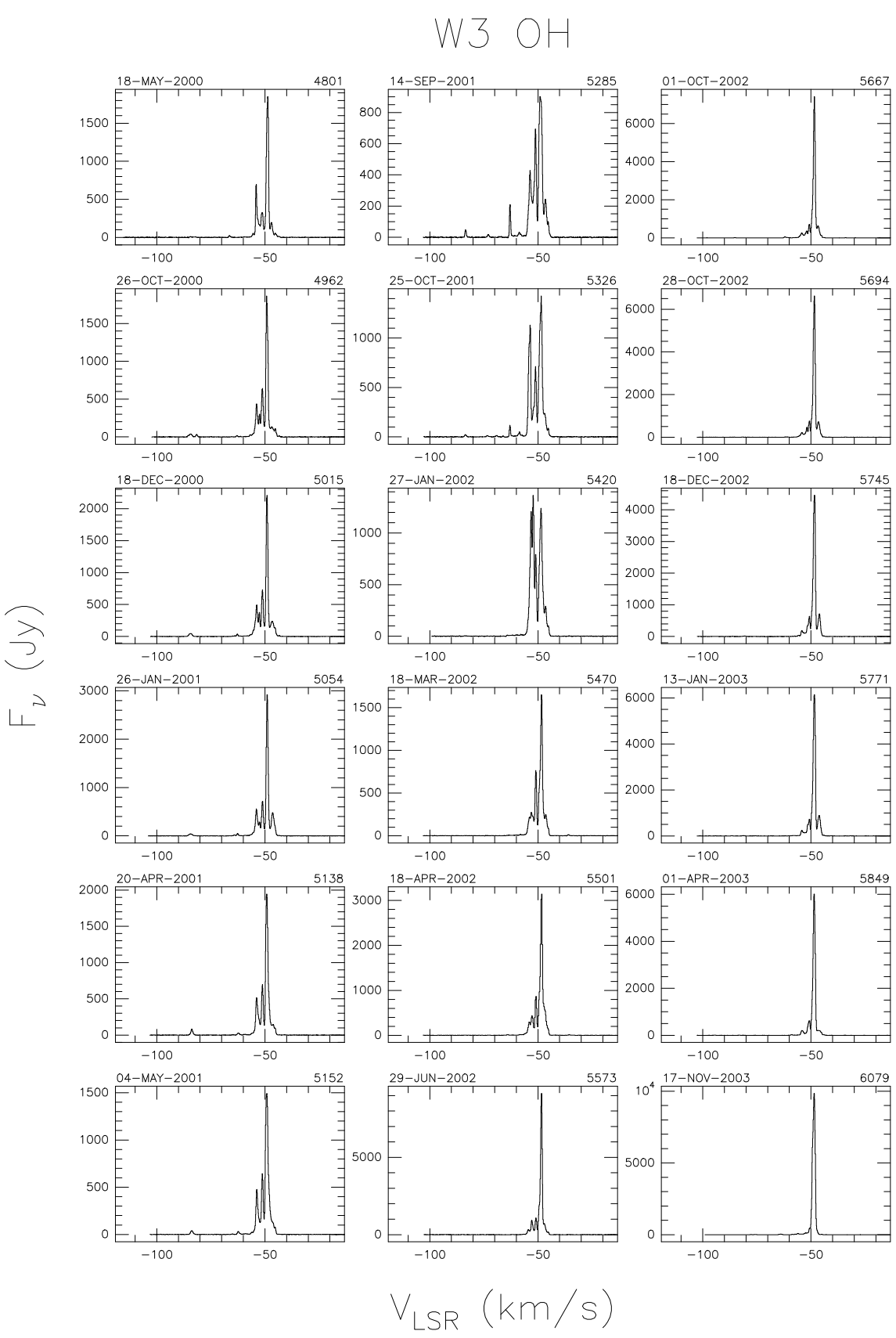

Fig. A.2. a continued

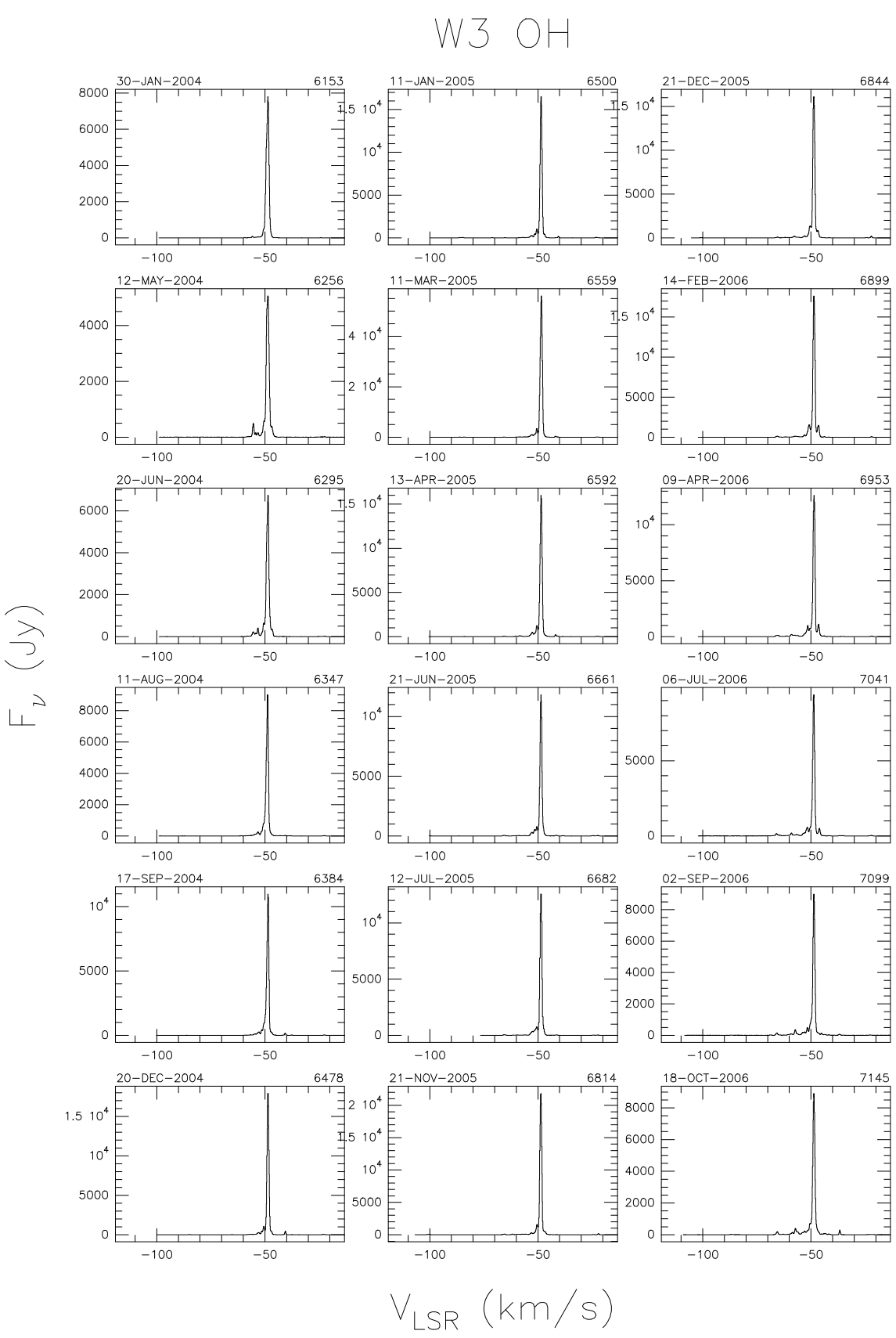

Fig. A.2. a continued

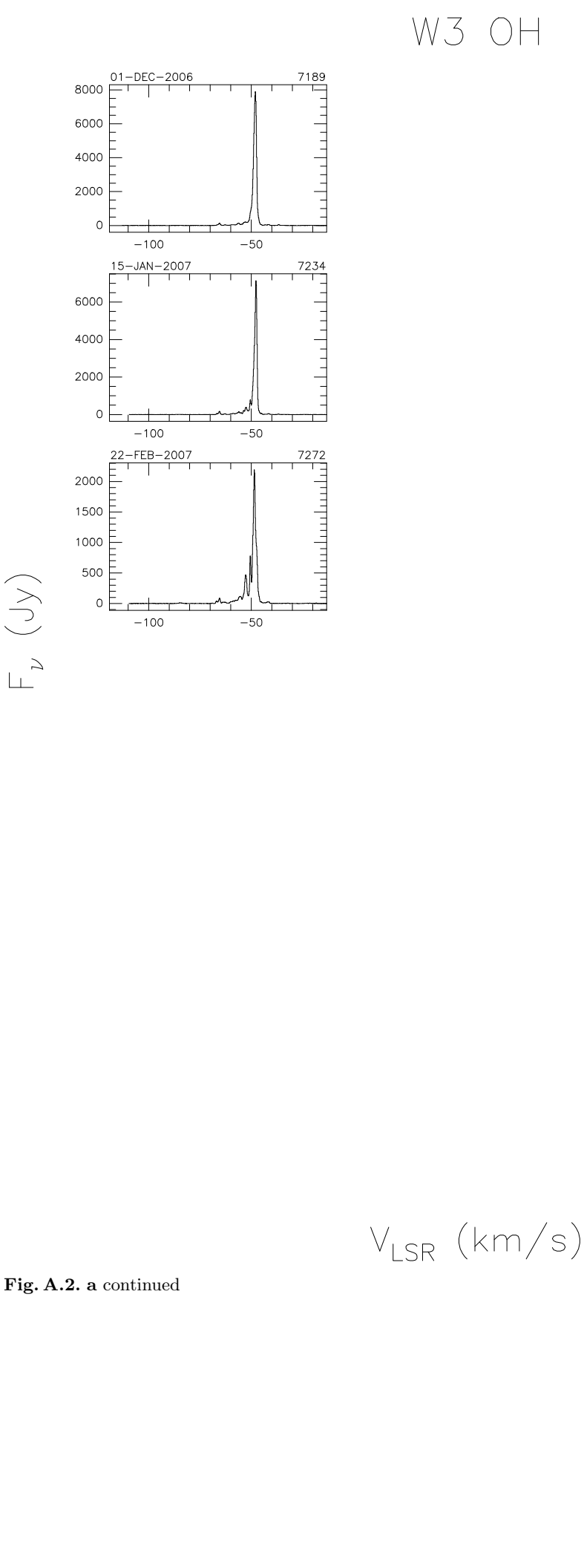

Fig. A.2. a continued

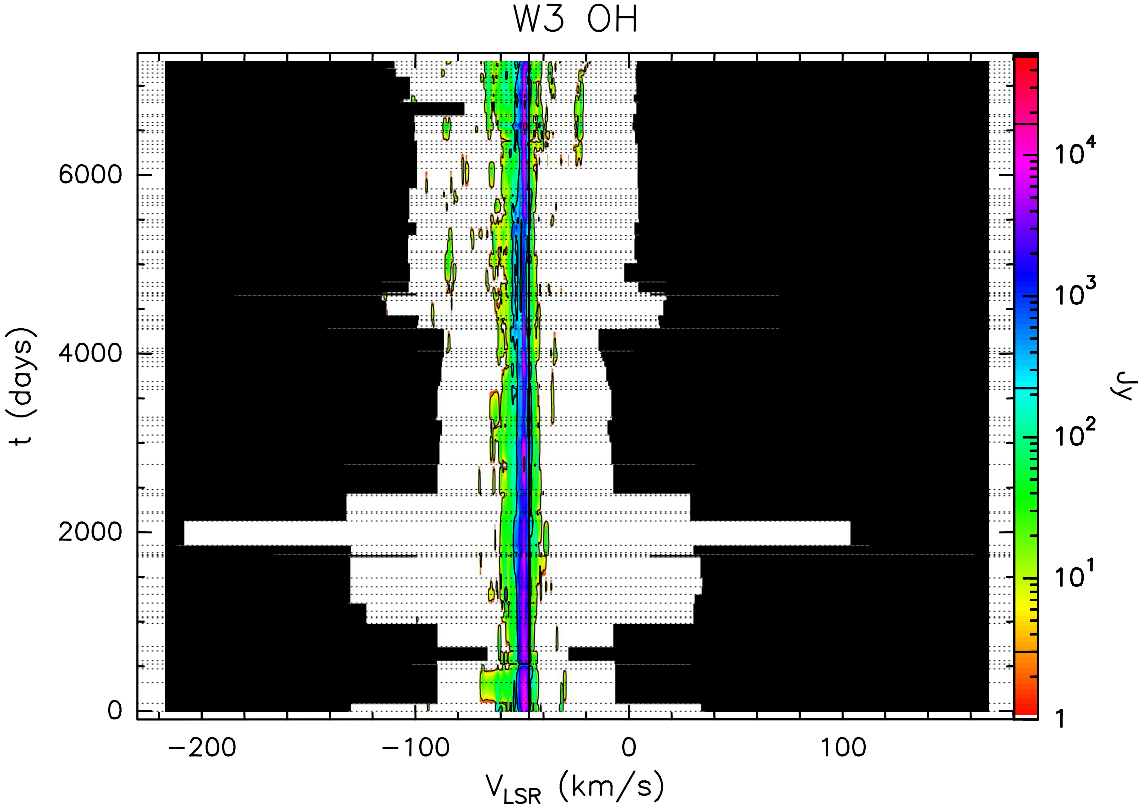

Fig. A.2. b Velocity–time–flux density *full* plot for source W3 OH. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

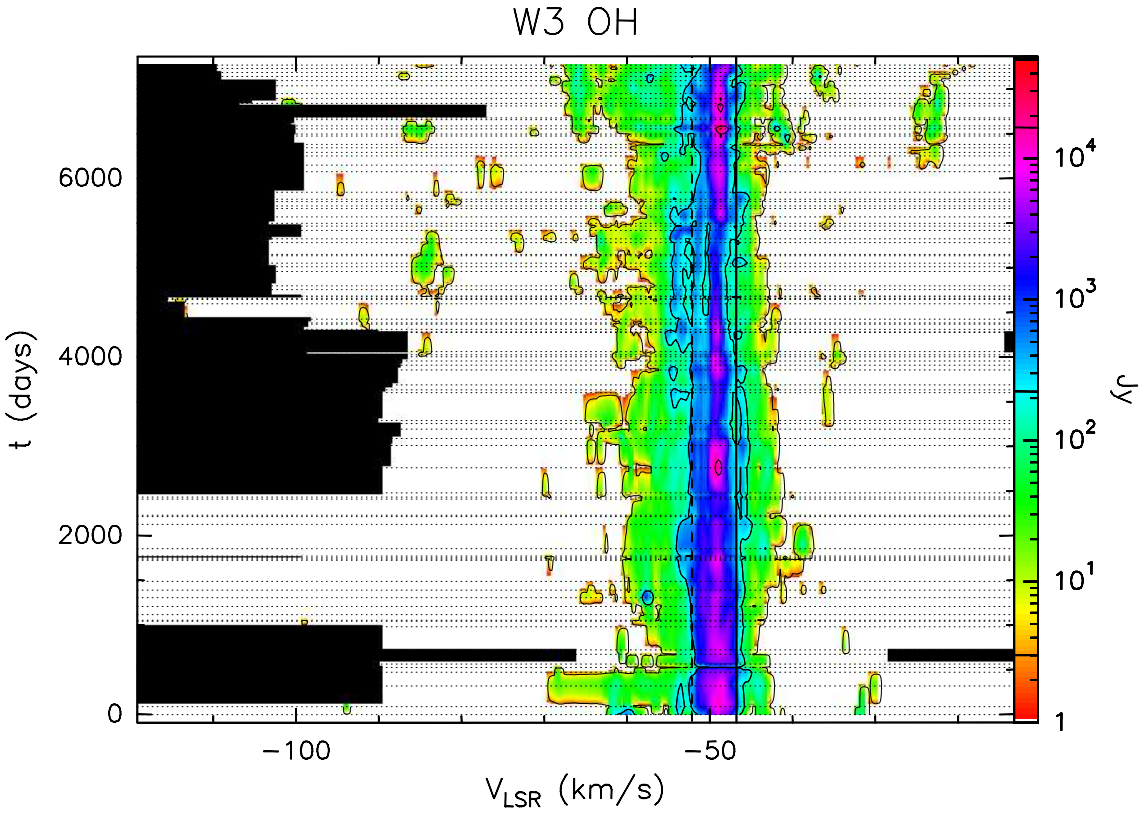

Fig. A.2. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

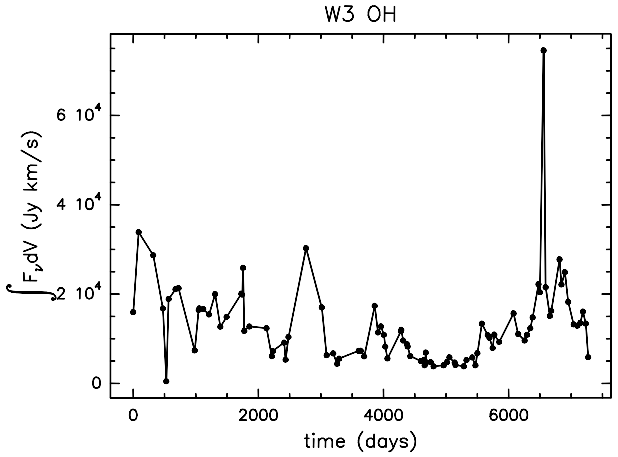

Fig. A.2. d Integral of the flux density over the observed velocity range as a function of time for source W3 OH.

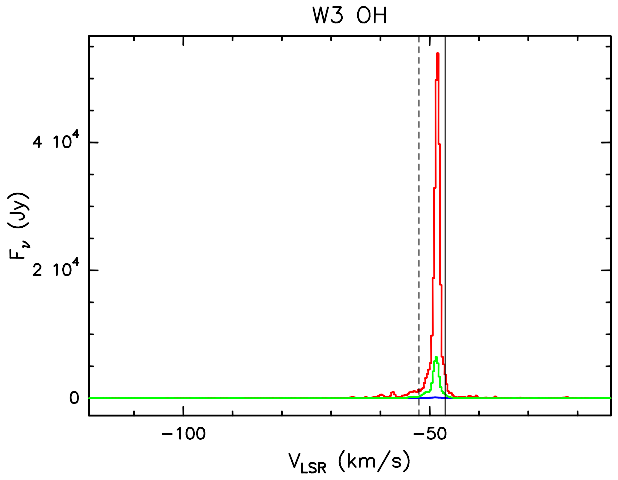

Fig. A.2. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source W3 OH measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

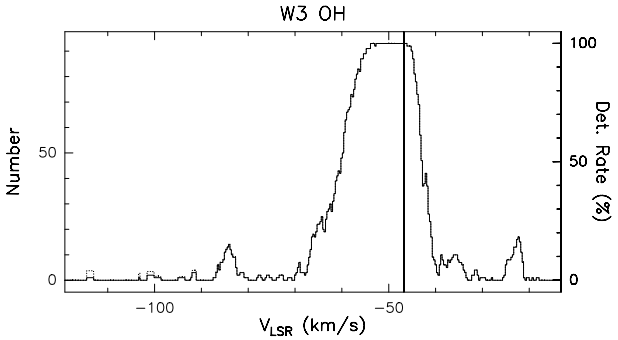

Fig. A.2. f Rate-of-occurrence plot for source W3 OH. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

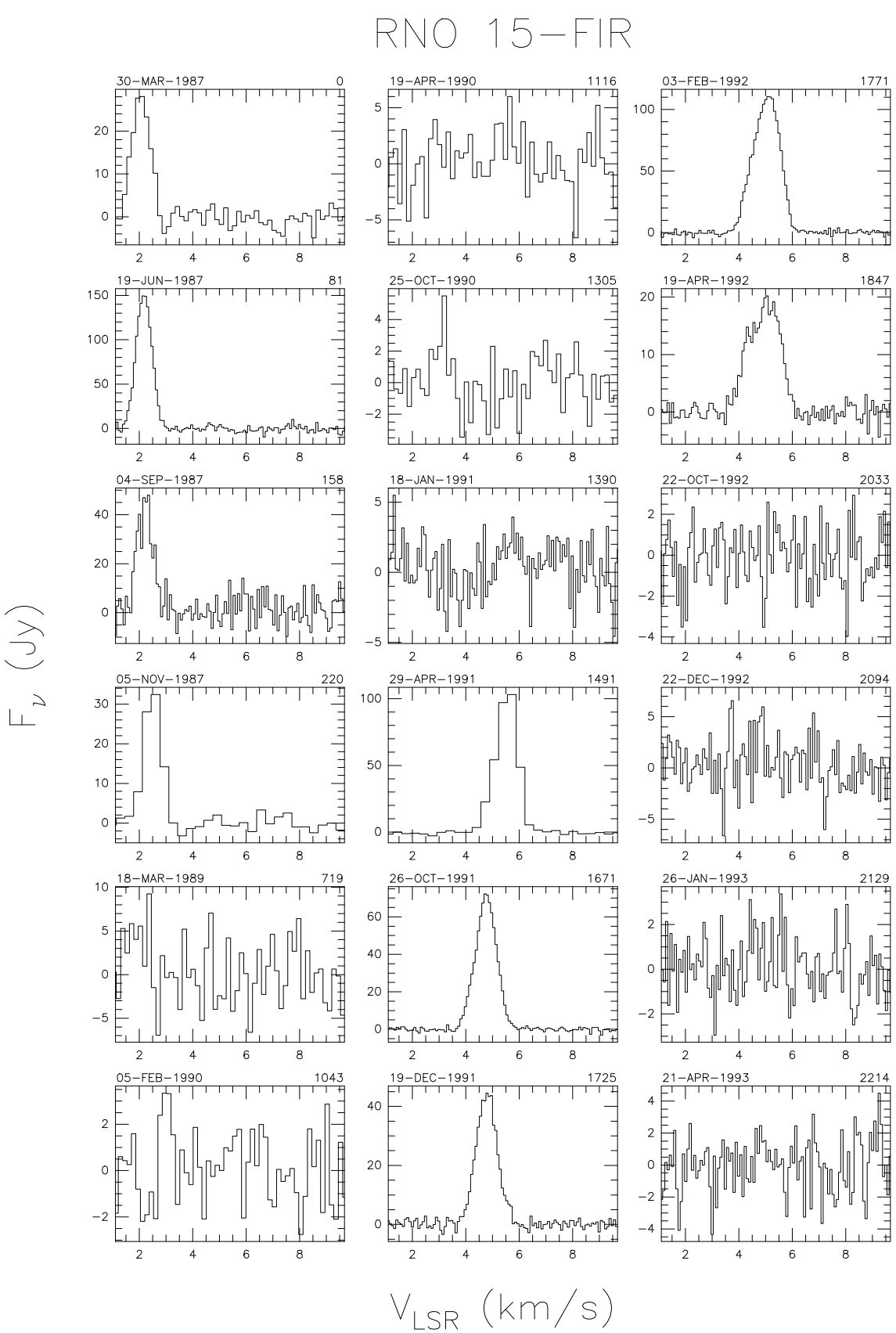

Fig. A.3. a Spectra of source RNO 15-FIR with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

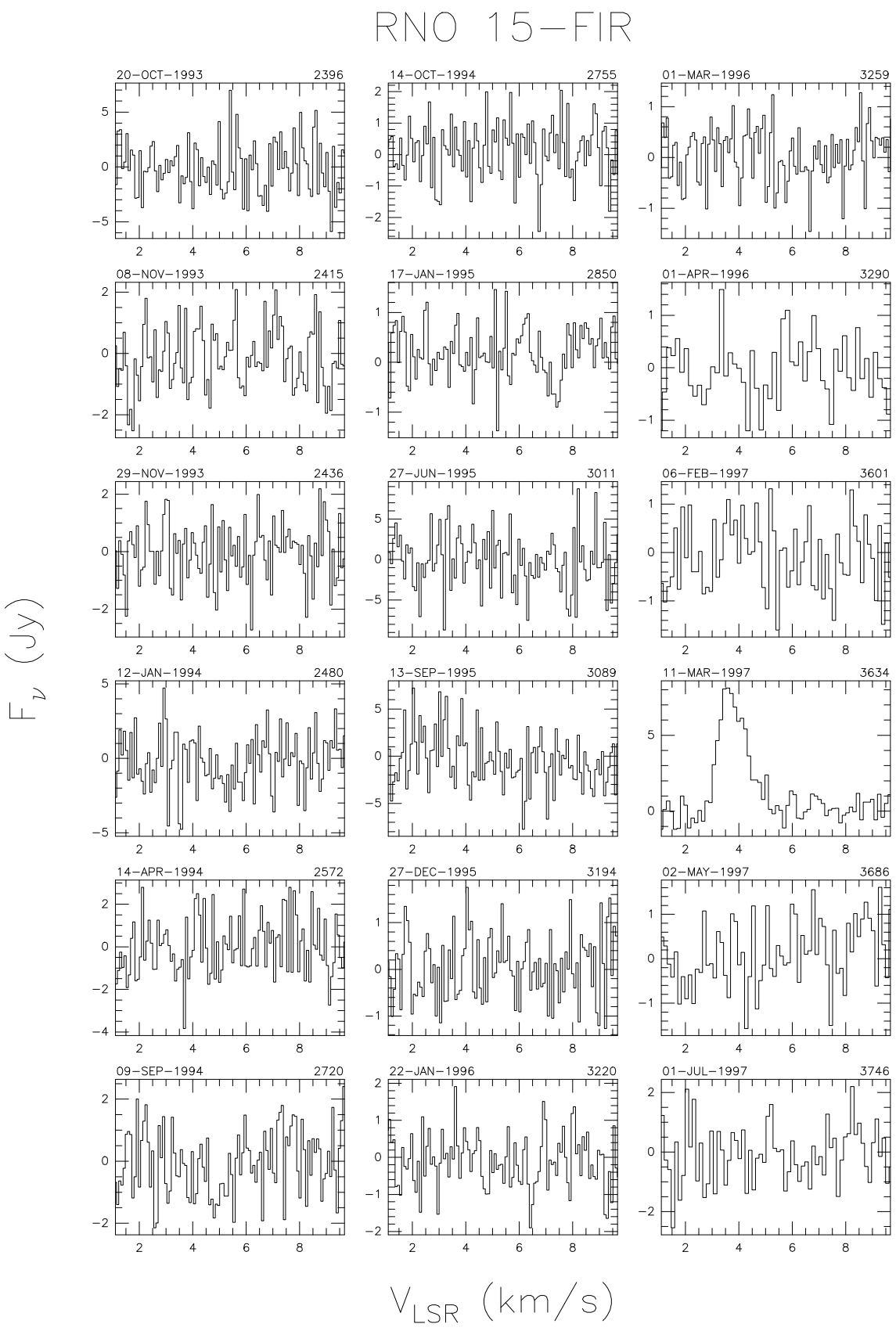

Fig. A.3. a continued

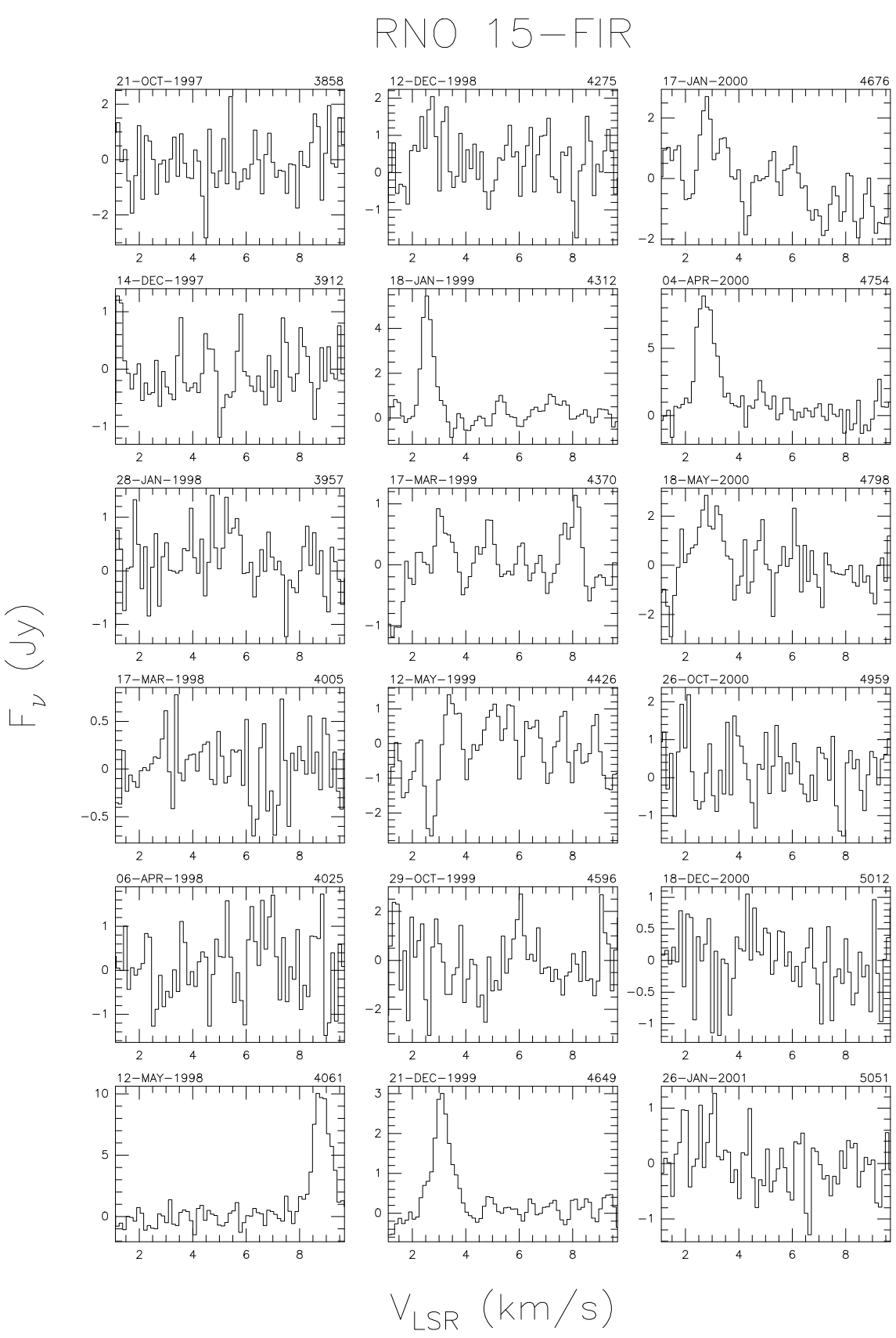

Fig. A.3. a continued

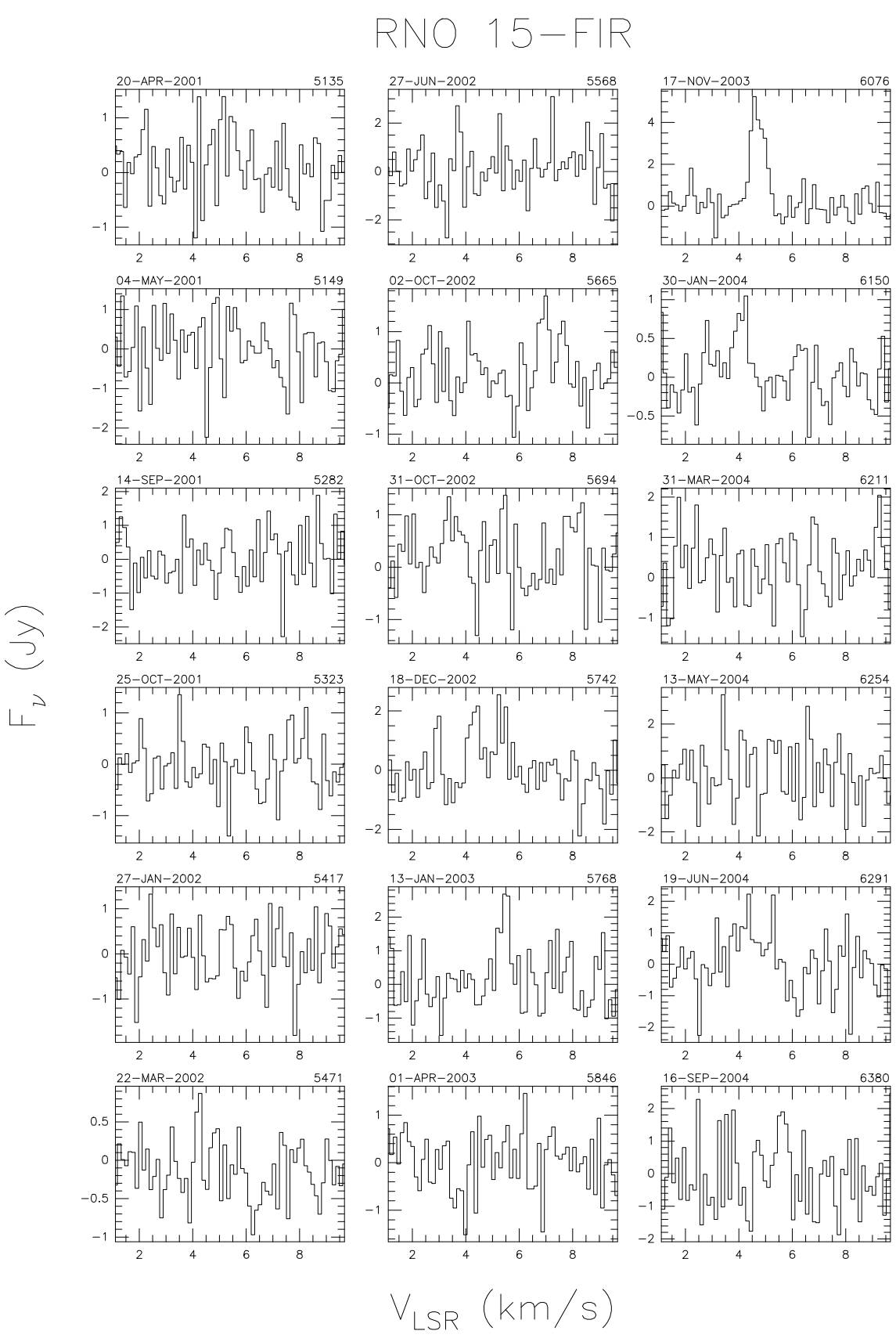

Fig. A.3. a continued

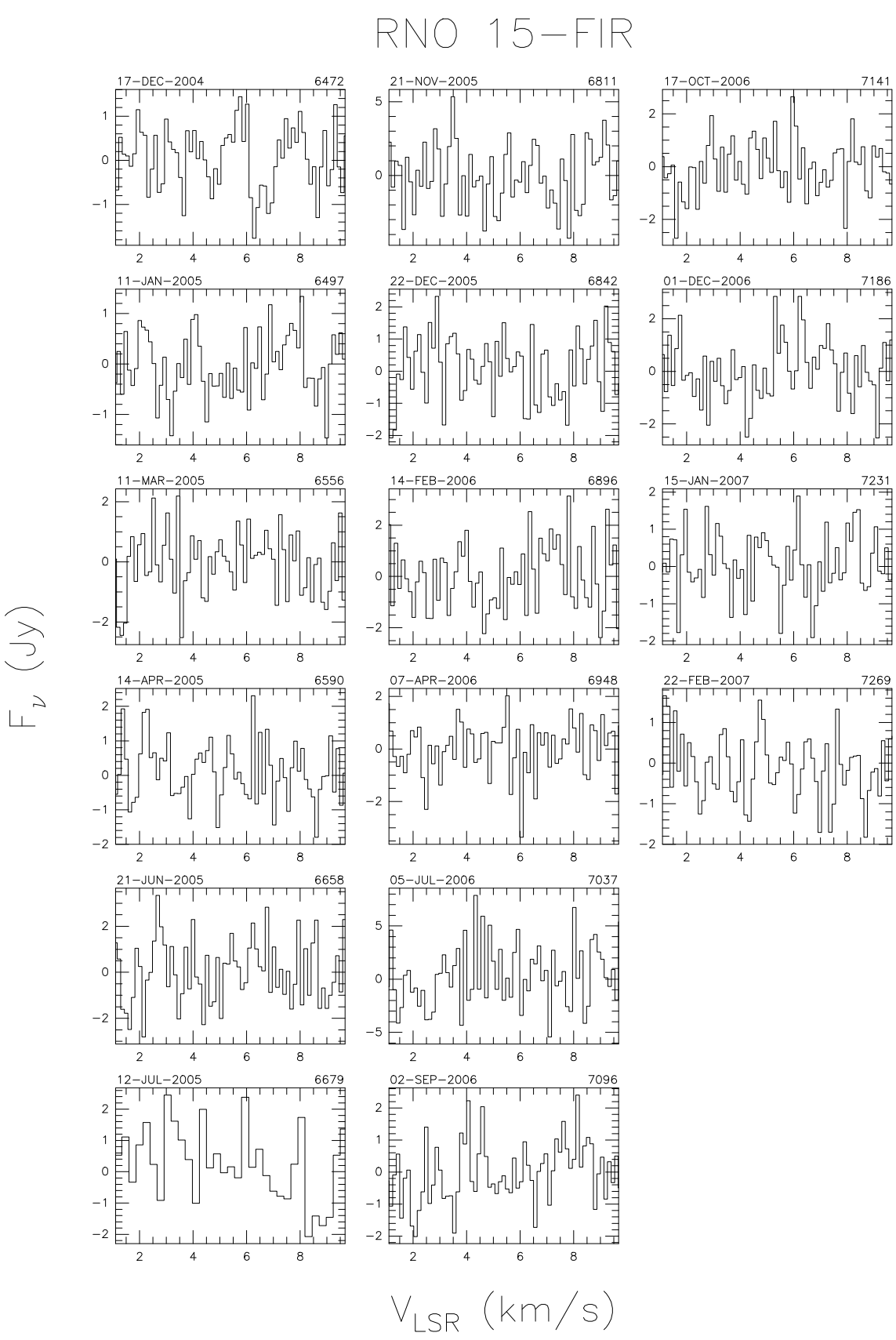

Fig. A.3. a continued

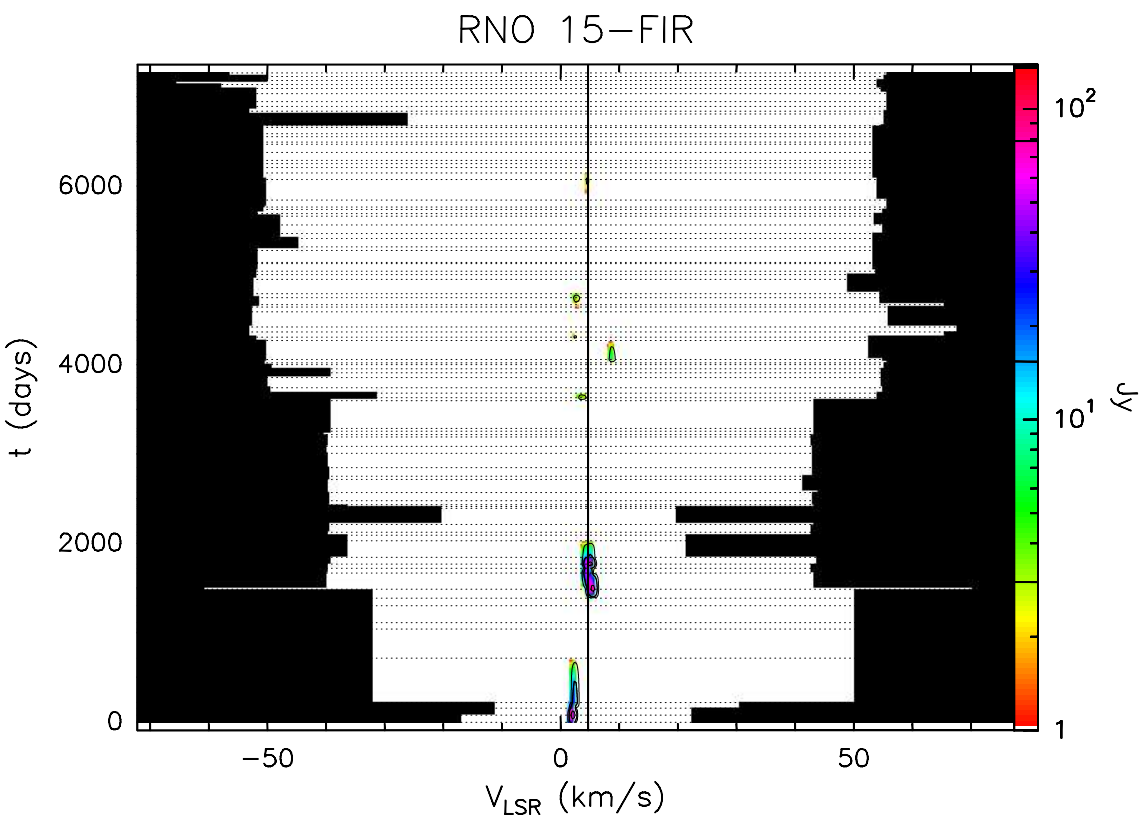

Fig. A.3. b Velocity–time–flux density *full* plot for source RNO 15-FIR. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

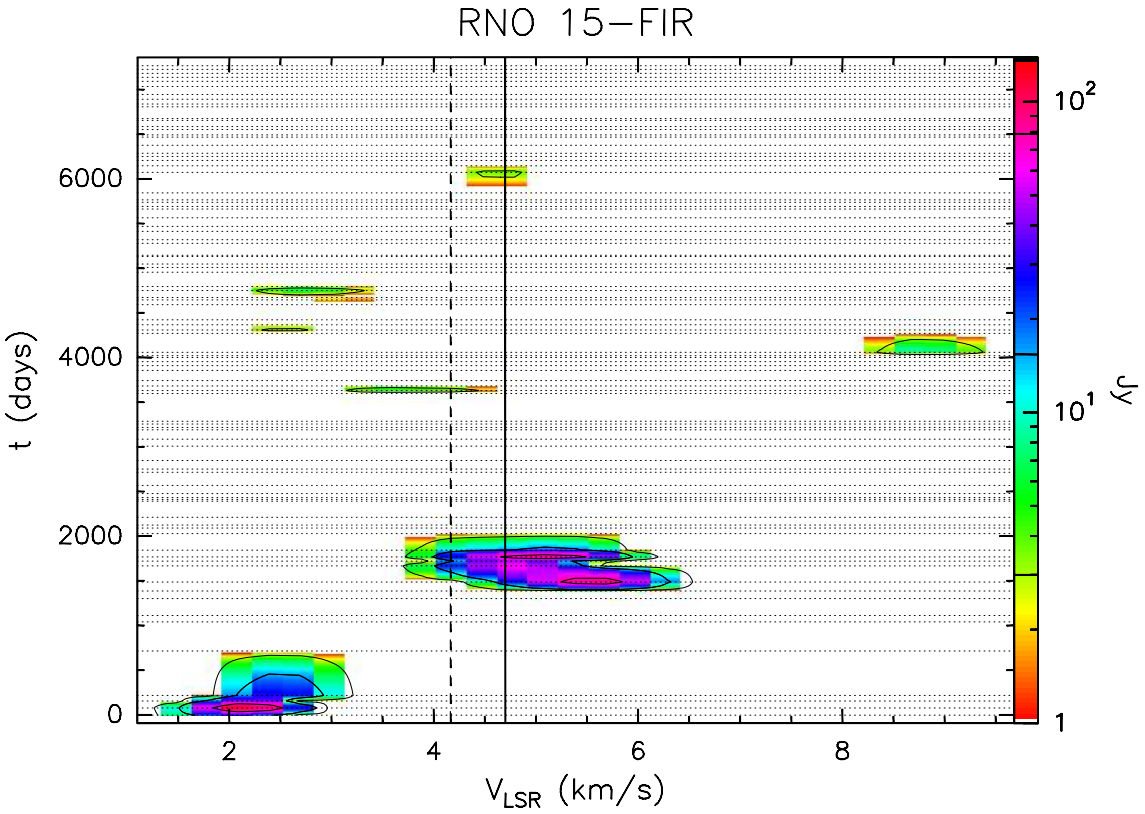

Fig. A.3. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

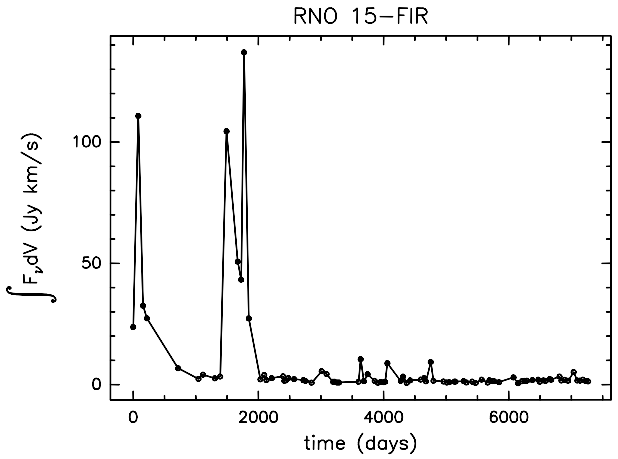

Fig. A.3. d Integral of the flux density over the observed velocity range as a function of time for source RNO 15-FIR.

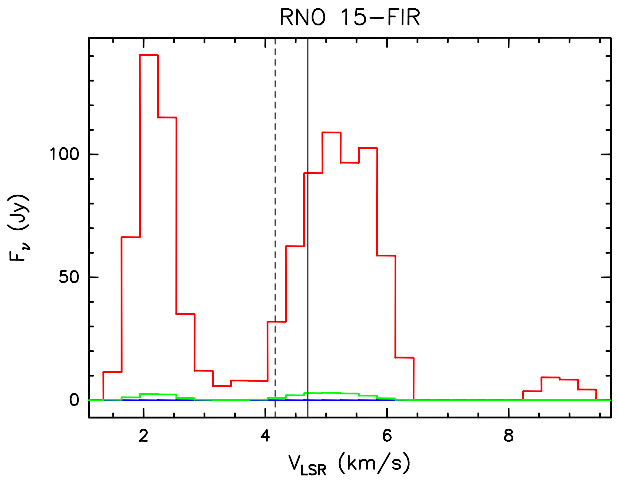

Fig. A.3. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source RNO 15-FIR measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

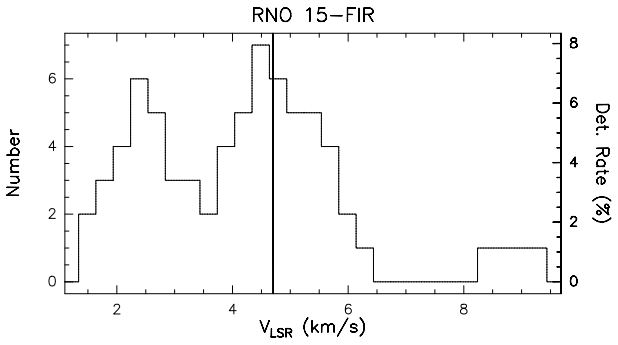

Fig. A.3. f Rate-of-occurrence plot for source RNO 15-FIR. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

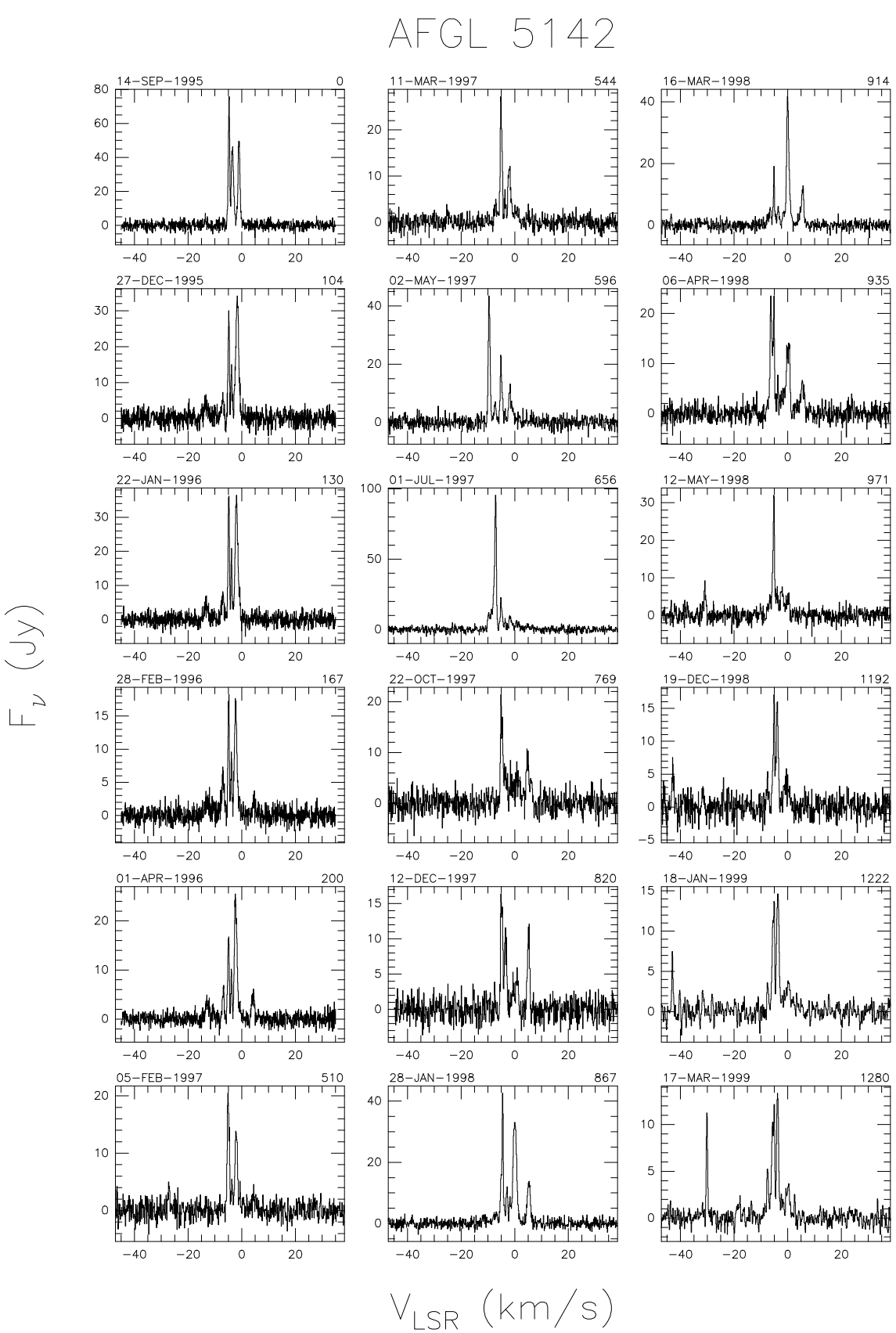

Fig. A.4. a Spectra of source AFGL 5142 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

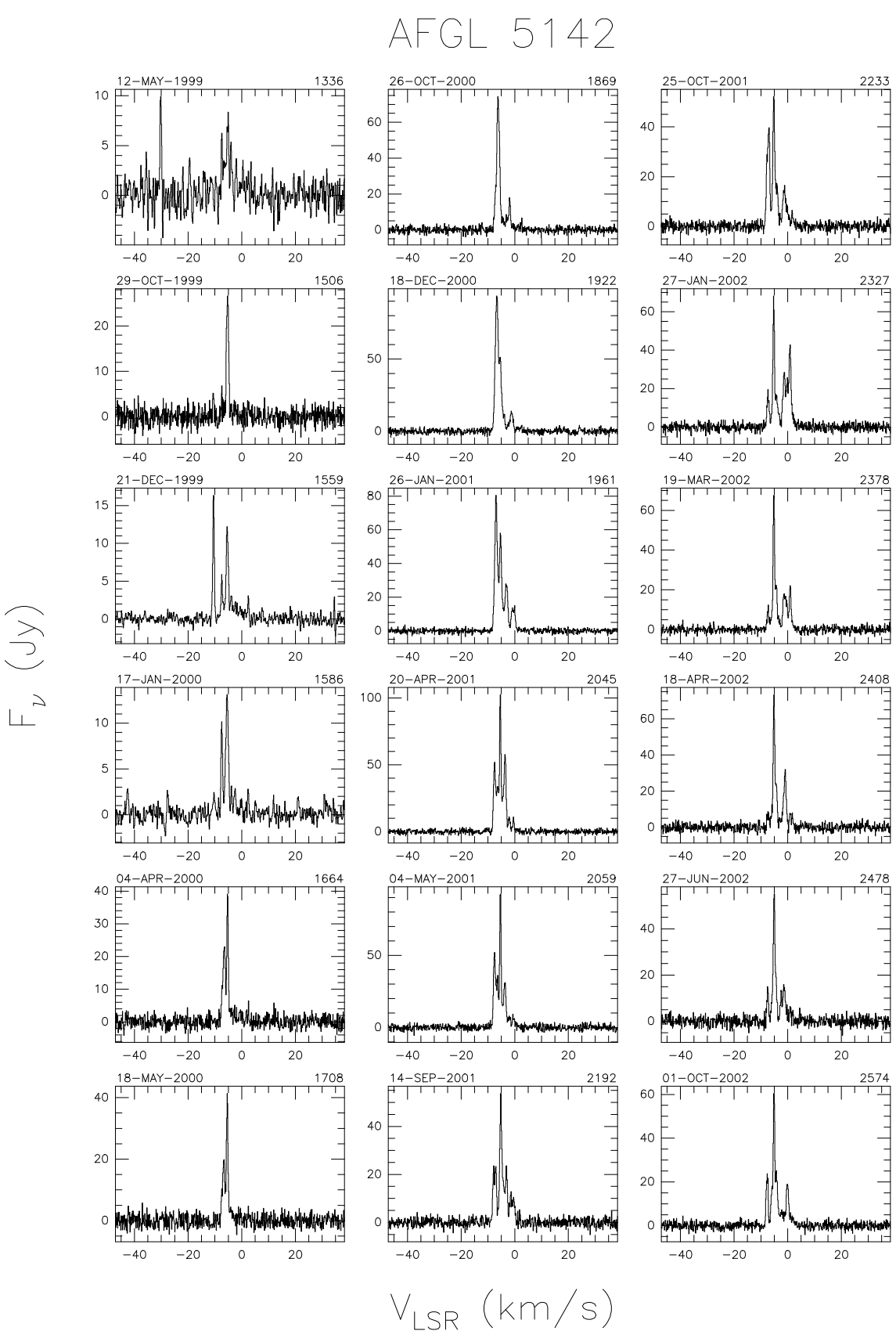

Fig. A.4. a continued

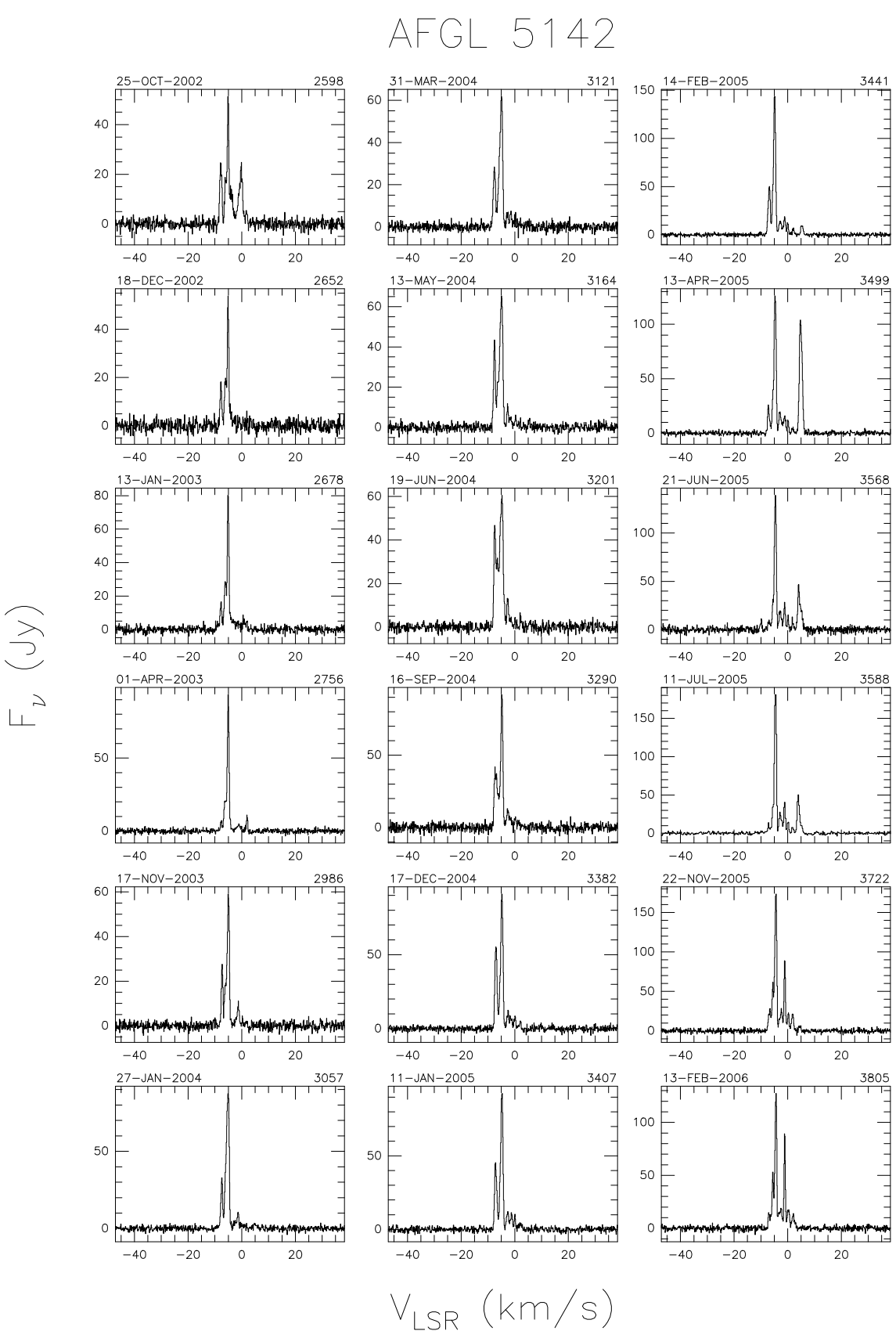

Fig. A.4. a continued

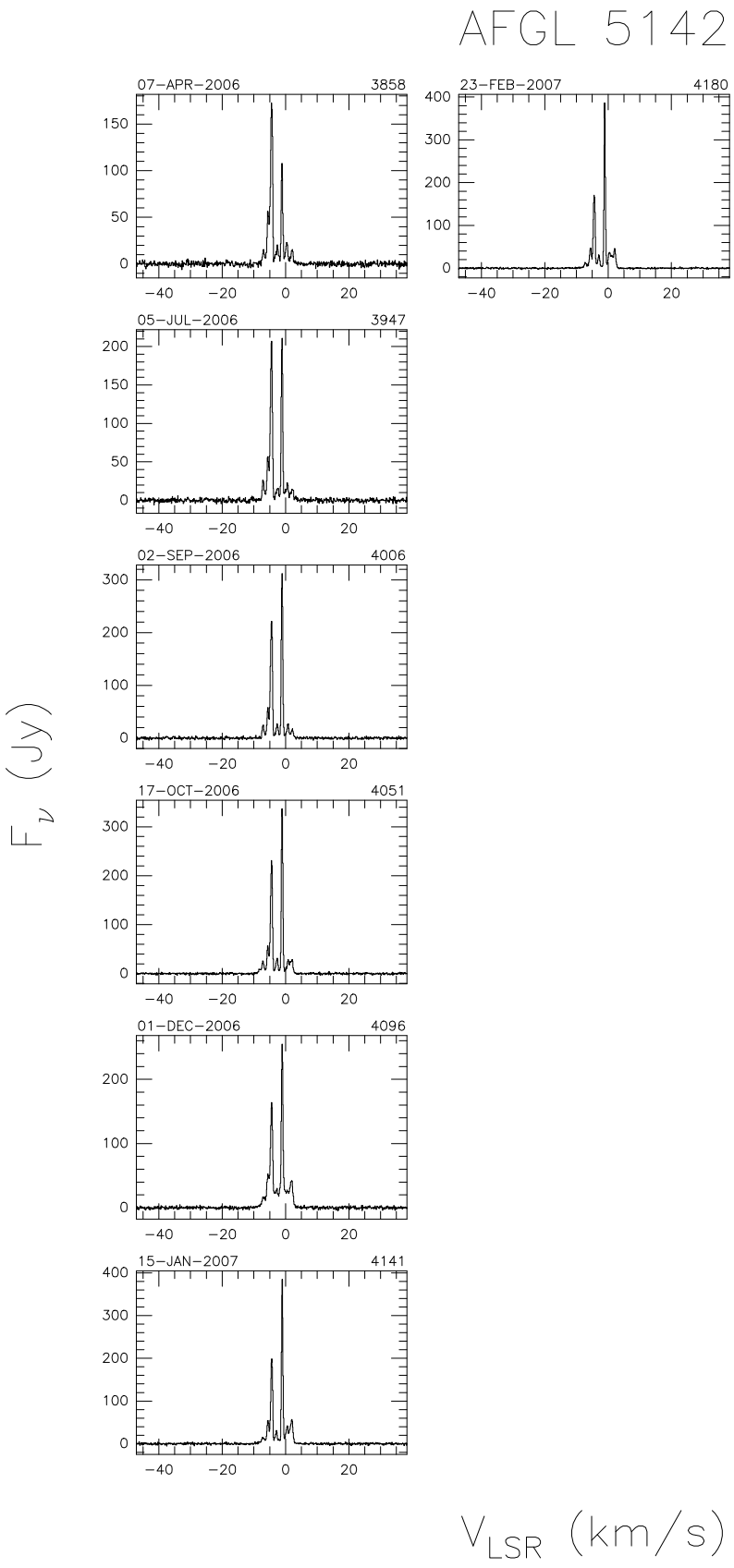

Fig. A.4. a continued

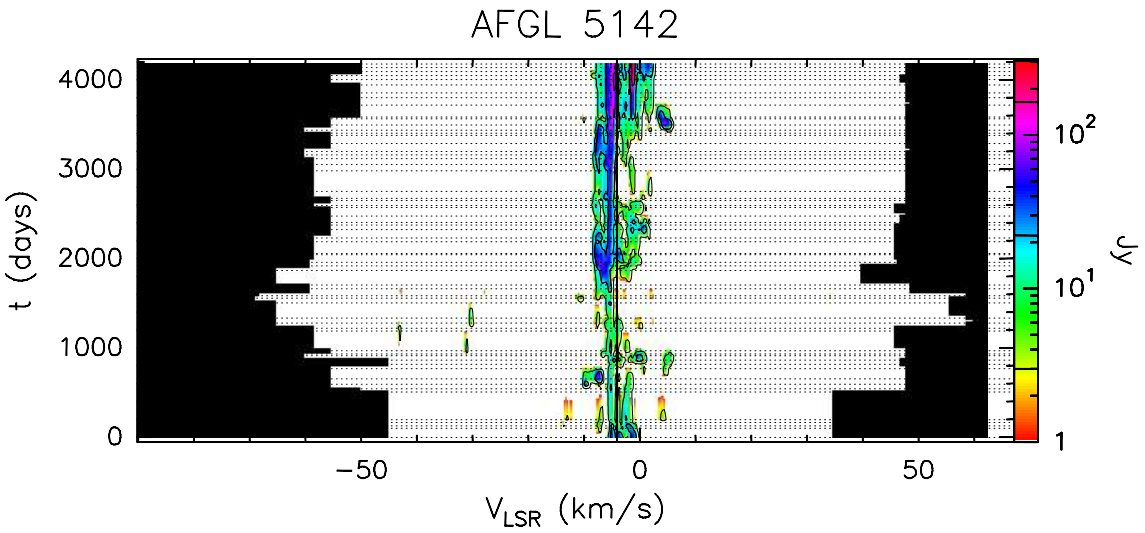

Fig. A.4. b Velocity–time–flux density *full* plot for source AFGL 5142. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

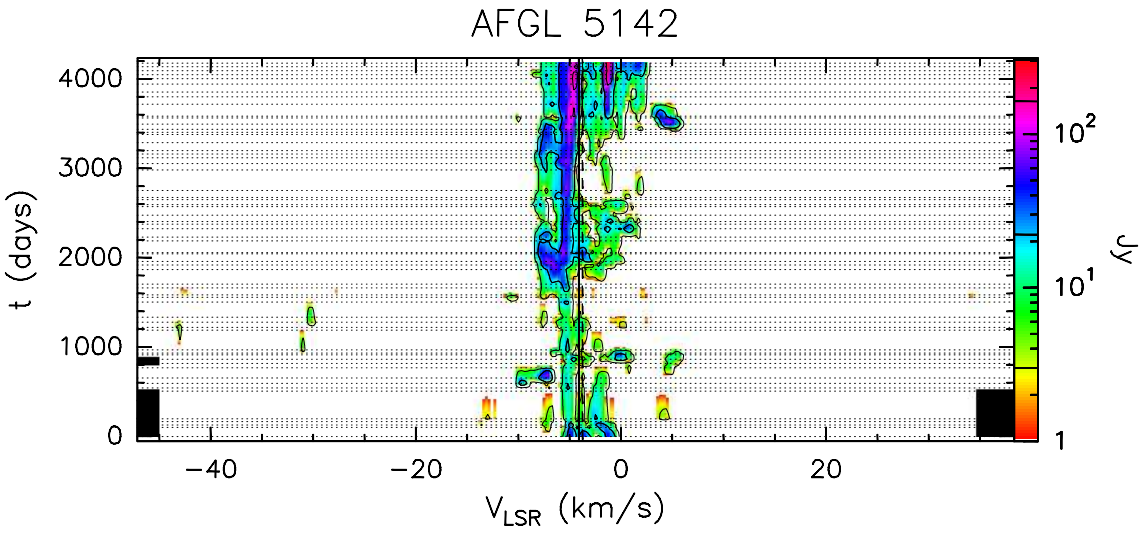

Fig. A.4. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

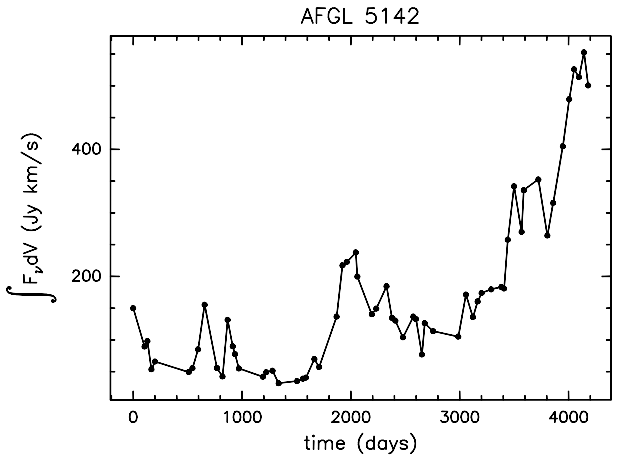

Fig. A.4. d Integral of the flux density over the observed velocity range as a function of time for source AFGL 5142.

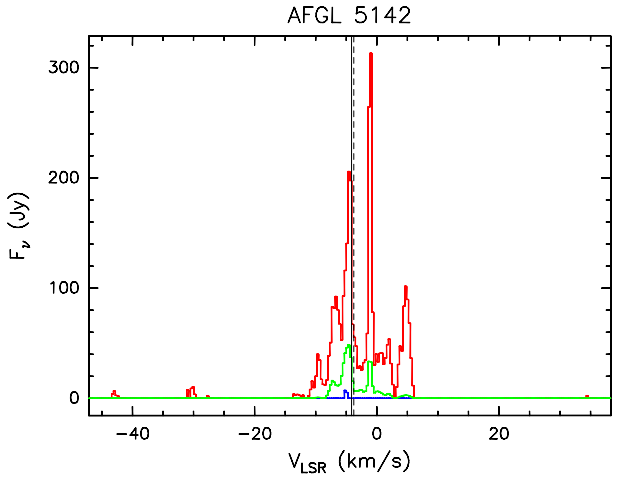

Fig. A.4. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source AFGL 5142 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

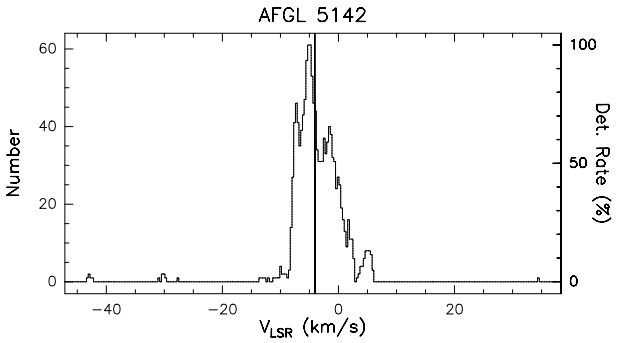

Fig. A.4. f Rate-of-occurrence plot for source AFGL 5142. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

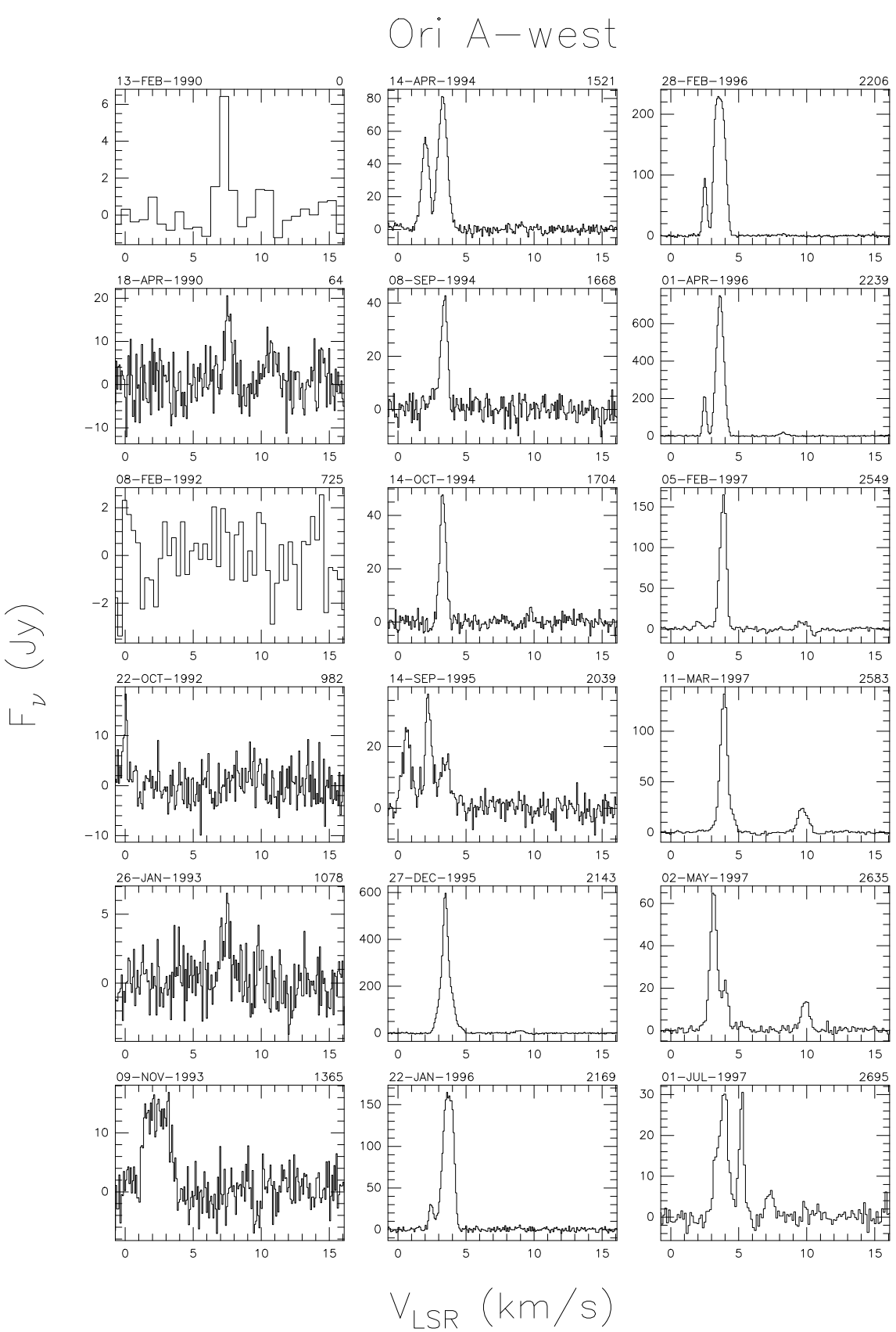

Fig. A.5. a Spectra of source Ori A-west with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

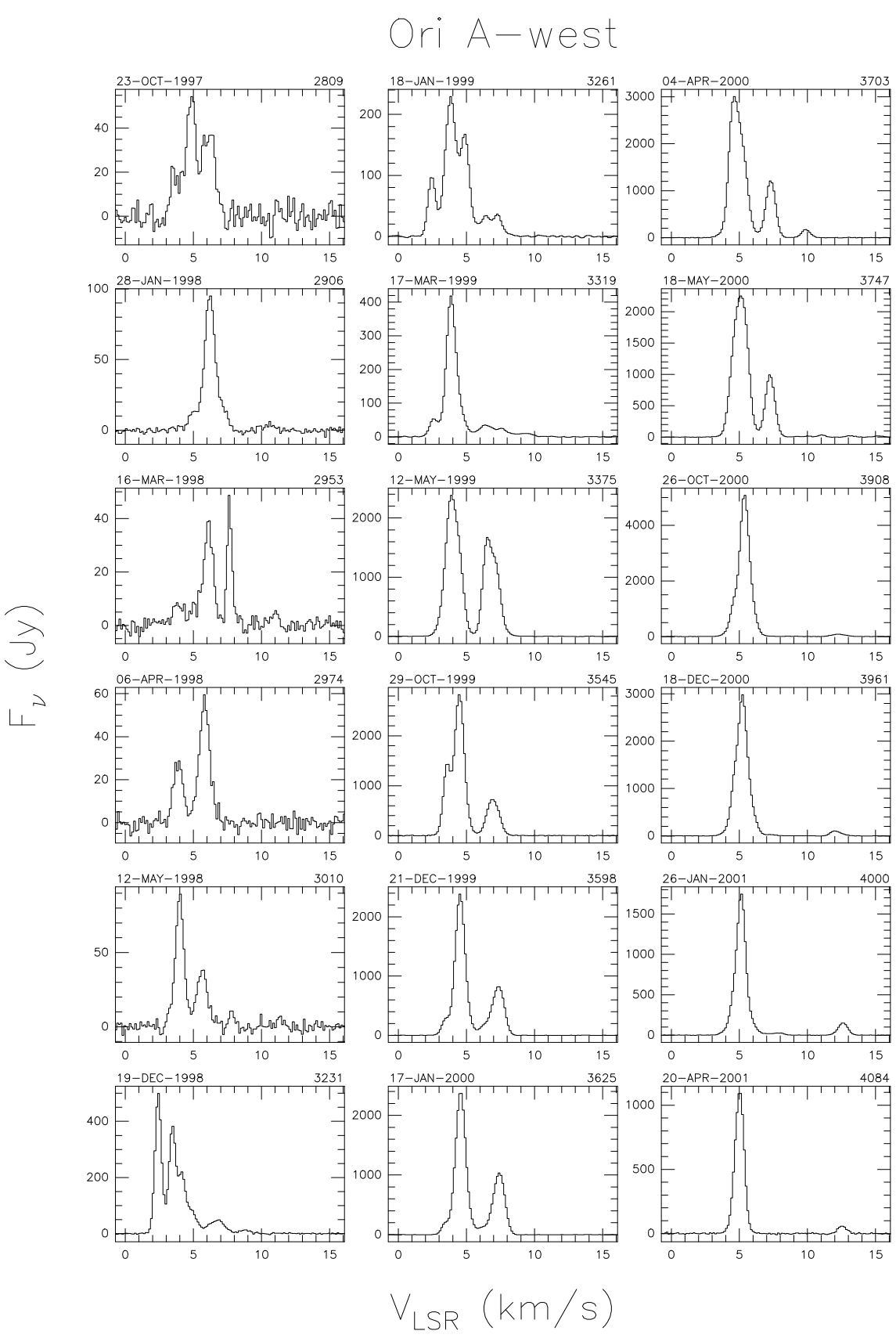

Fig. A.5. a continued

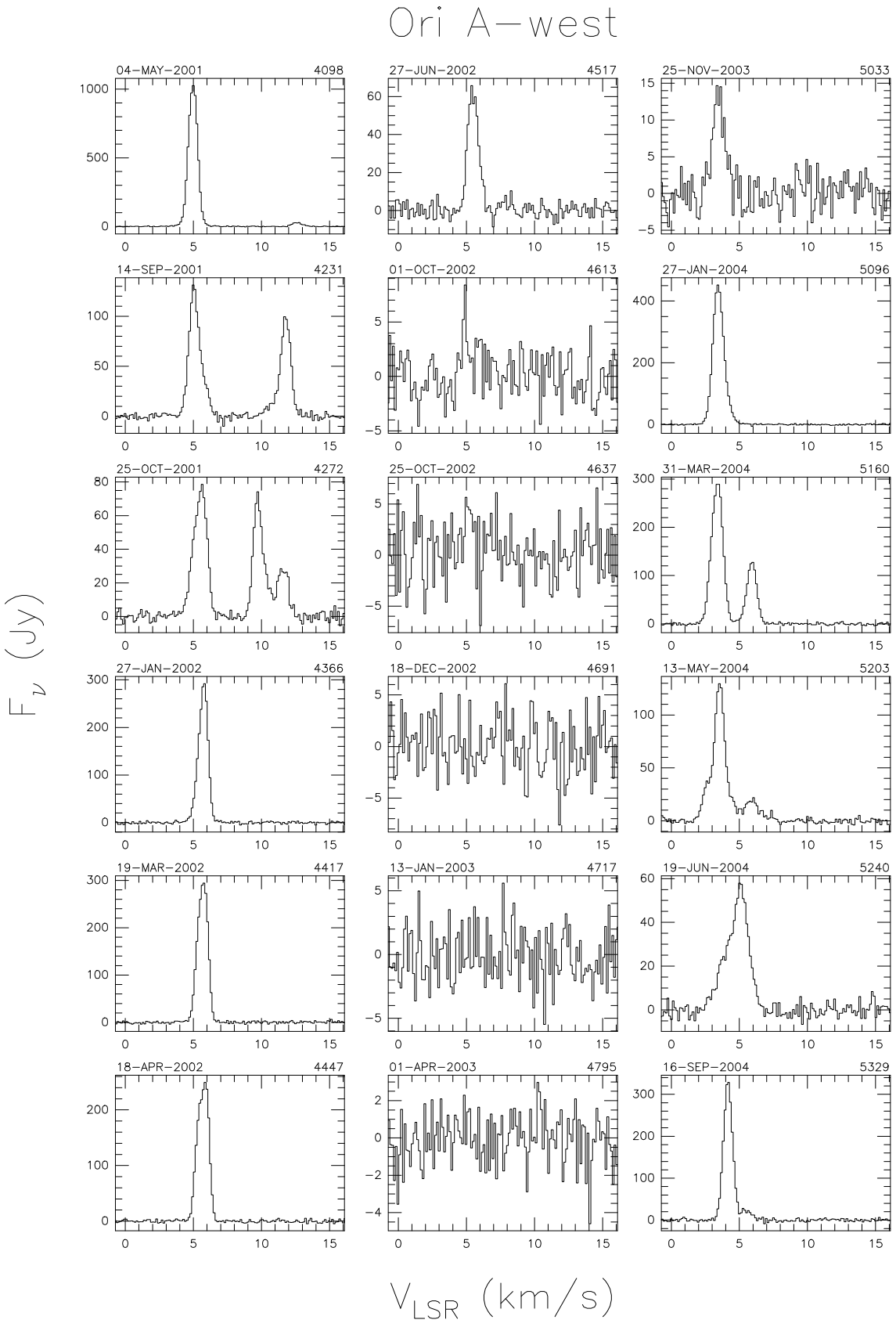

Fig. A.5. a continued

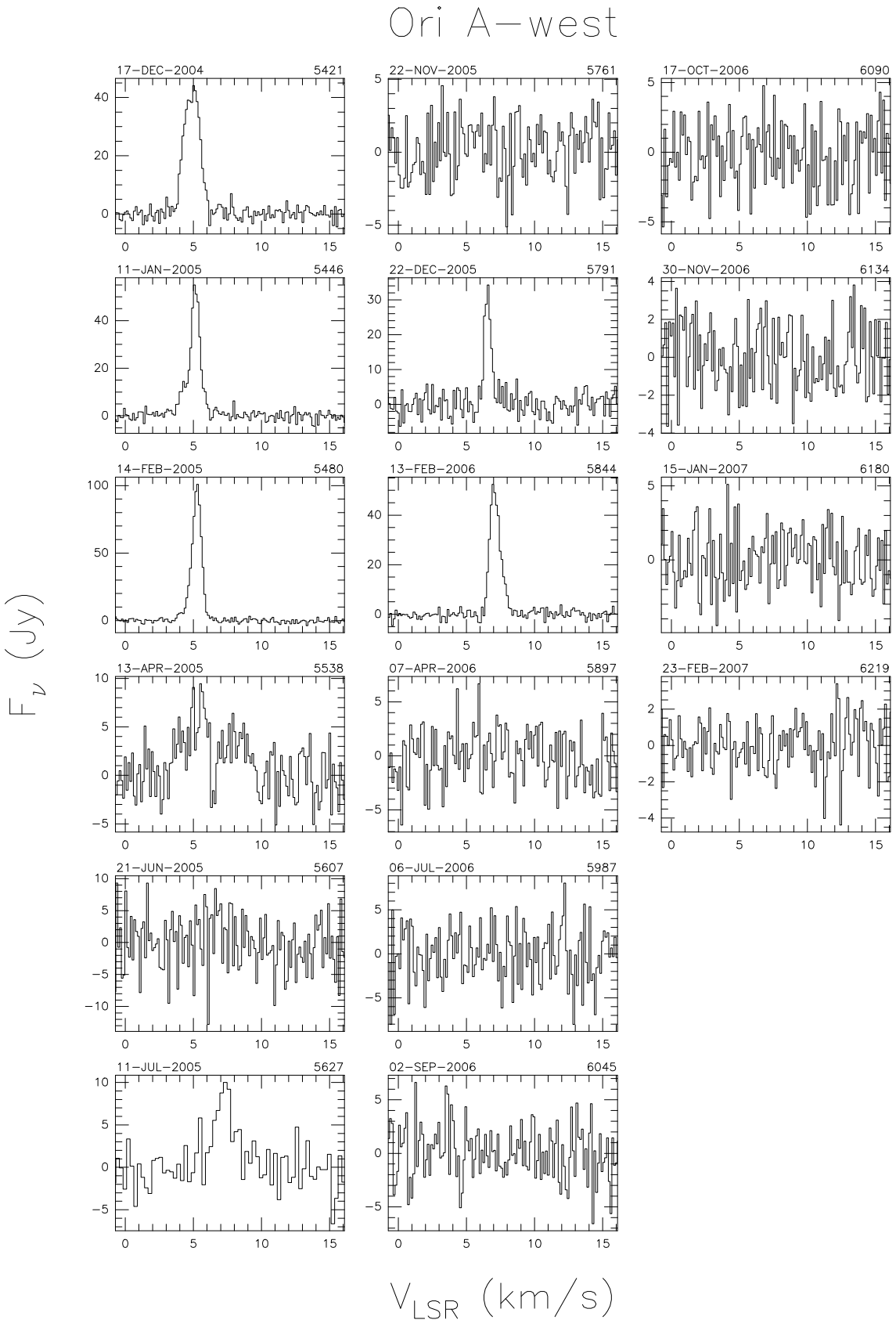

Fig. A.5. a continued

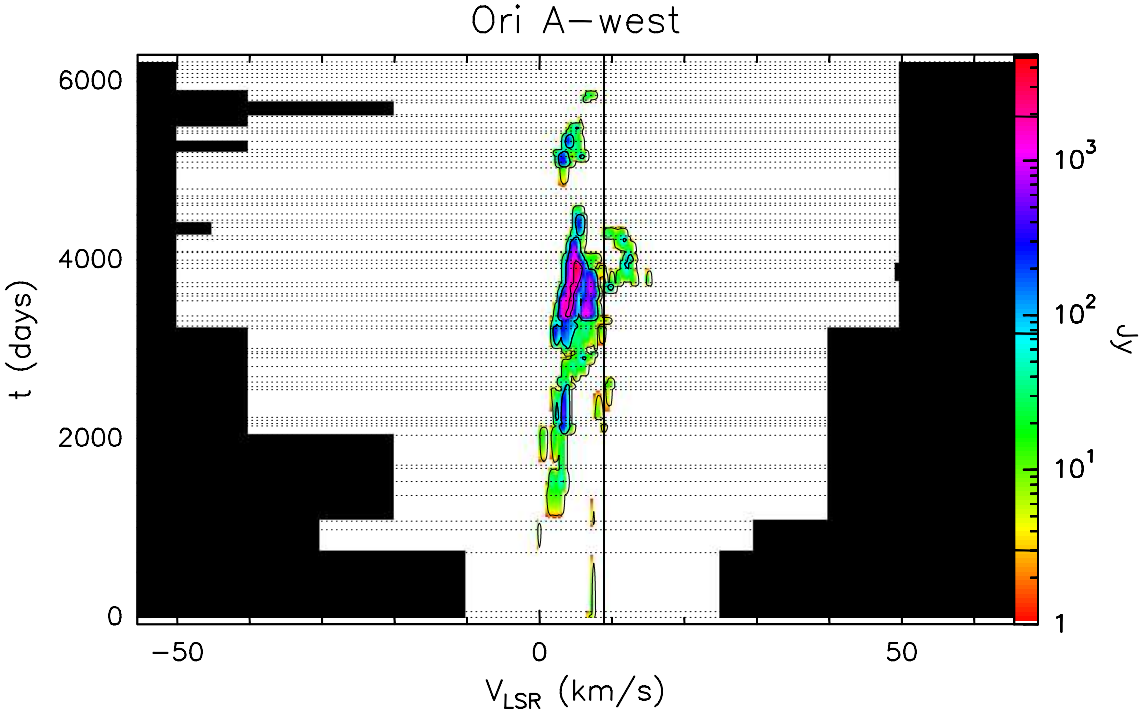

Fig. A.5. b Velocity–time–flux density *full* plot for source Ori A-west. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

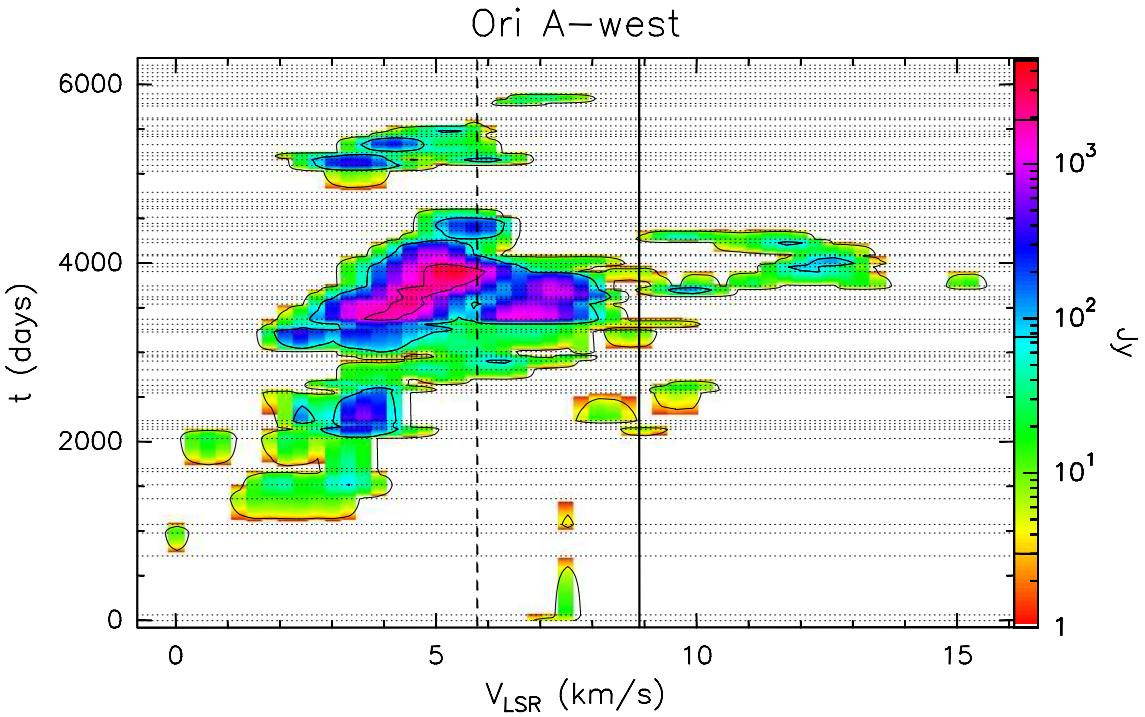

Fig. A.5. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

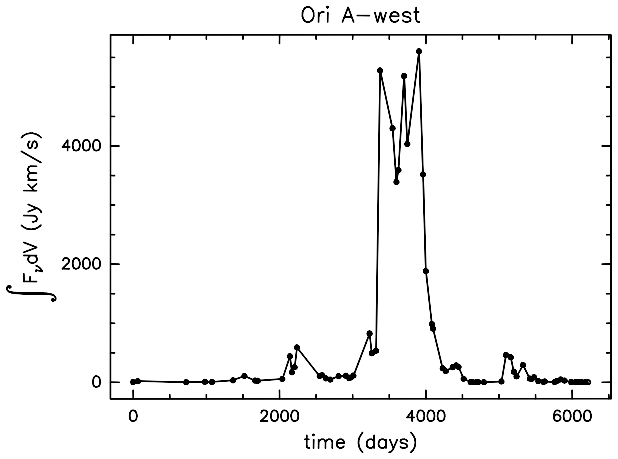

Fig. A.5. d Integral of the flux density over the observed velocity range as a function of time for source Ori A-west.

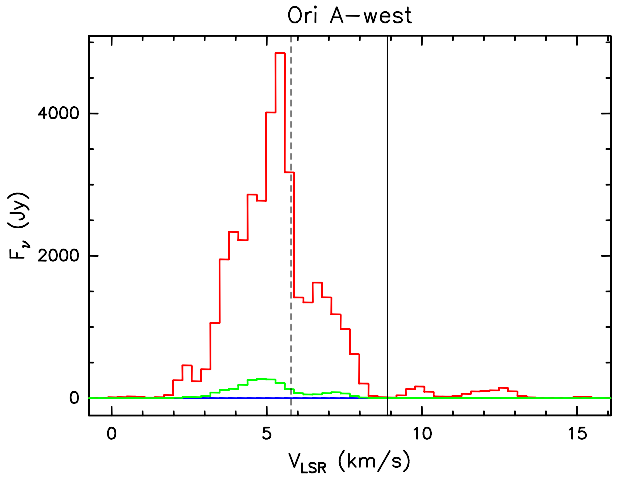

Fig. A.5. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source Ori A-west measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

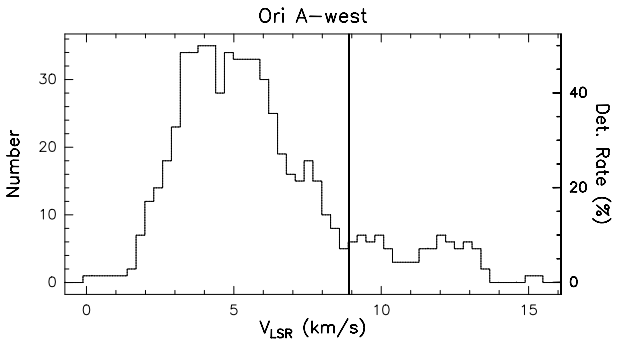

Fig. A.5. f Rate-of-occurrence plot for source Ori A-west. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

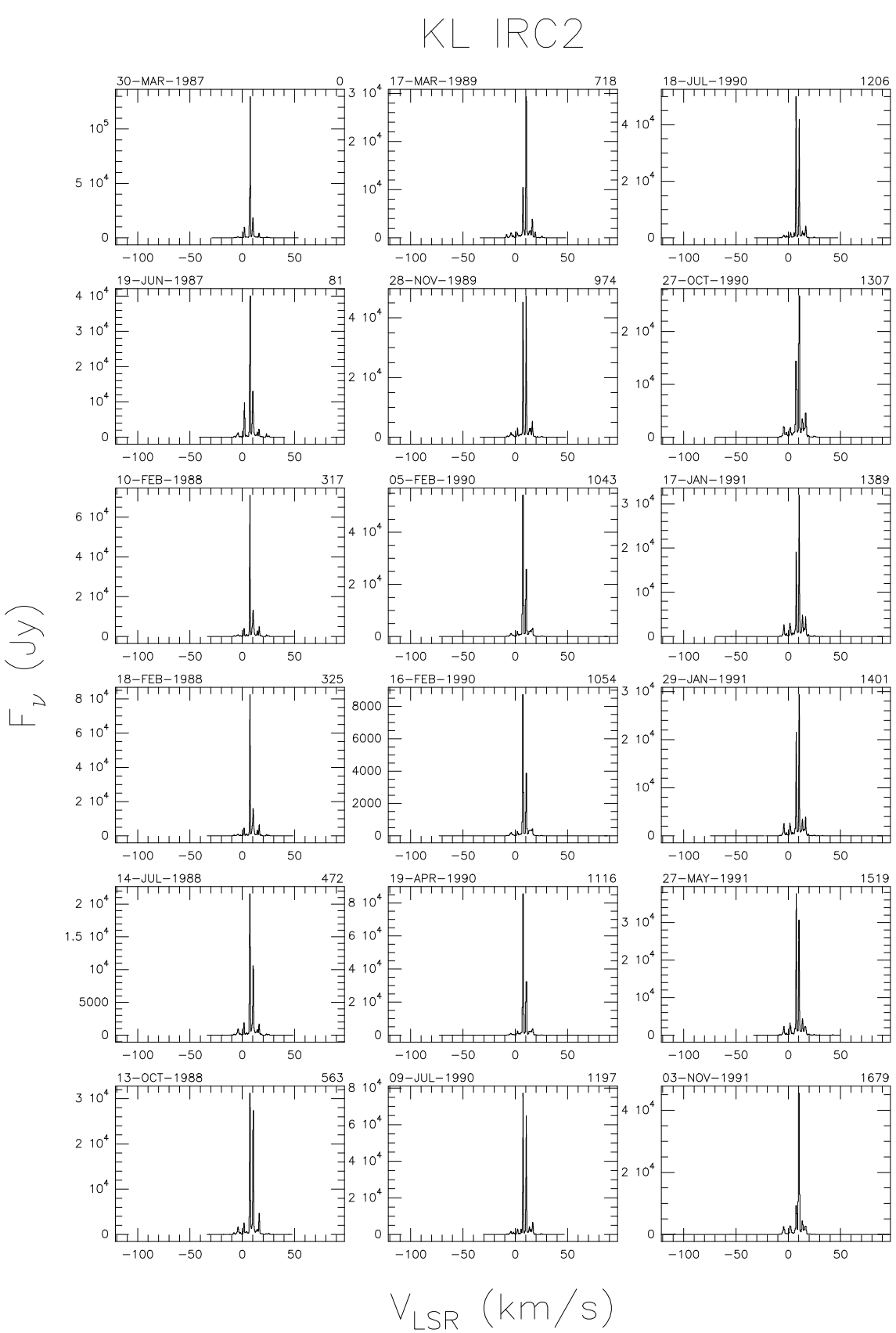

Fig. A.6. a Spectra of source KL IRC2 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

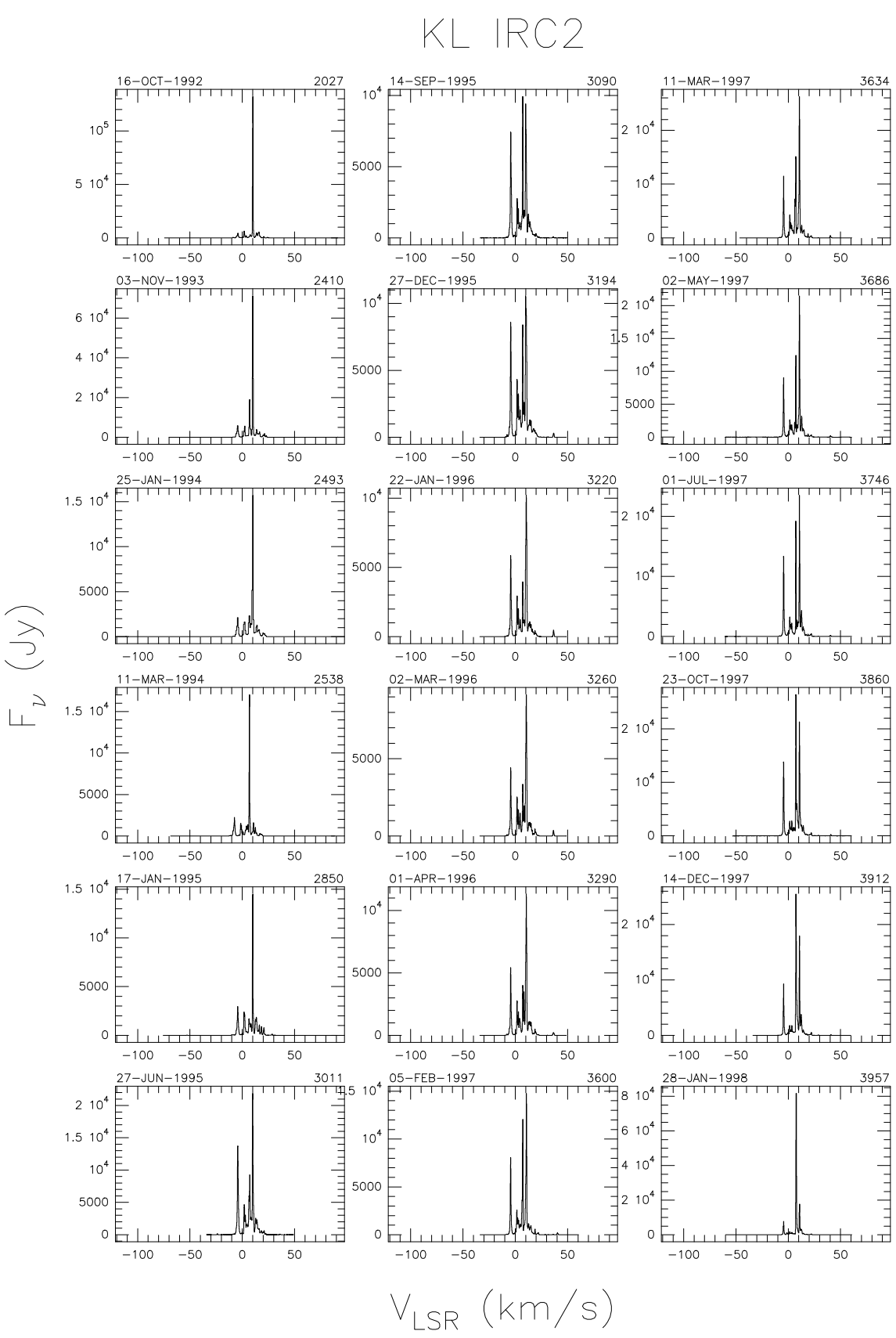

Fig. A.6. a continued

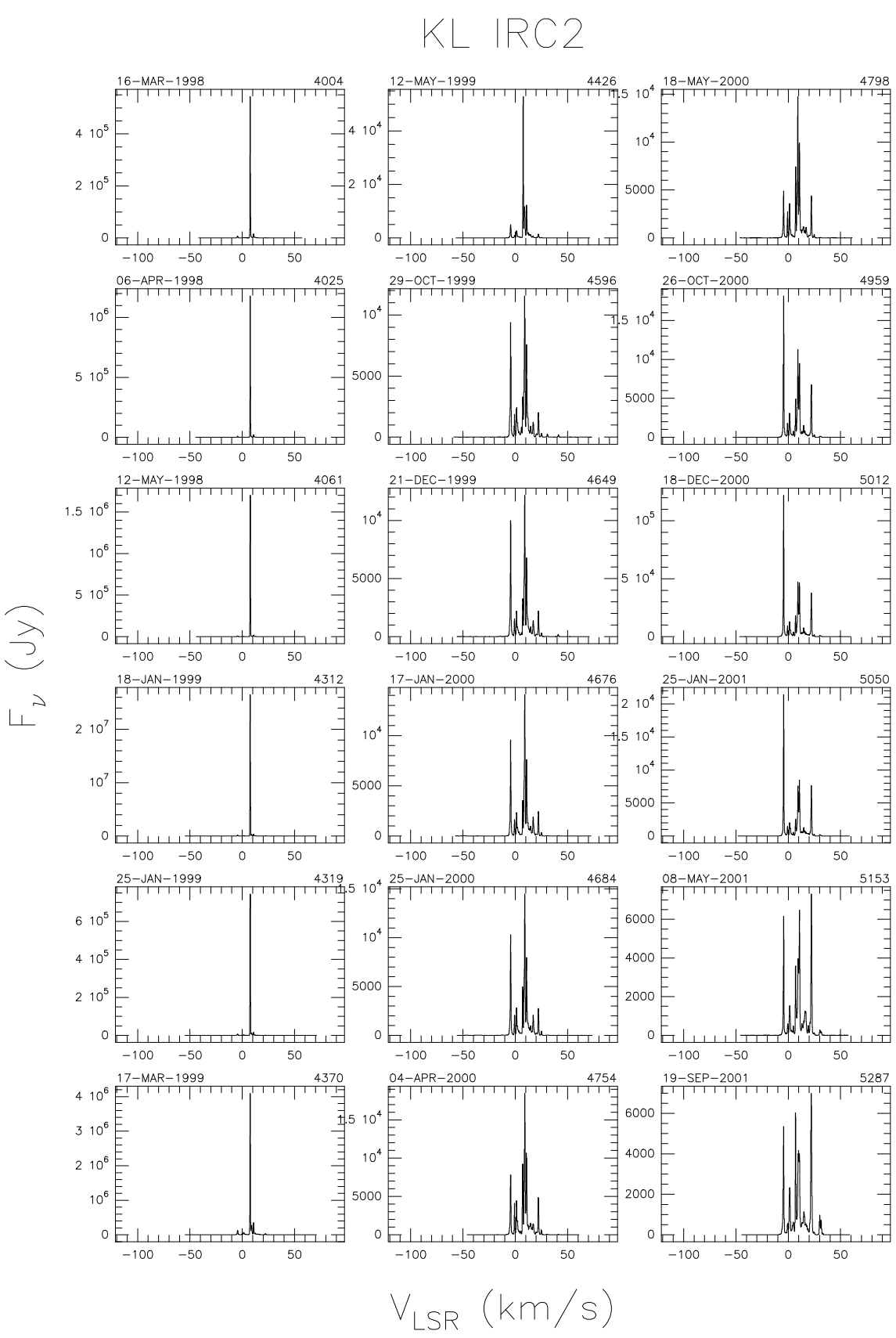

Fig. A.6. a continued

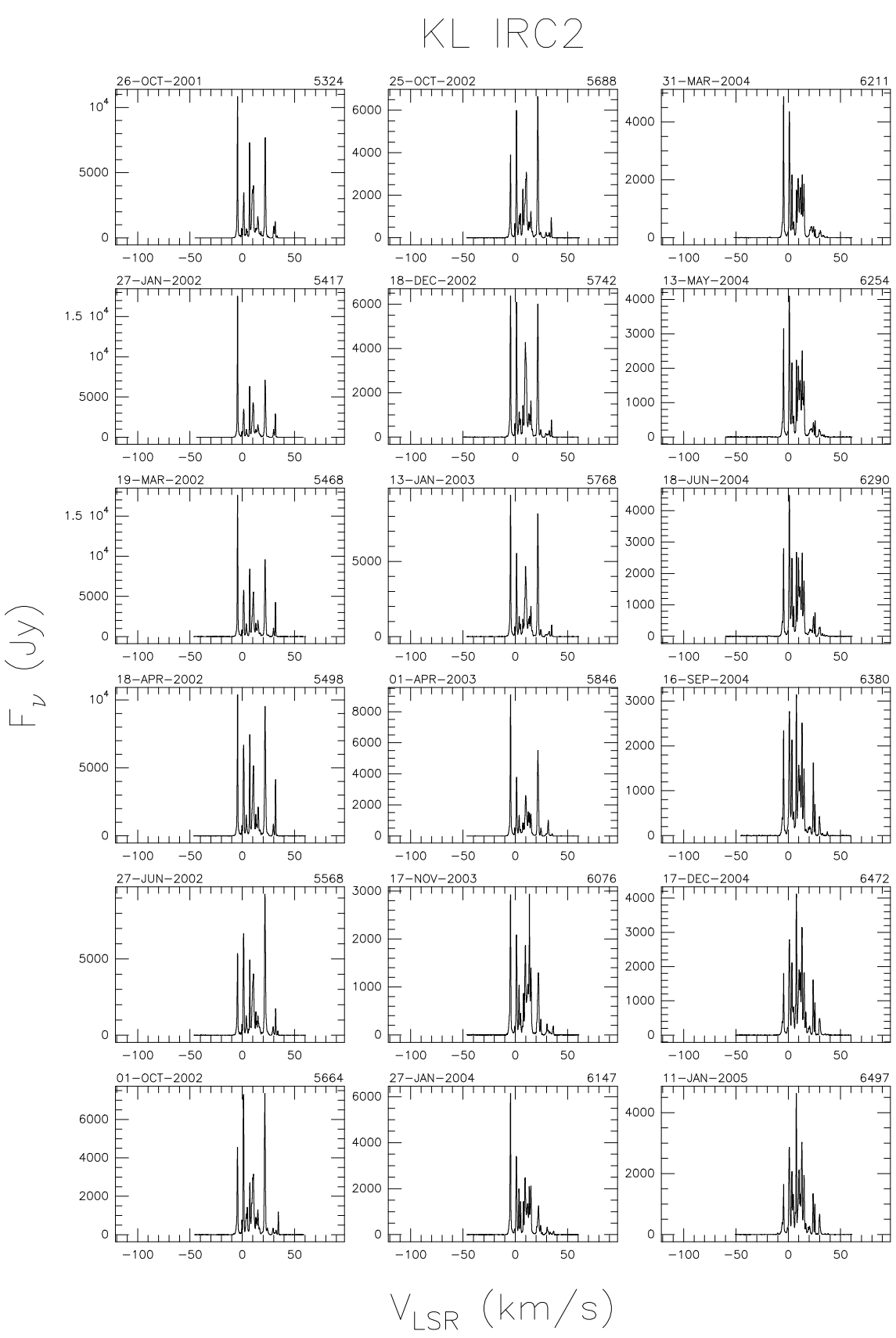

Fig. A.6. a continued

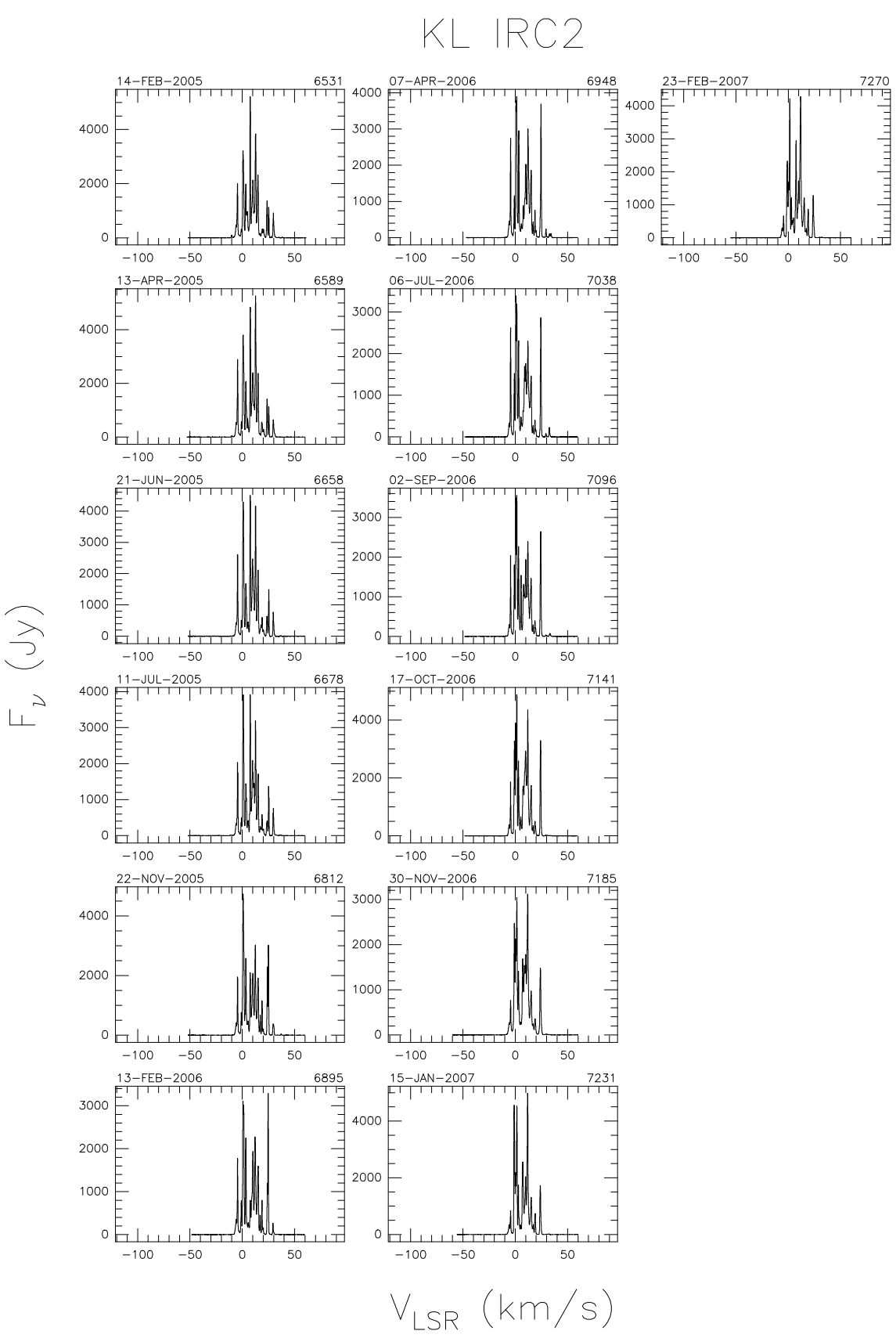

Fig. A.6. a continued

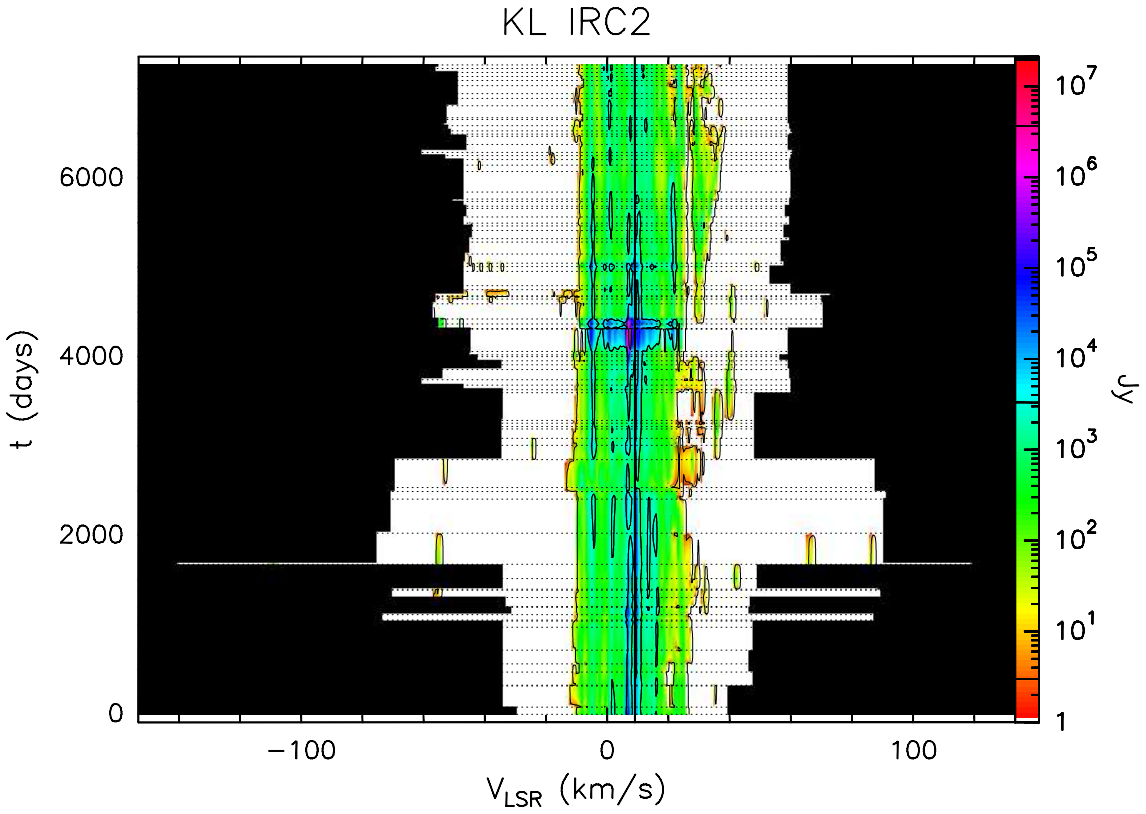

Fig. A.6. b Velocity–time–flux density *full* plot for source KL IRC2. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

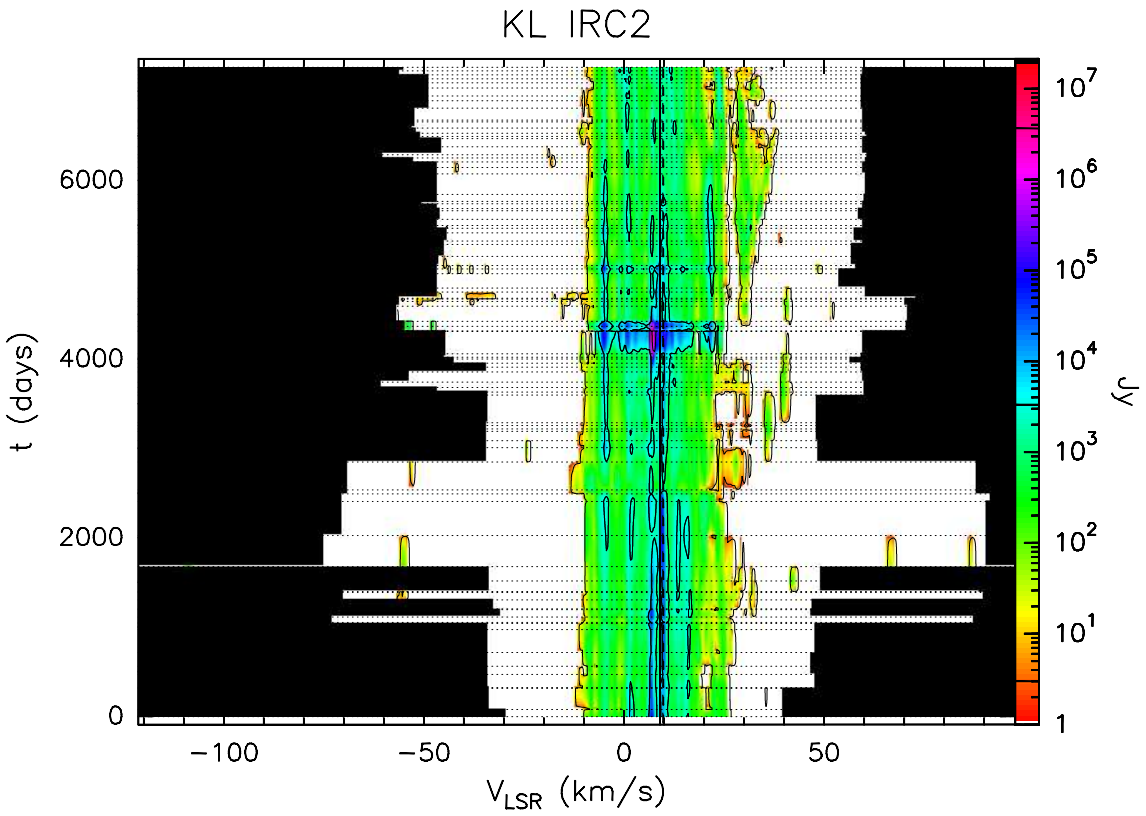

Fig. A.6. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

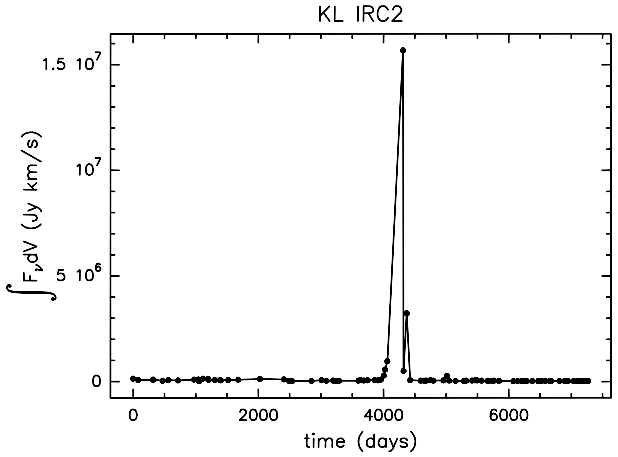

Fig. A.6. d Integral of the flux density over the observed velocity range as a function of time for source KL IRC2.

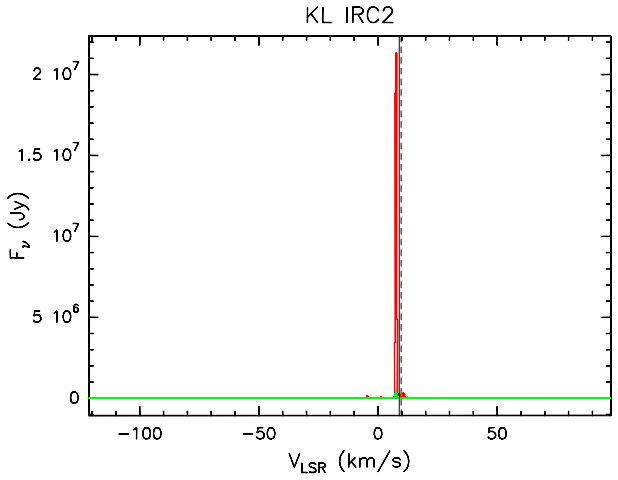

Fig. A.6. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source KL IRC2 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

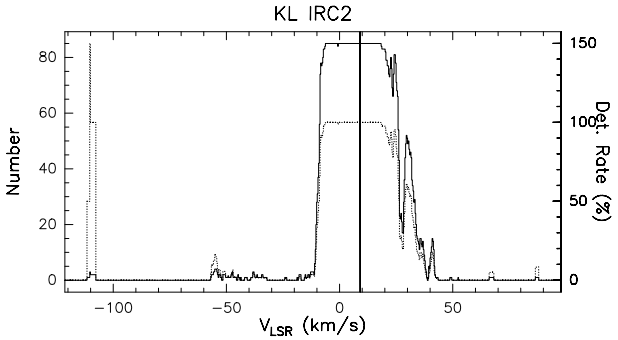

Fig. A.6. f Rate-of-occurrence plot for source KL IRC2. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

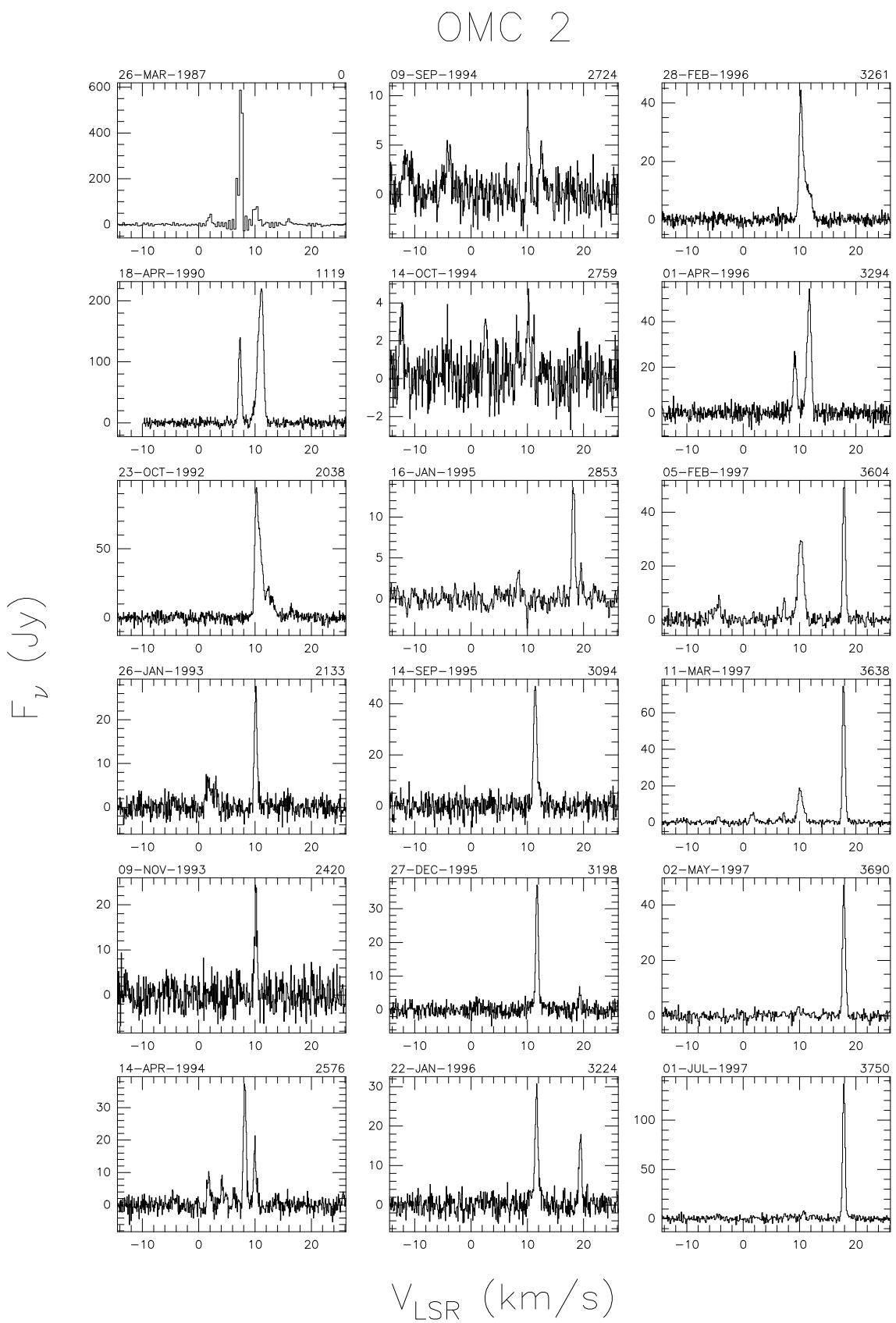

Fig. A.7. a Spectra of source OMC 2 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

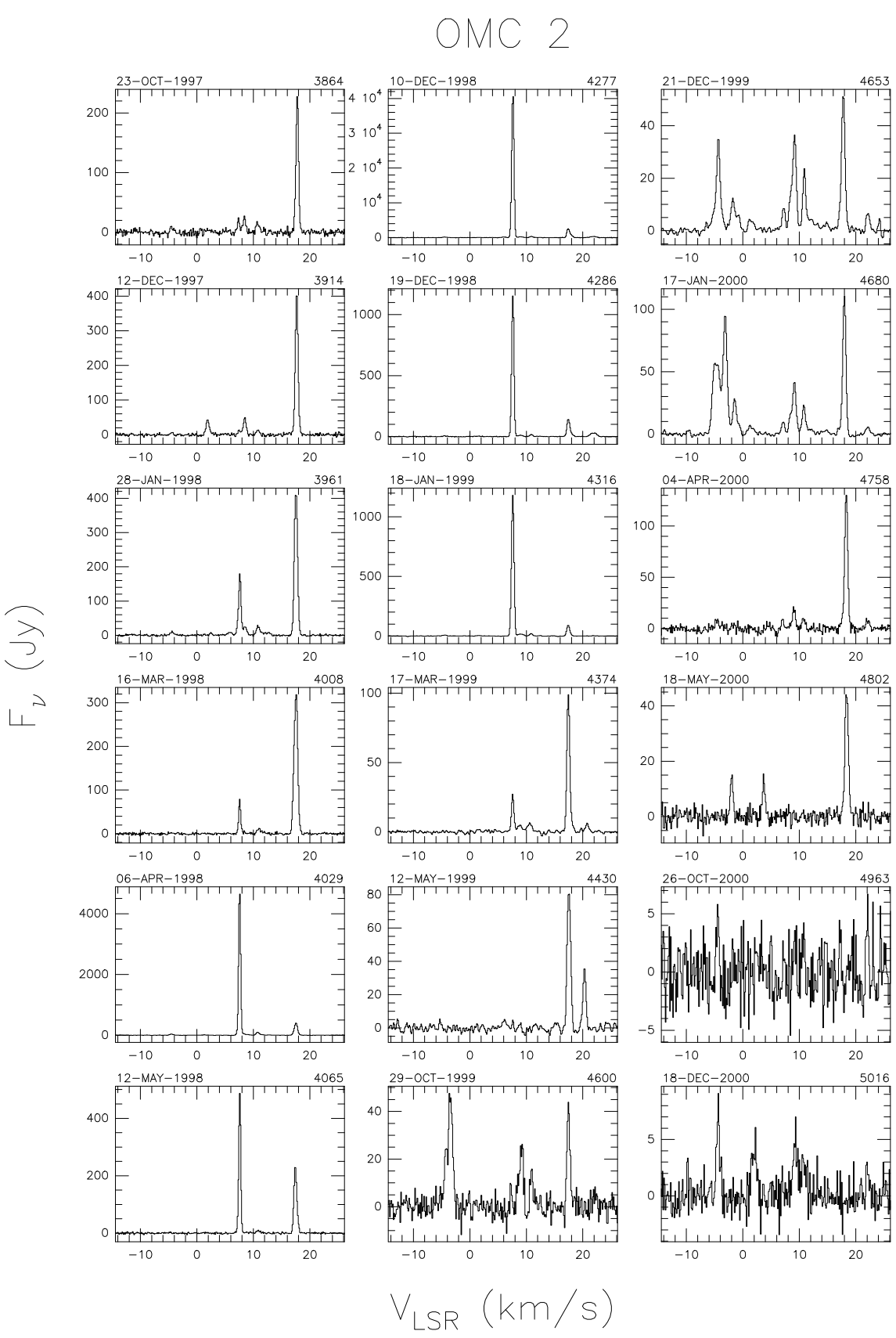

Fig. A.7. a continued

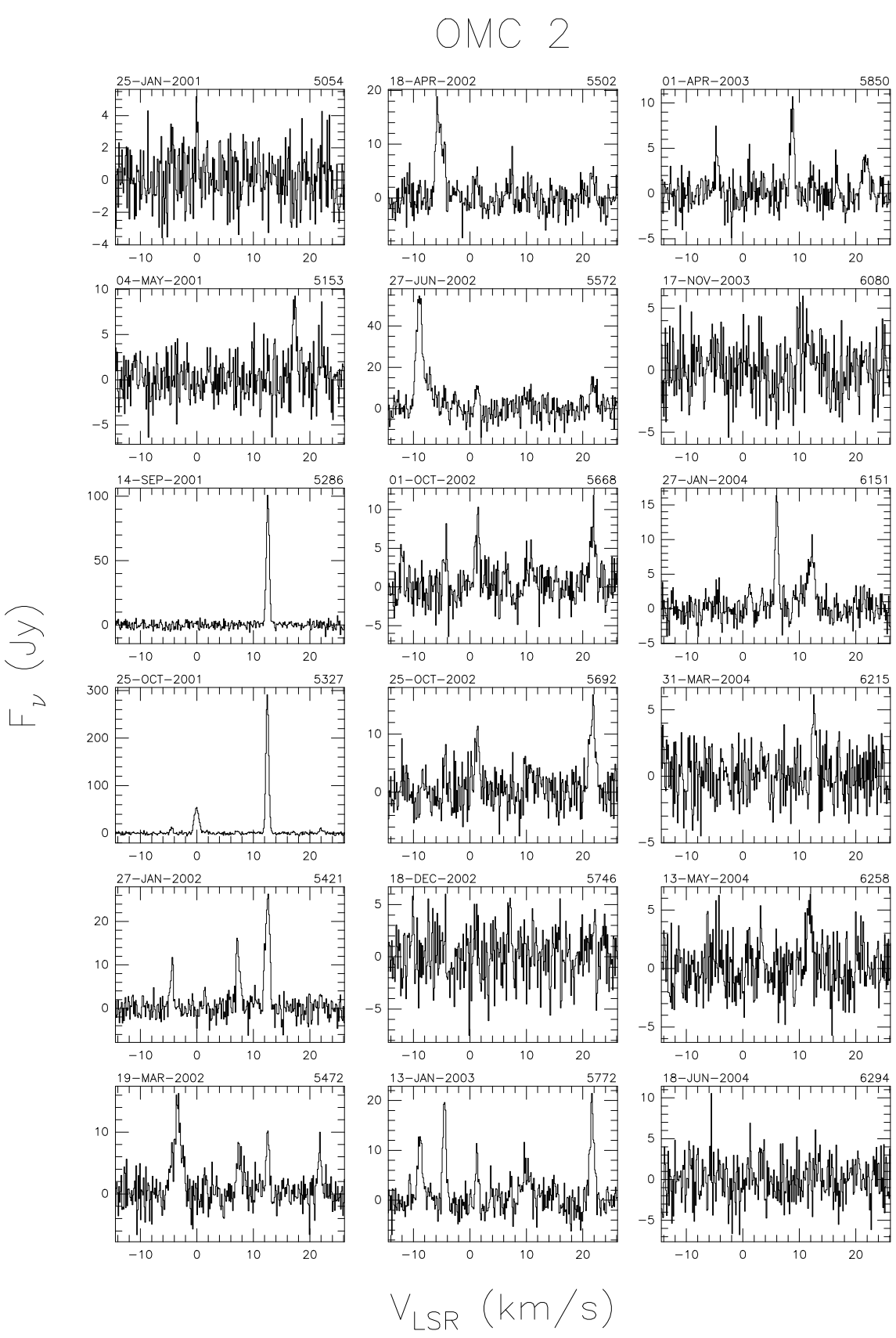

Fig. A.7. a continued

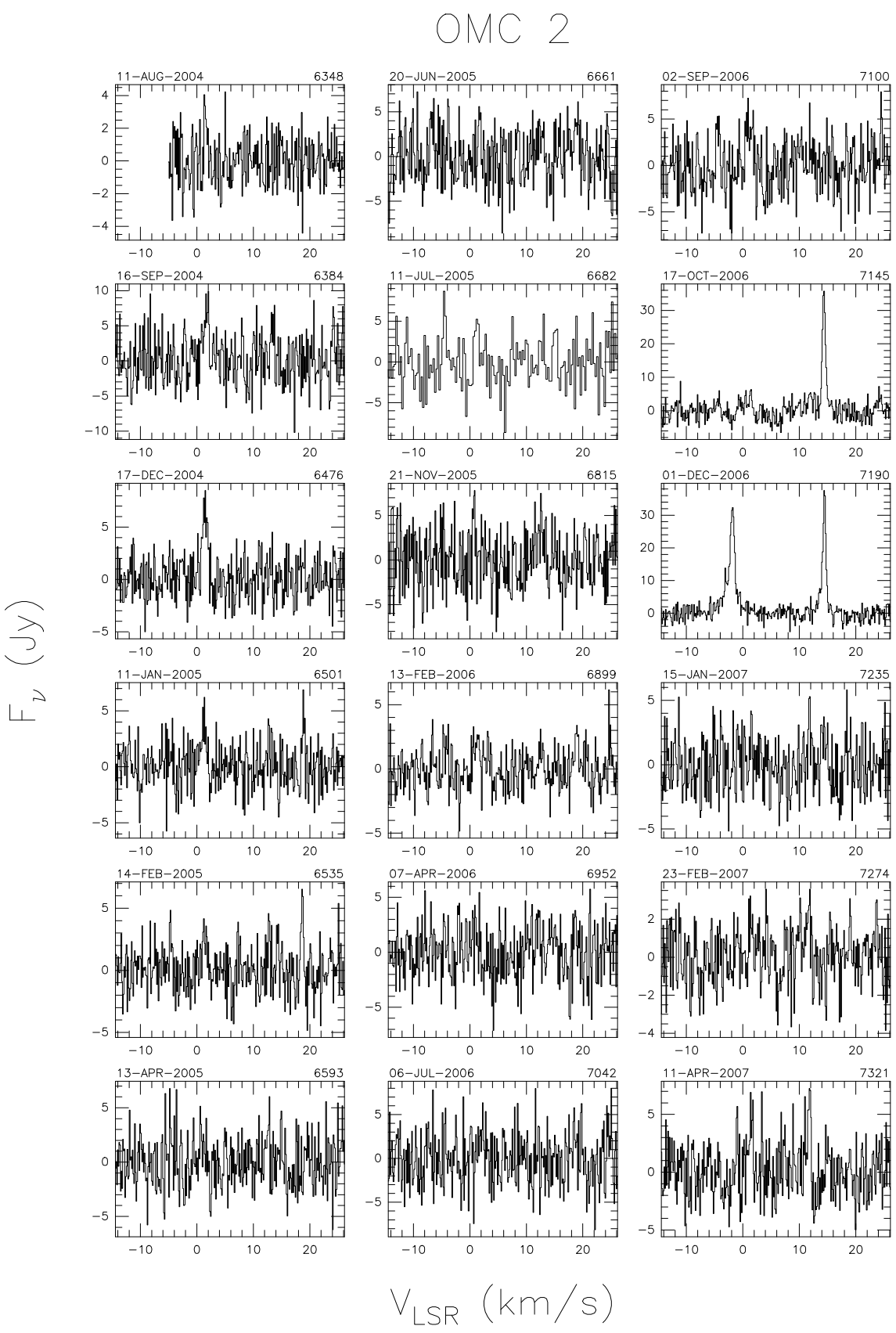

Fig. A.7. a continued

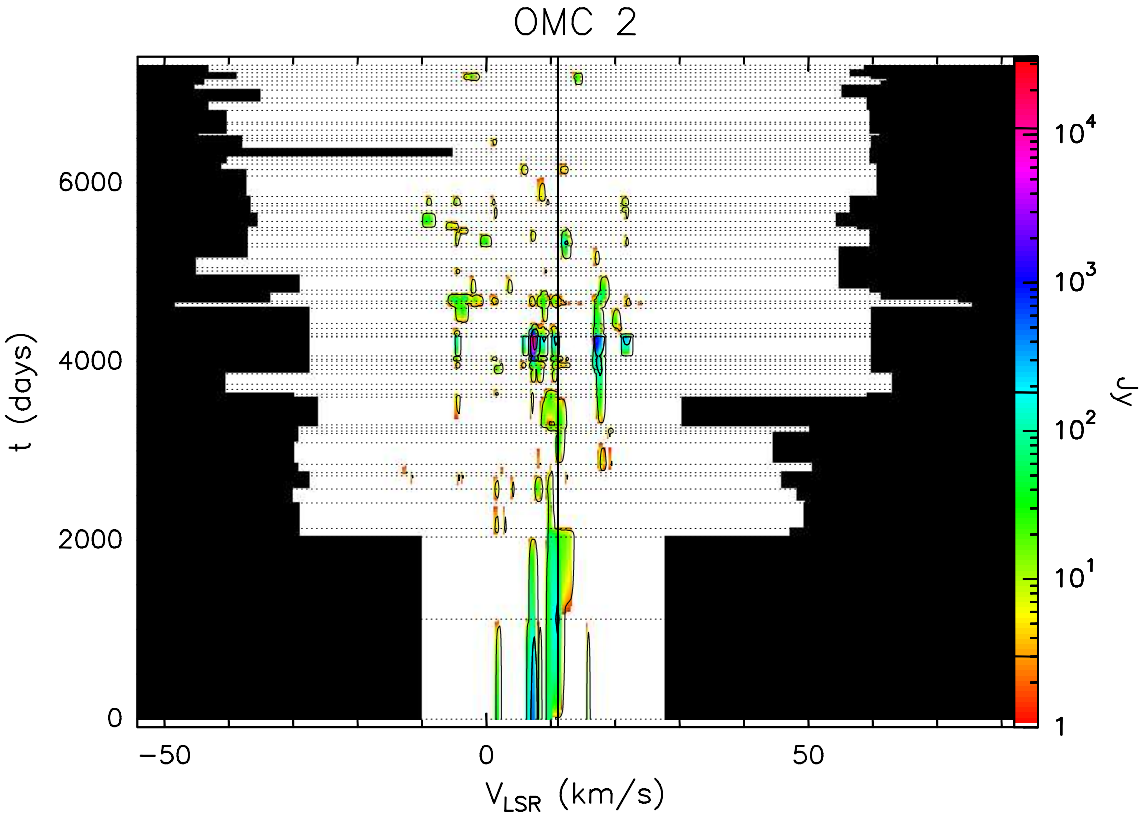

Fig. A.7. b Velocity–time–flux density *full* plot for source OMC 2. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

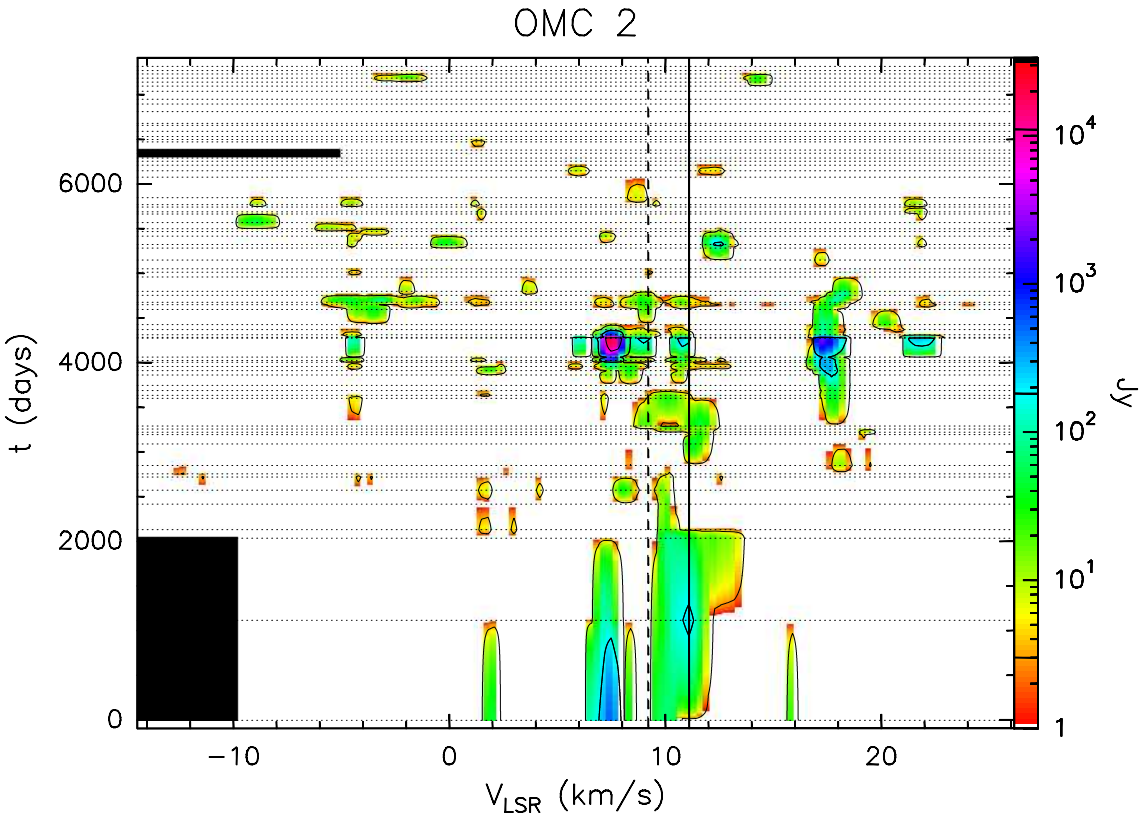

Fig. A.7. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

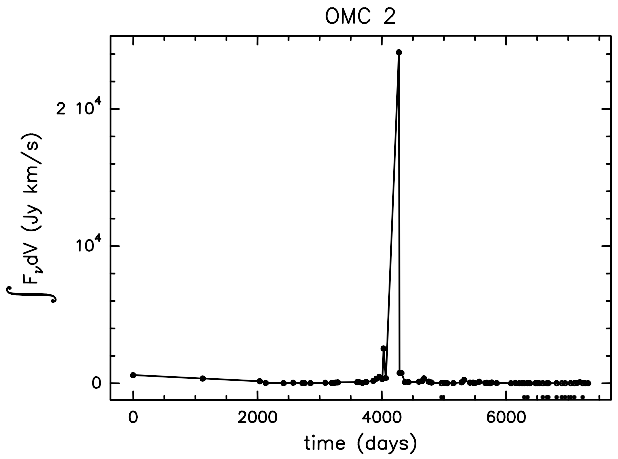

Fig. A.7. d Integral of the flux density over the observed velocity range as a function of time for source OMC 2.

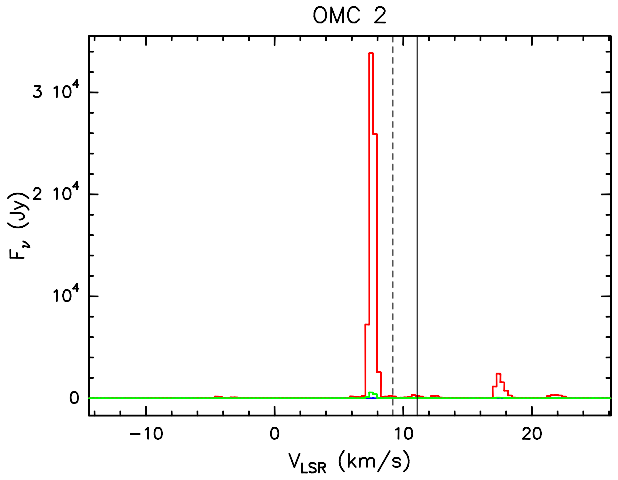

Fig. A.7. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source OMC 2 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

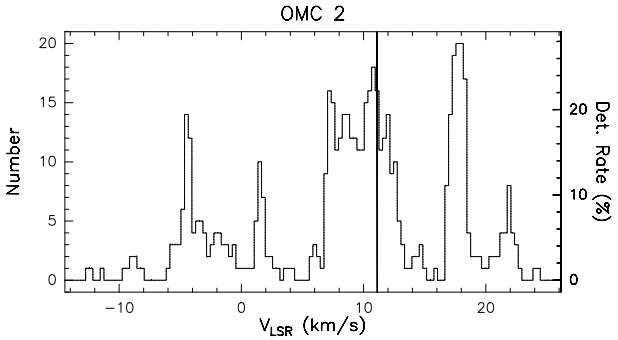

Fig. A.7. f Rate-of-occurrence plot for source OMC 2. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

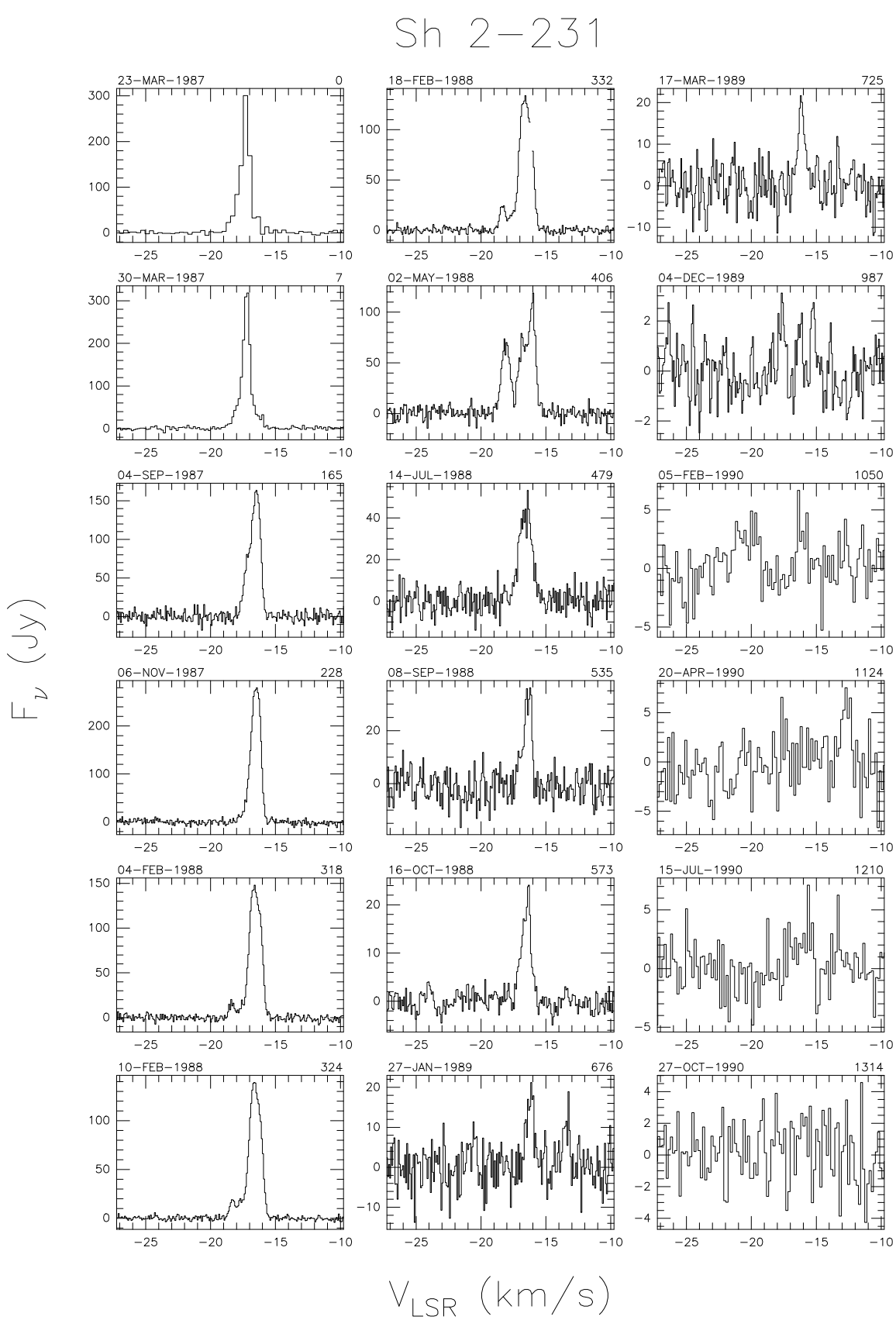

Fig. A.8. a Spectra of source Sh 2-231 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

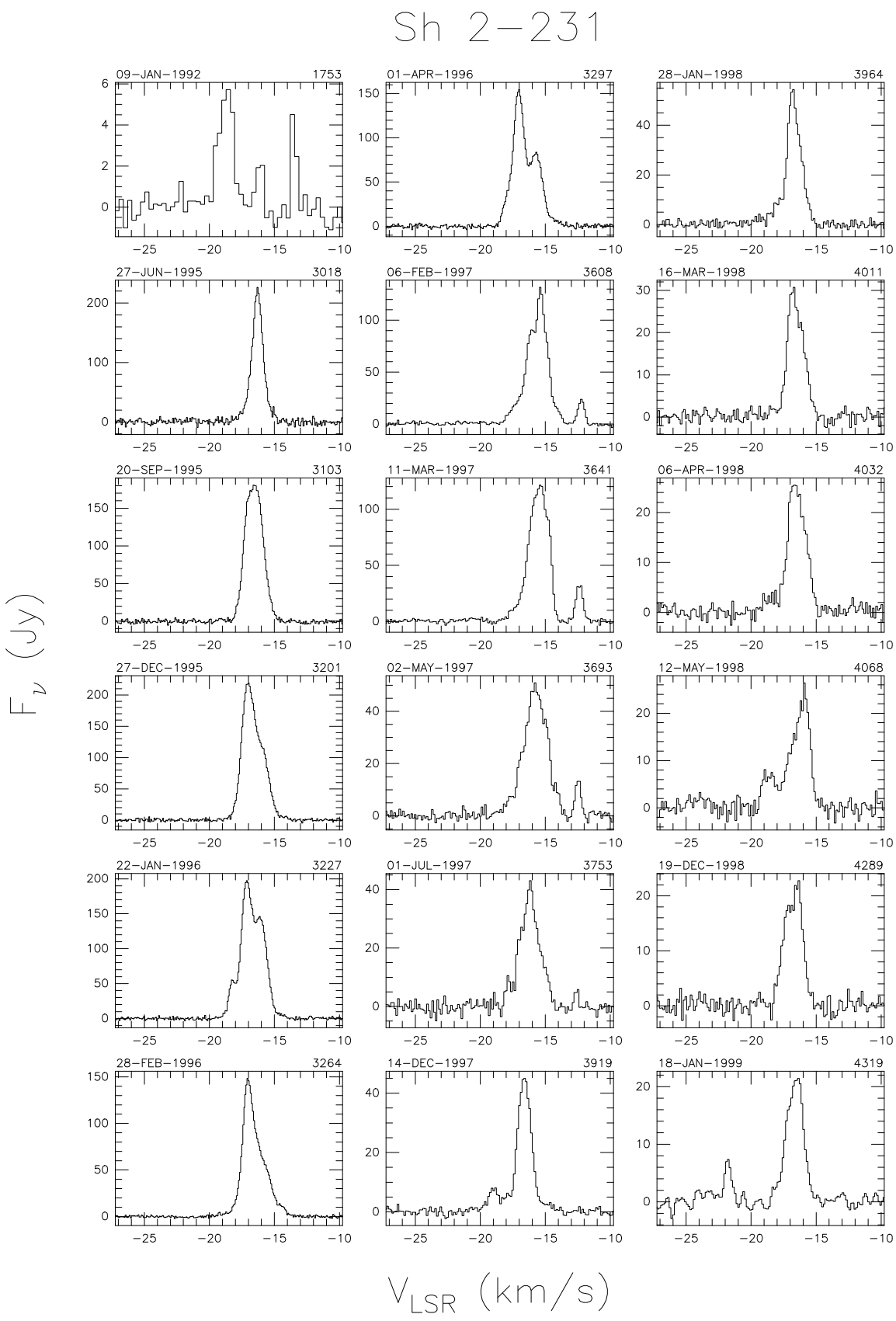

Fig. A.8. a continued

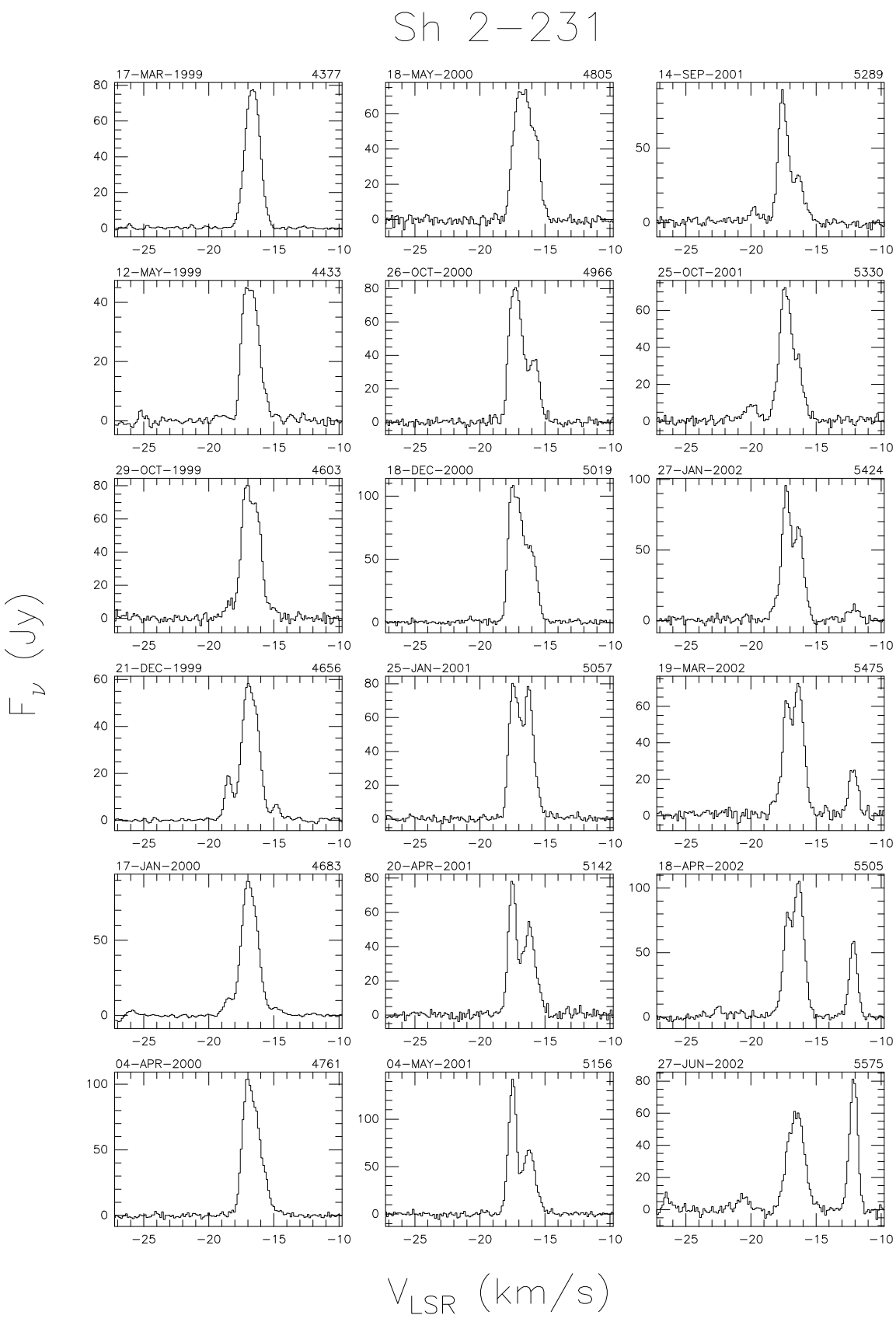

Fig. A.8. a continued

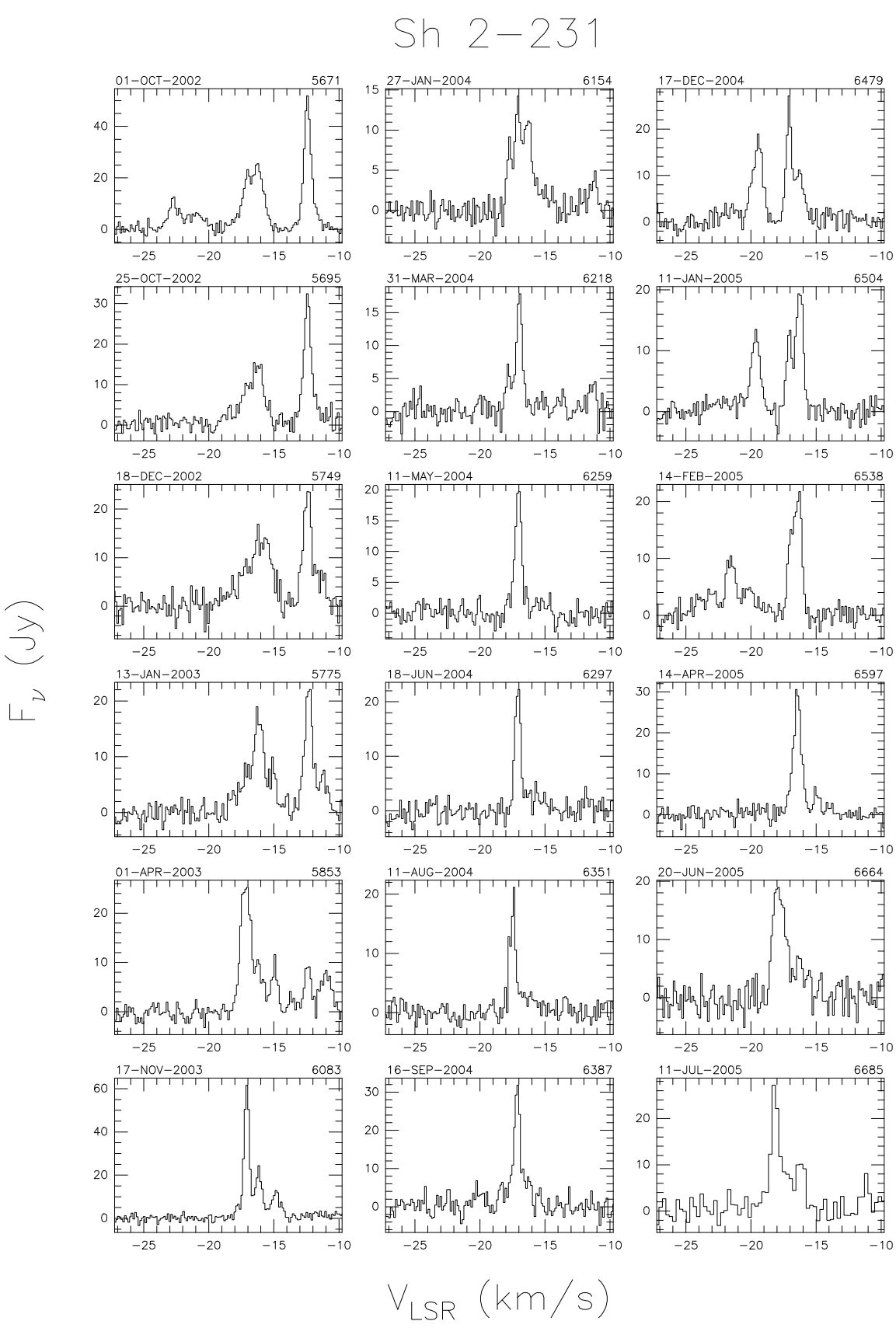

Fig. A.8. a continued

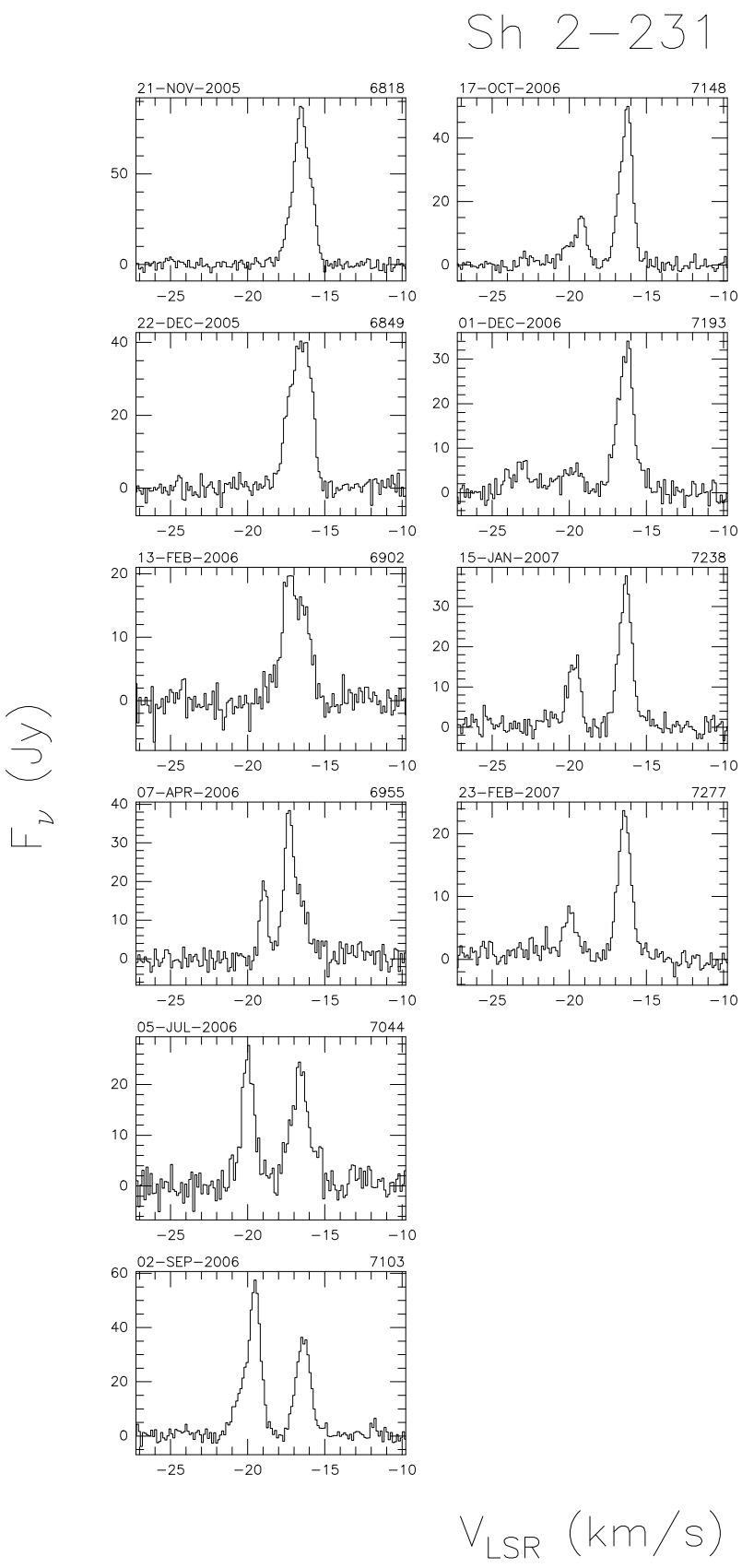

Fig. A.8. a continued

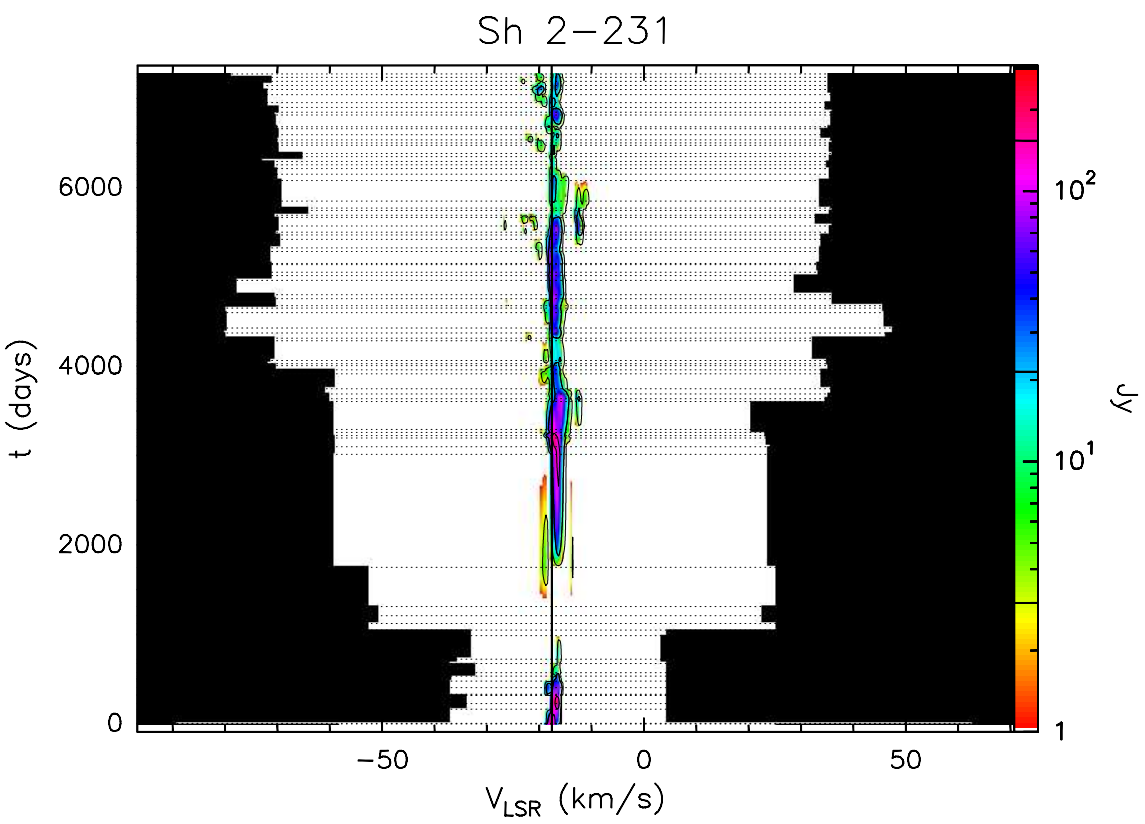

Fig. A.8. b Velocity–time–flux density *full* plot for source Sh 2-231. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

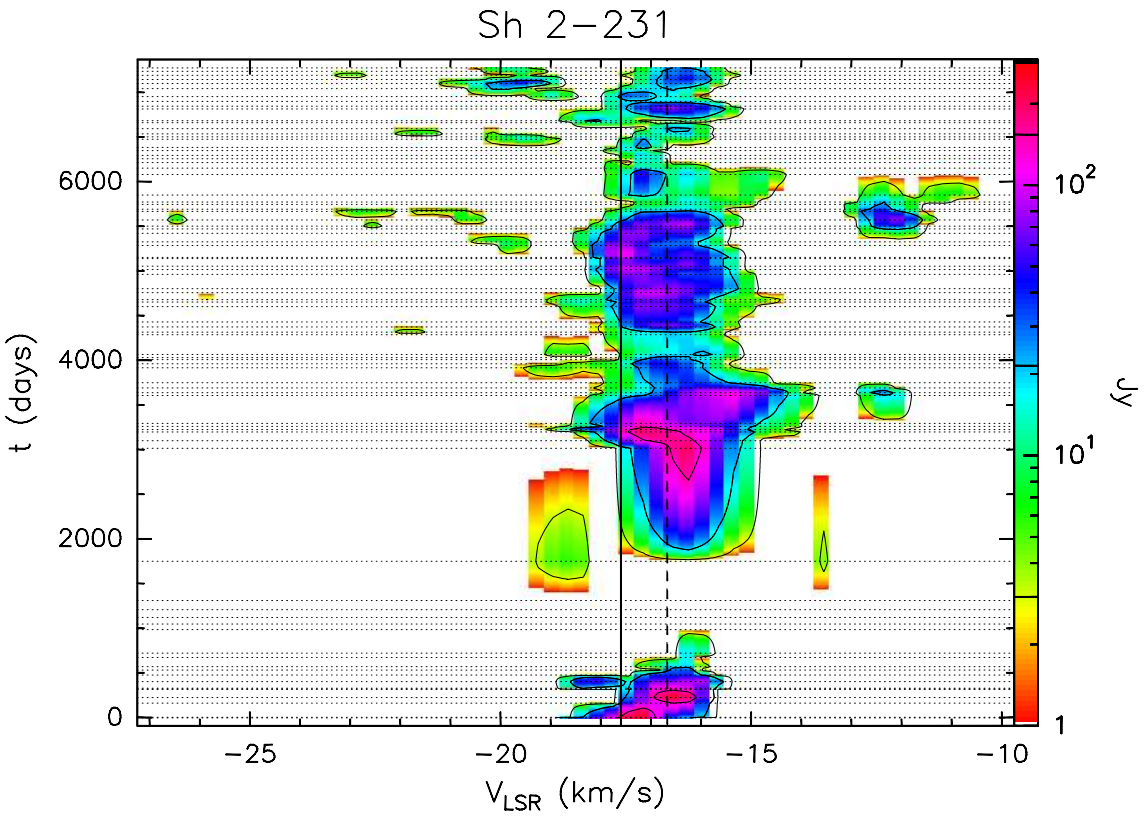

Fig. A.8. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

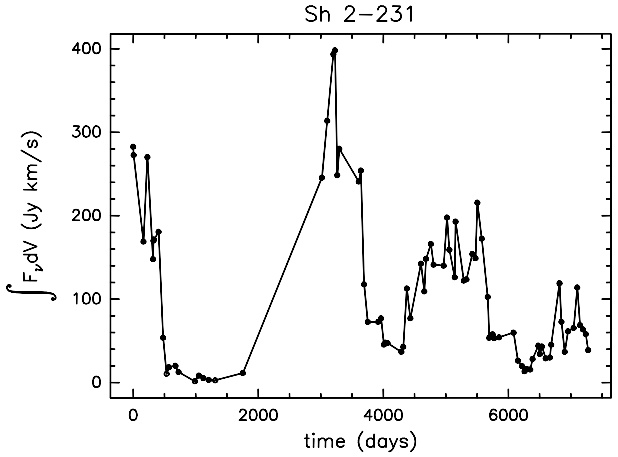

Fig. A.8. d Integral of the flux density over the observed velocity range as a function of time for source Sh 2-231.

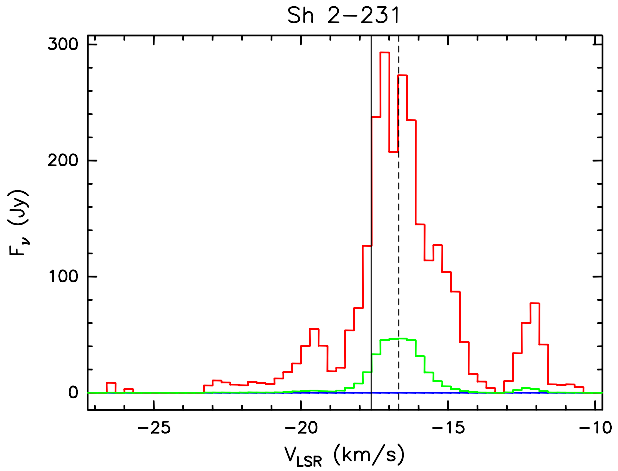

Fig. A.8. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source Sh 2-231 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

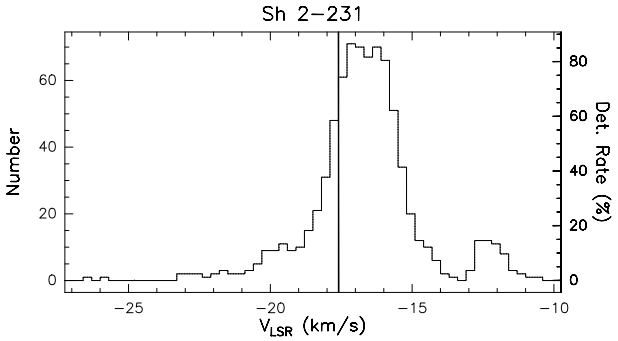

Fig. A.8. f Rate-of-occurrence plot for source Sh 2-231. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

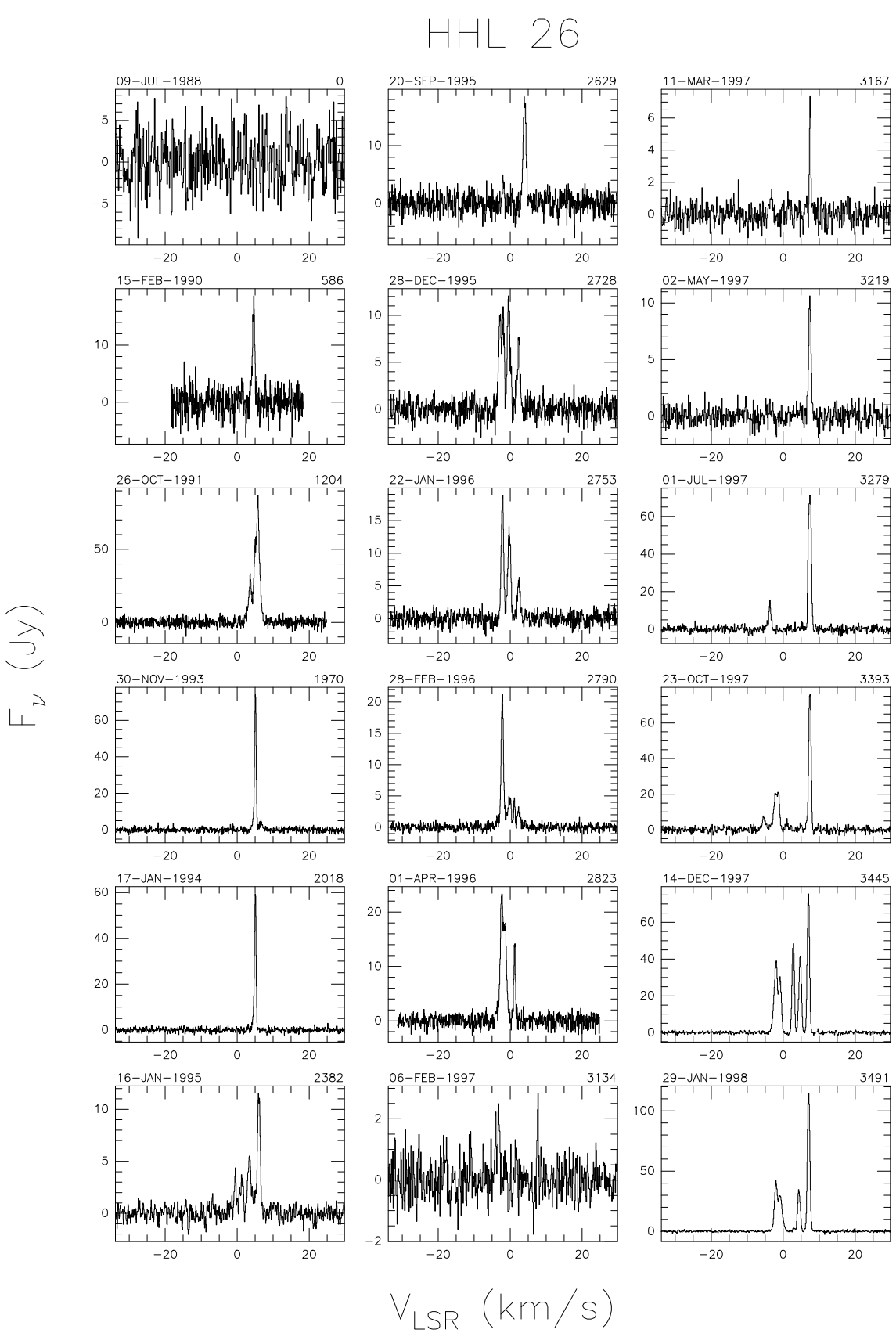

Fig. A.9. a Spectra of source HHL 26 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

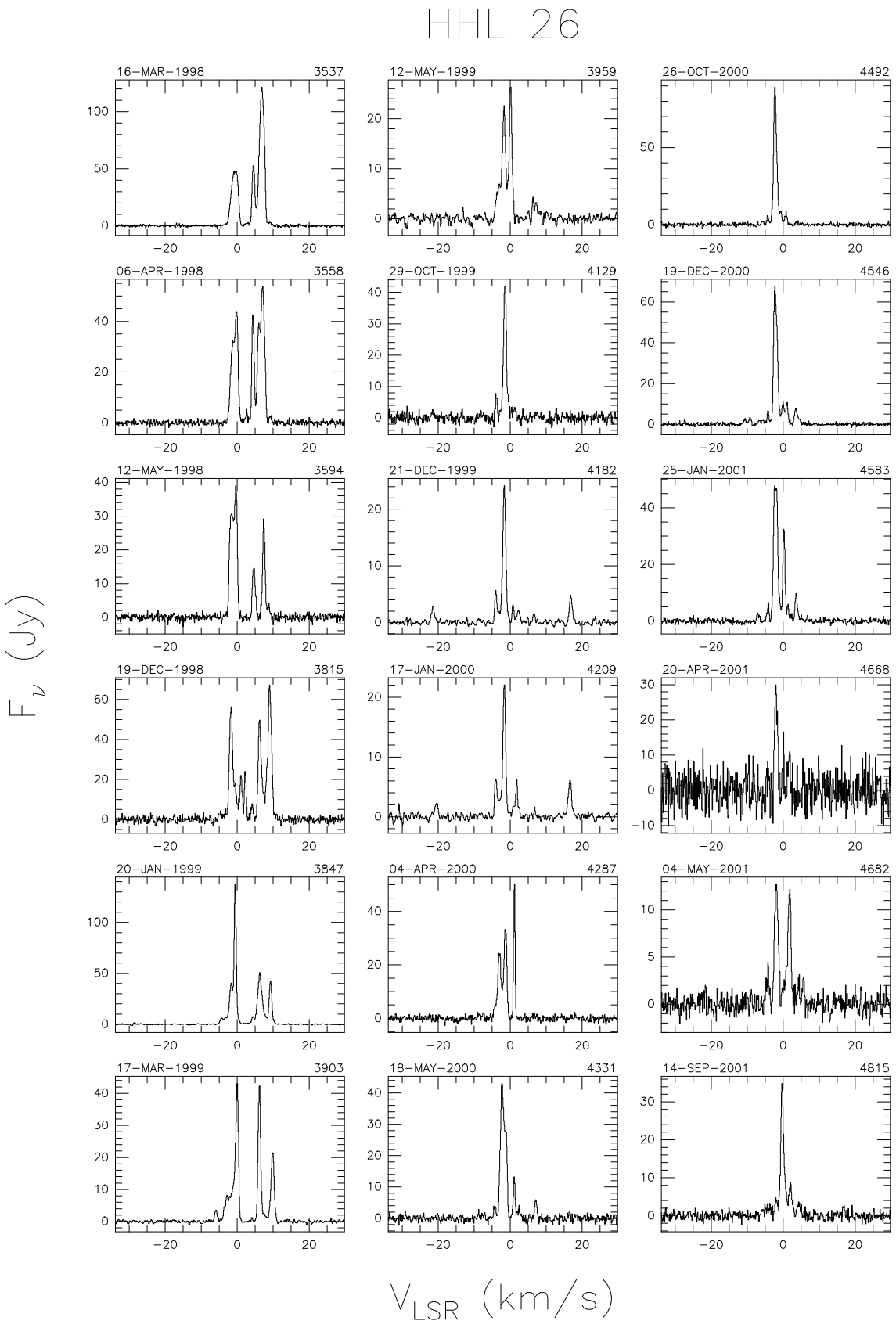

Fig. A.9. a continued

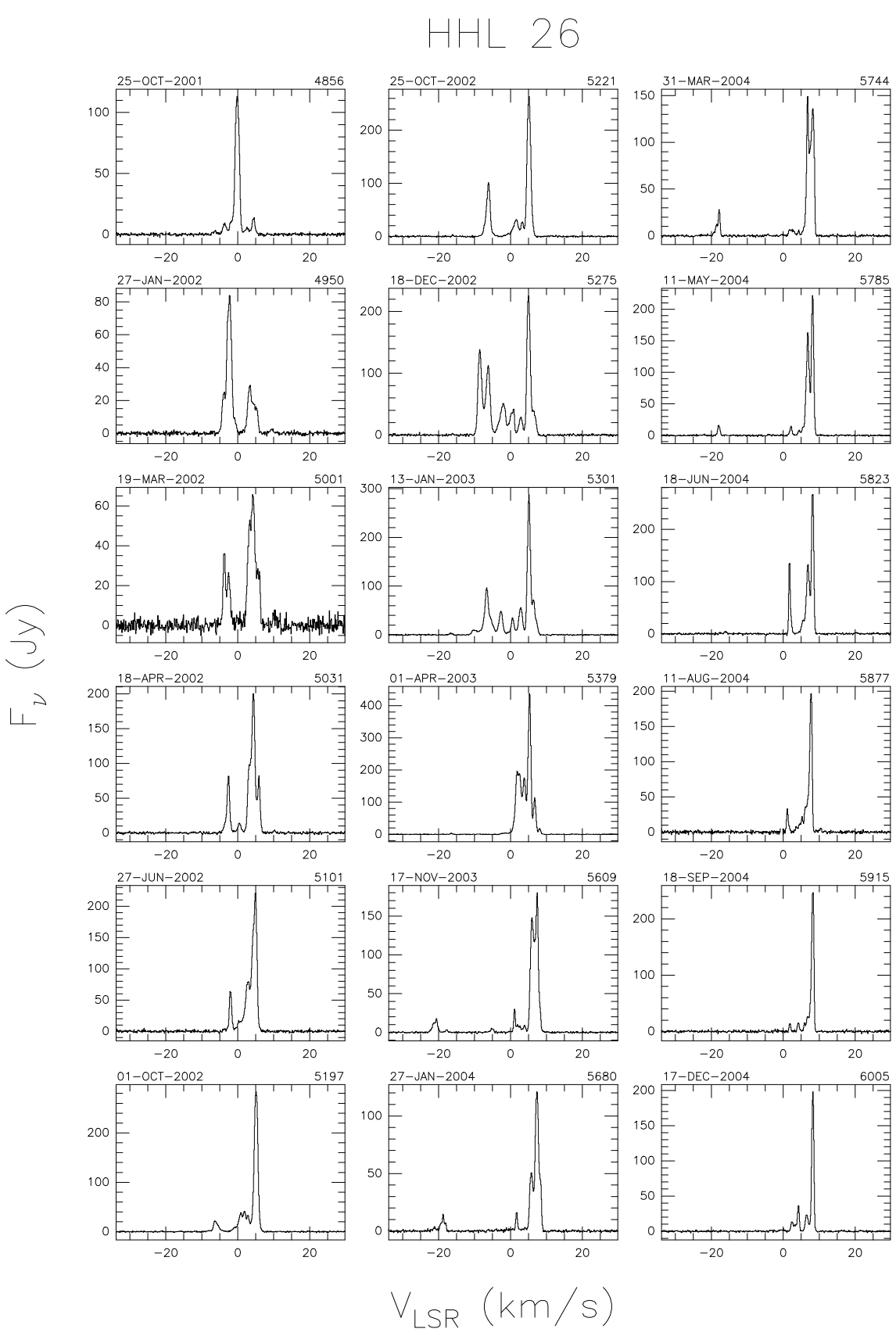

Fig. A.9. a continued

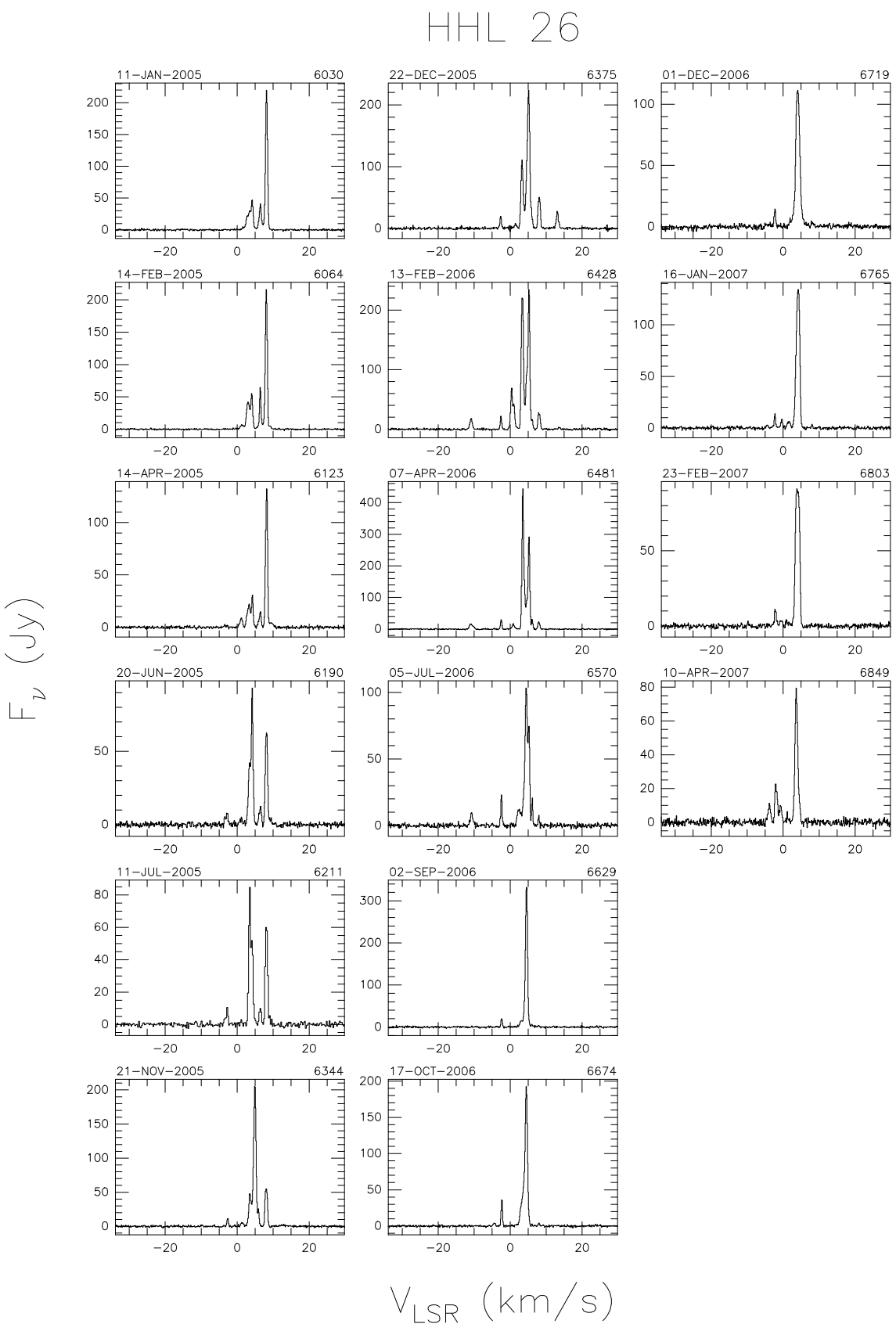

Fig. A.9. a continued

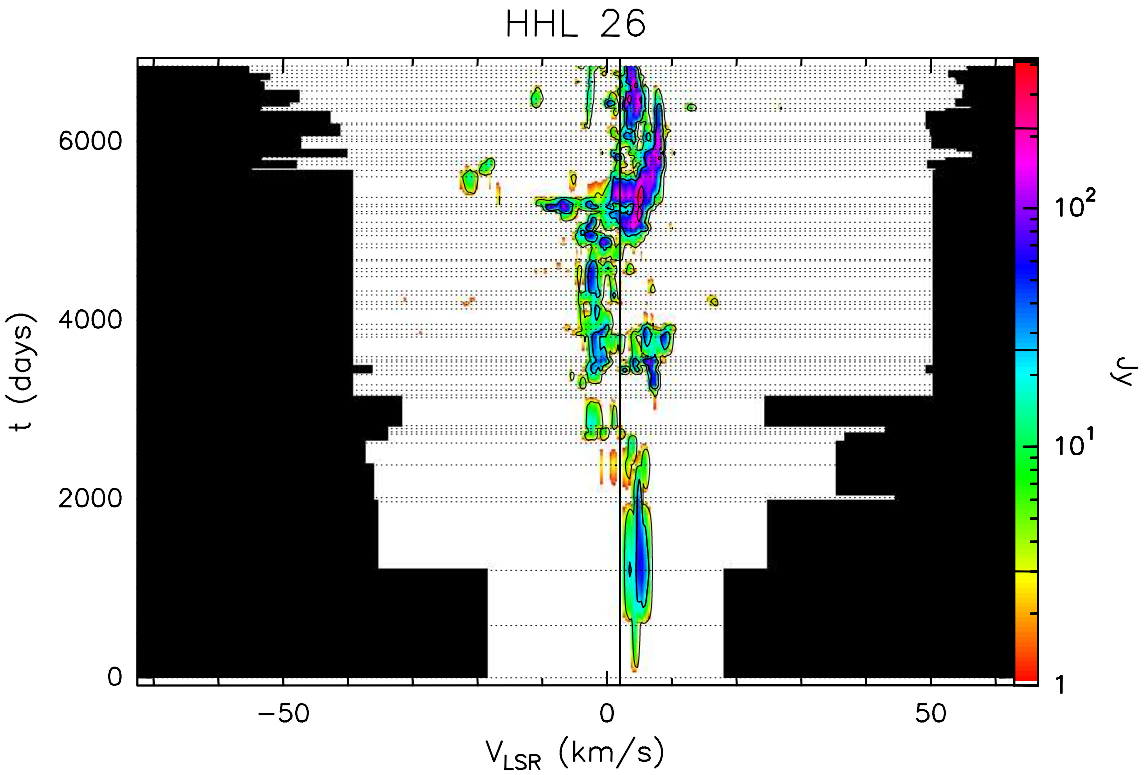

Fig. A.9. b Velocity–time–flux density *full* plot for source HHL 26. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

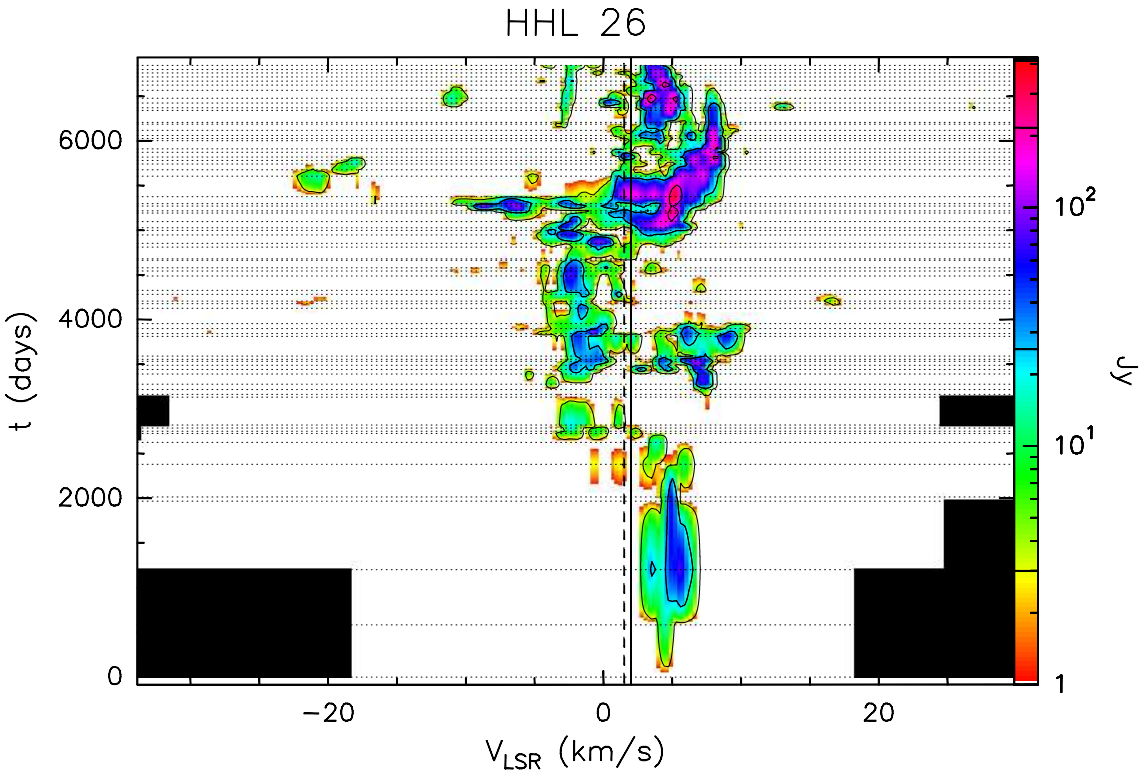

Fig. A.9. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

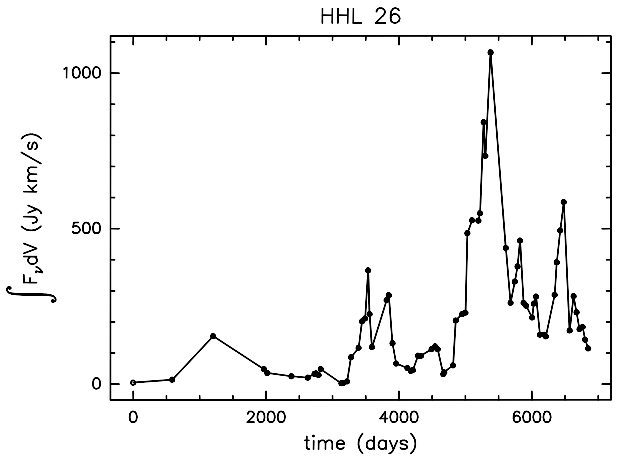

Fig. A.9. d Integral of the flux density over the observed velocity range as a function of time for source HHL 26.

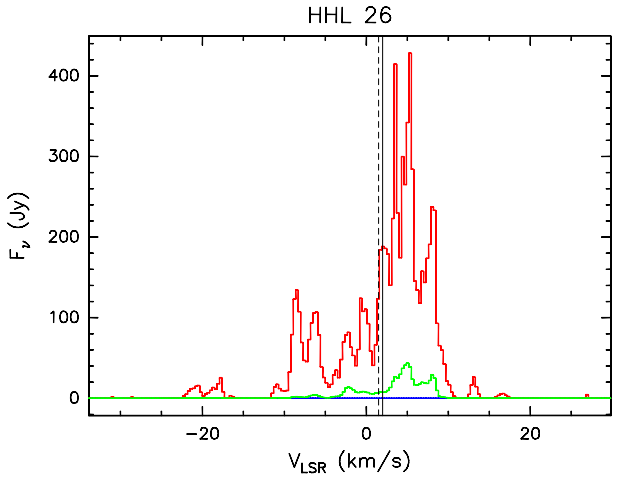

Fig. A.9. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source HHL 26 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

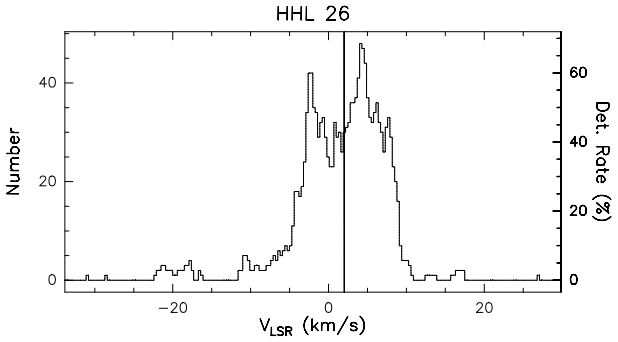

Fig. A.9. f Rate-of-occurrence plot for source HHL 26. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

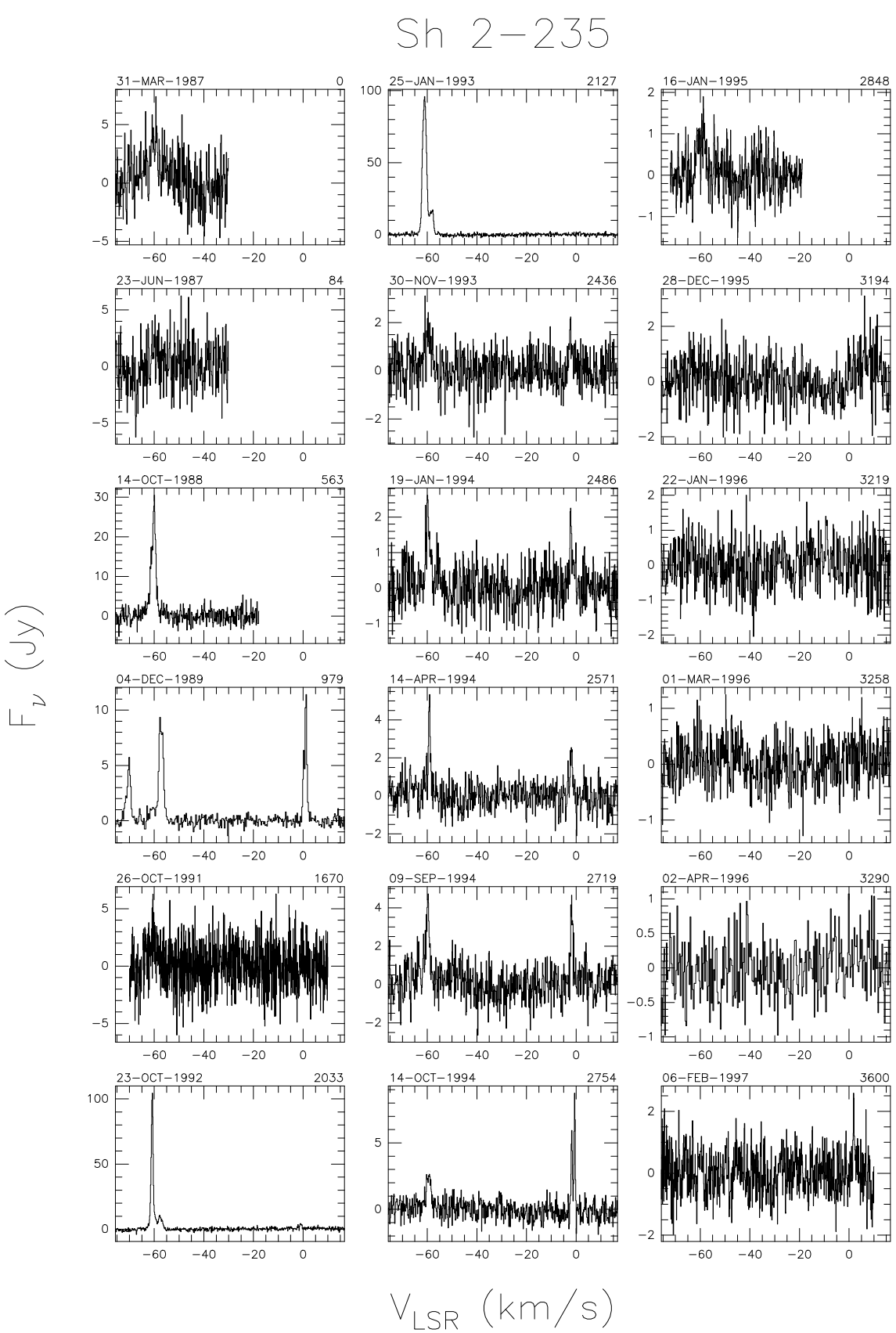

Fig. A.10. a Spectra of source Sh 2-235 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

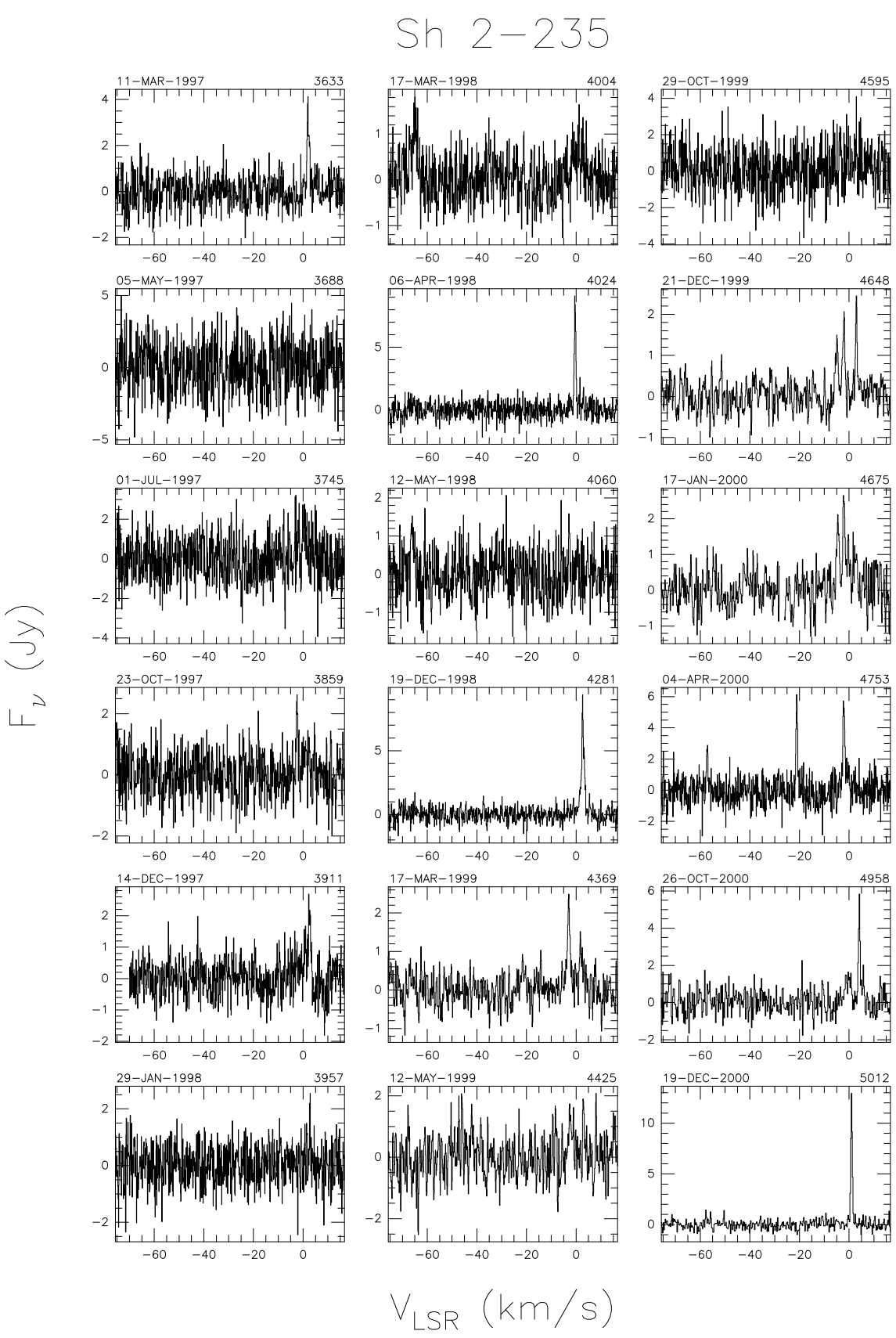

Fig. A.10. a continued

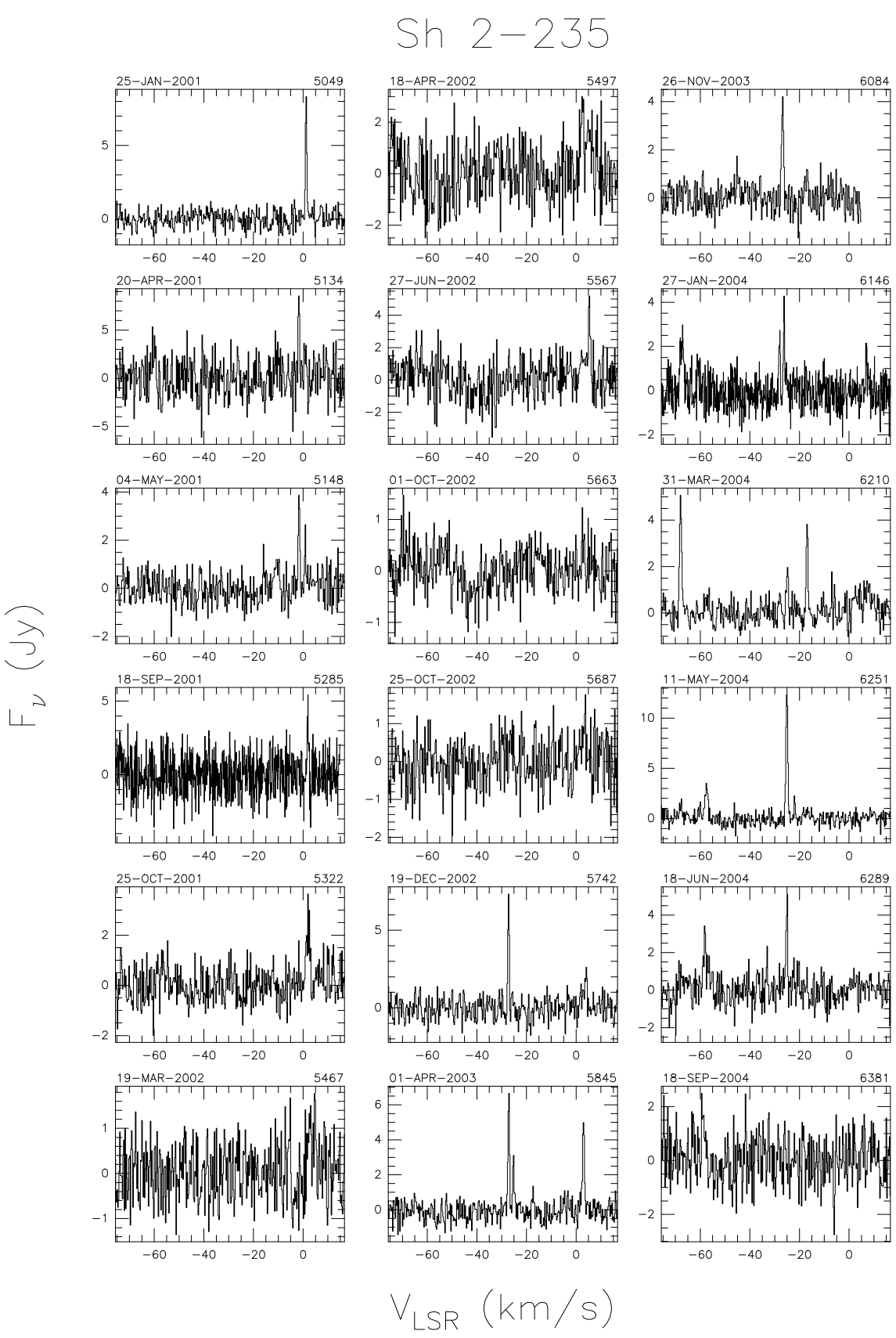

Fig. A.10. a continued

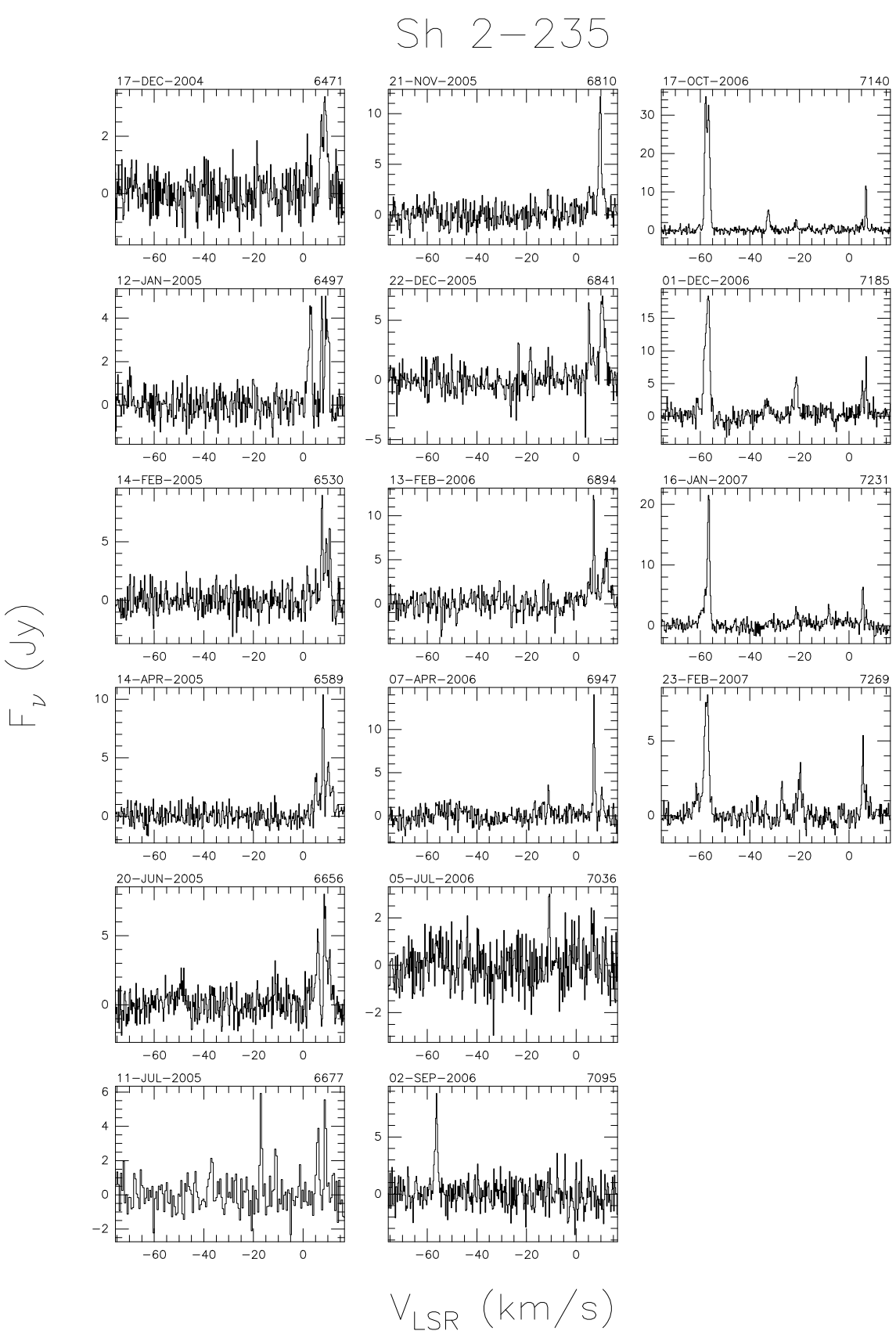

Fig. A.10. a continued

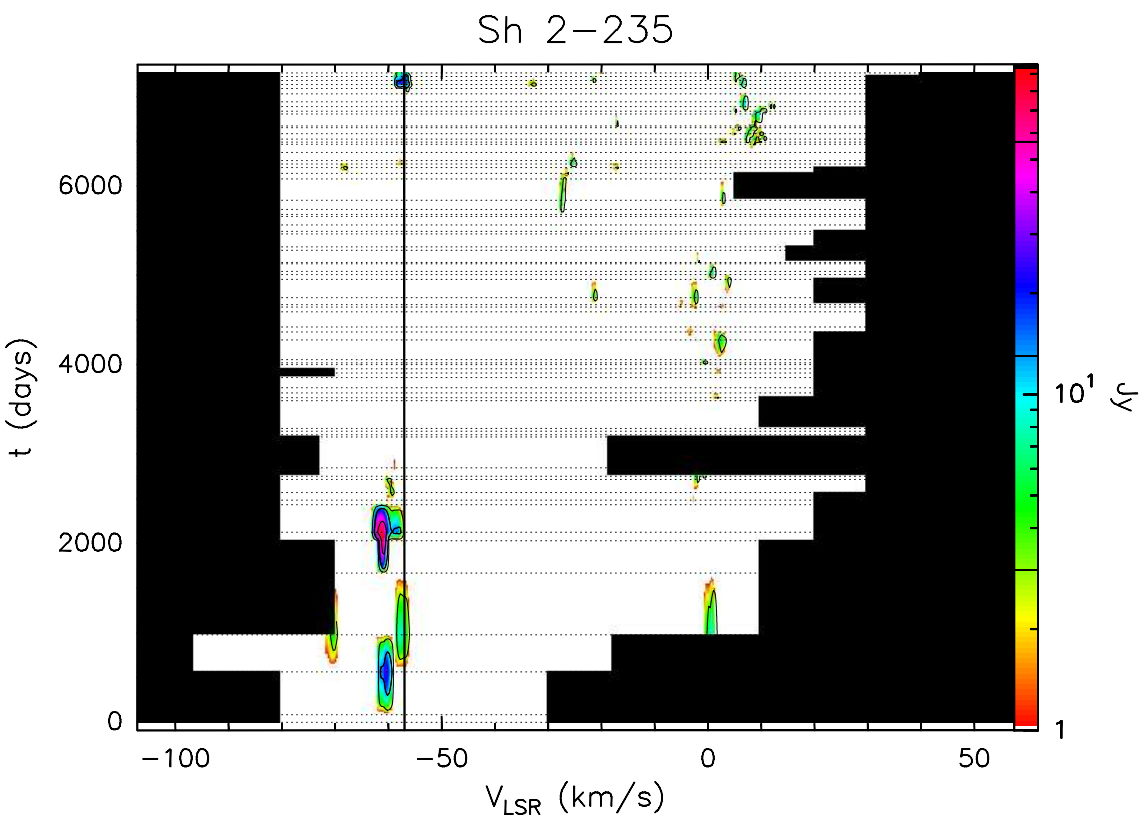

Fig. A.10. b Velocity–time–flux density *full* plot for source Sh 2-235. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

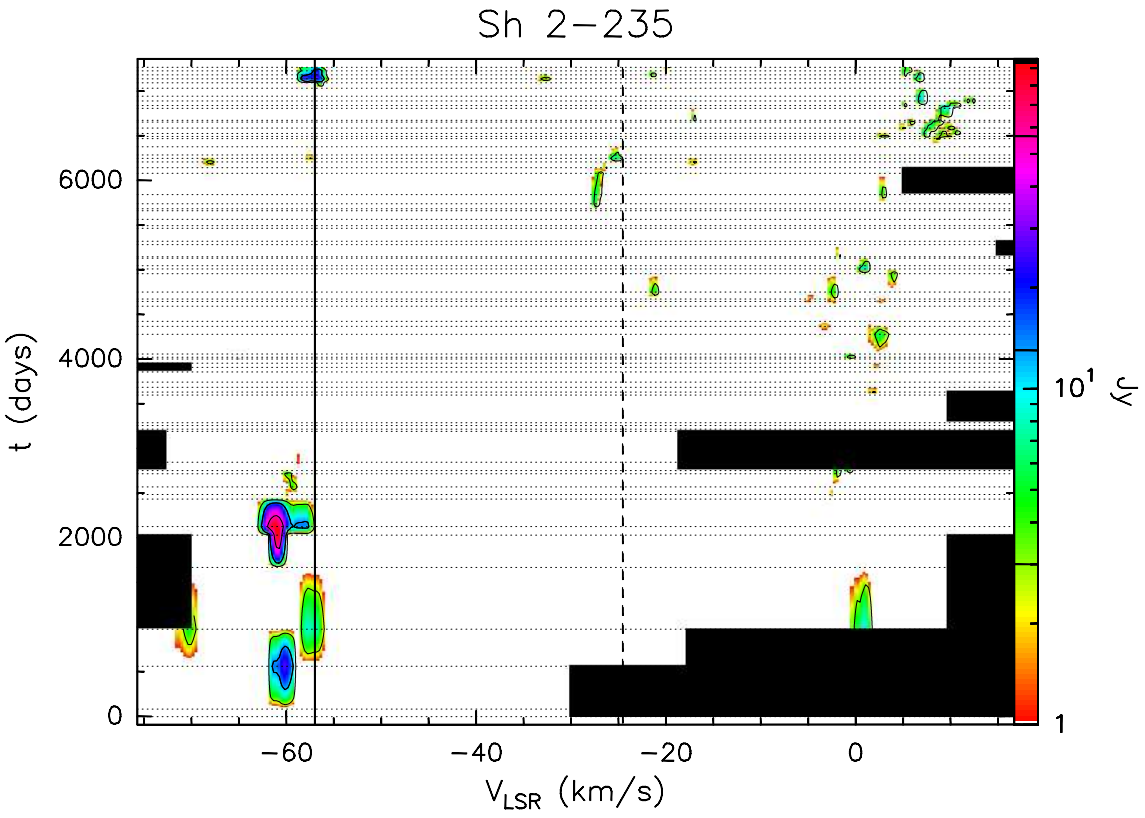

Fig. A.10. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

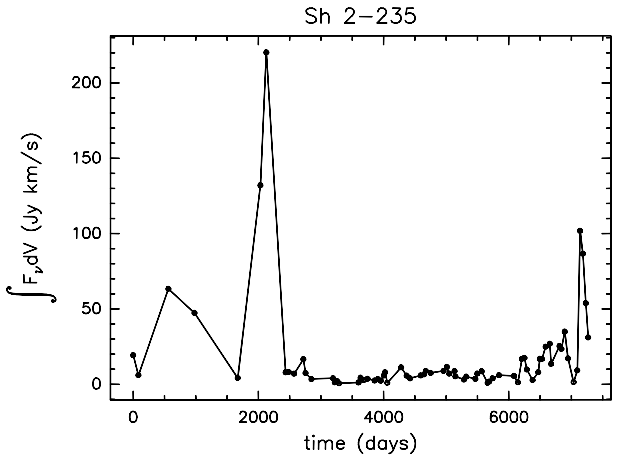

Fig. A.10. d Integral of the flux density over the observed velocity range as a function of time for source Sh 2-235.

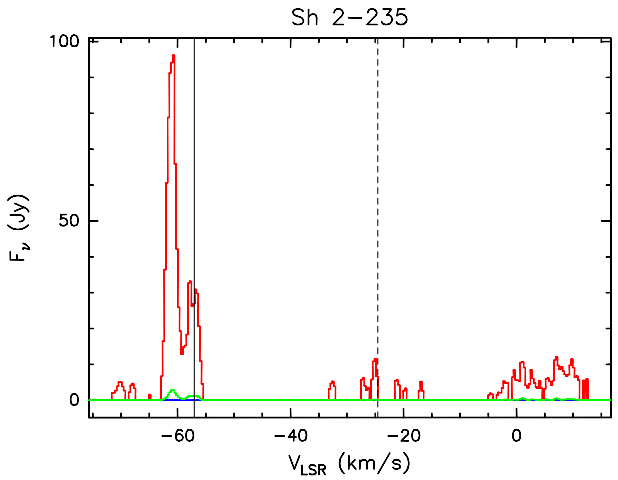

Fig. A.10. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source Sh 2-235 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

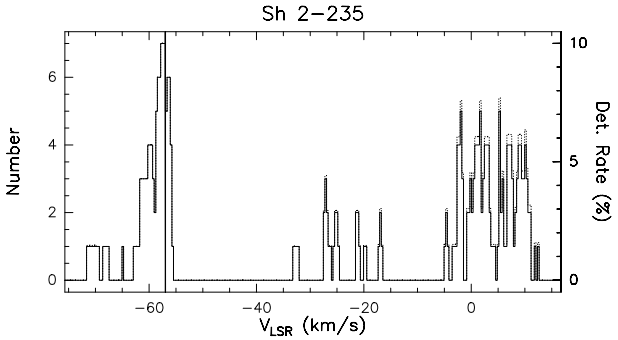

Fig. A.10. f Rate-of-occurrence plot for source Sh 2-235. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

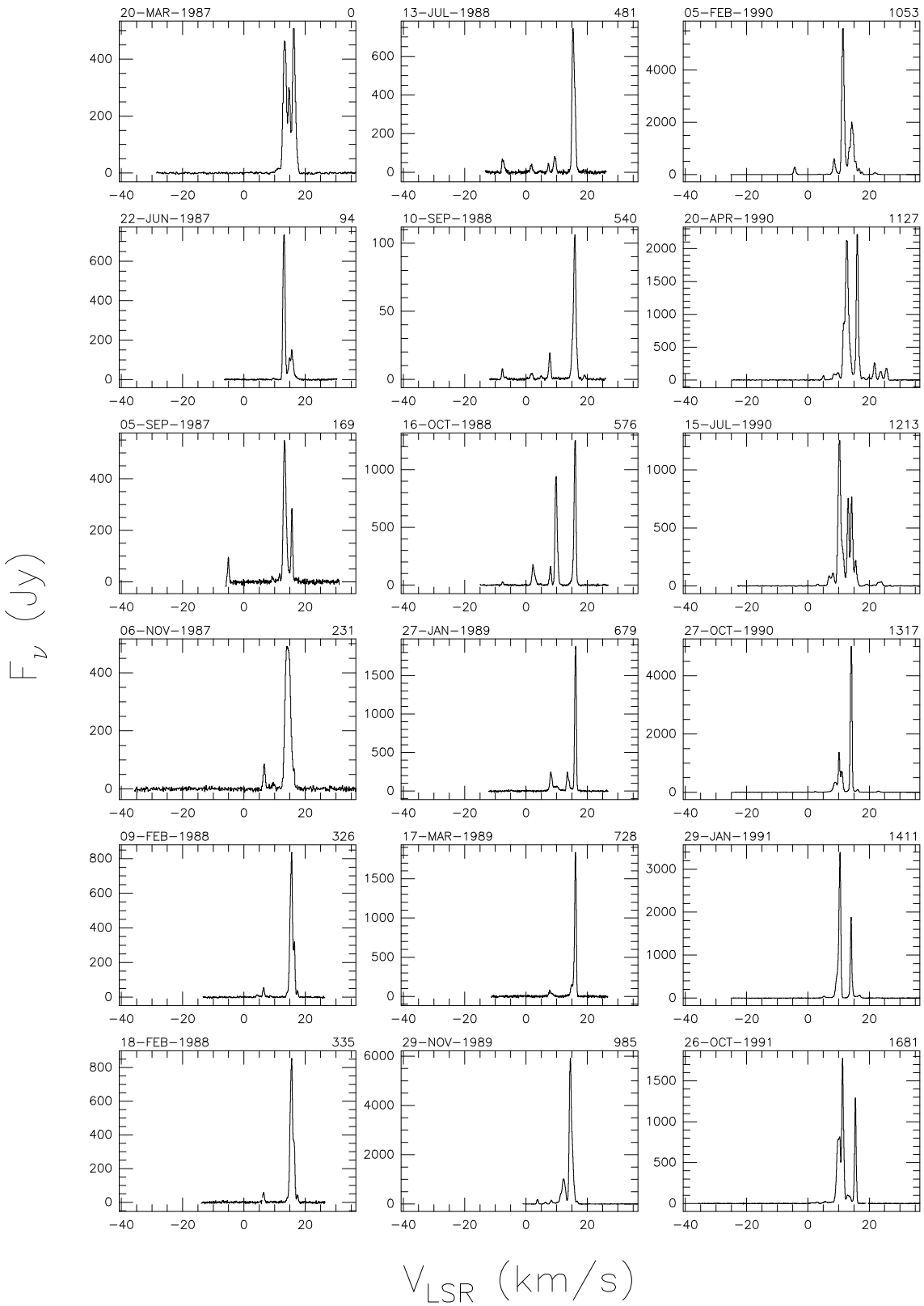

Fig. A.11. a Spectra of source NGC 2071 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

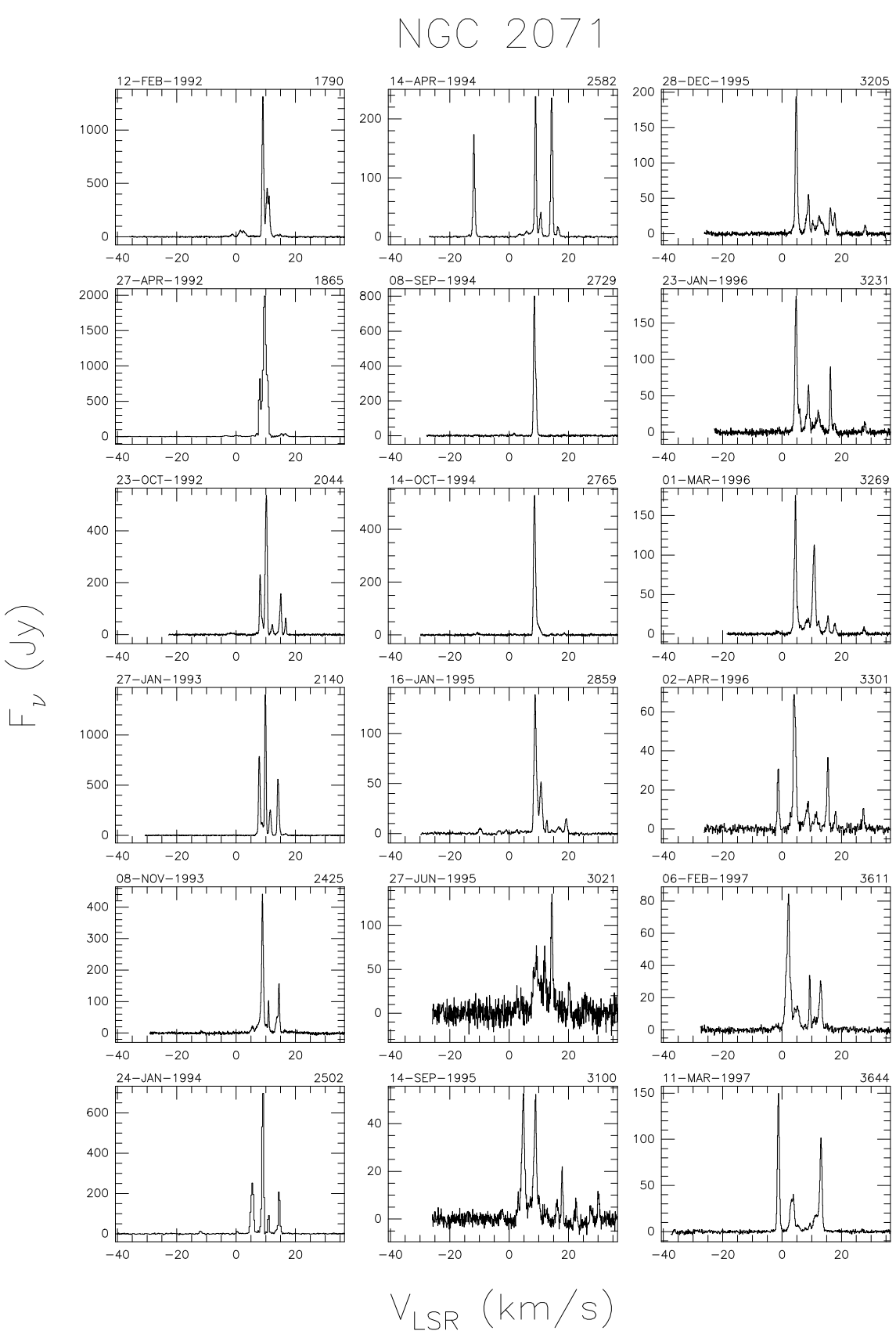

Fig. A.11. a continued

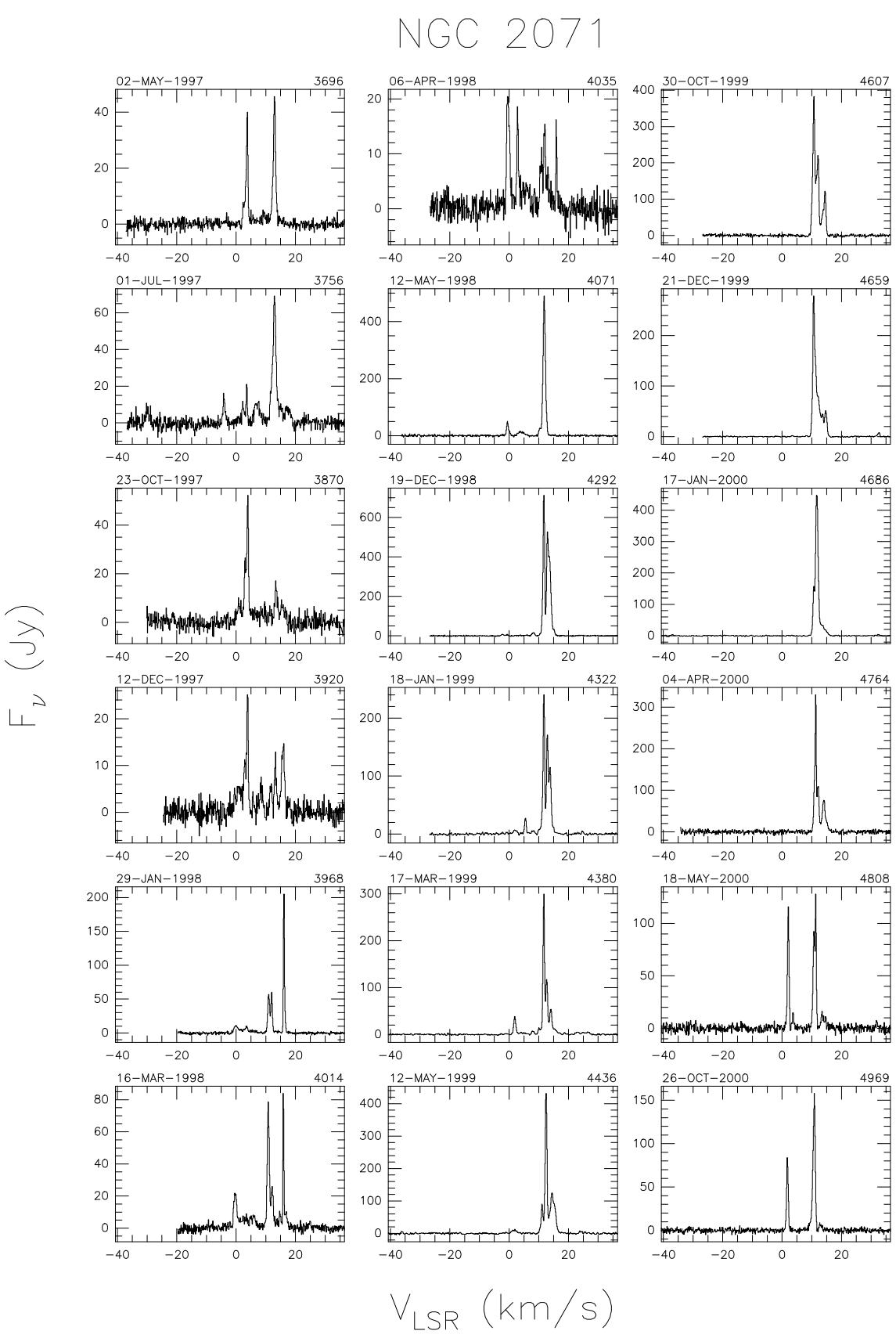

Fig. A.11. a continued

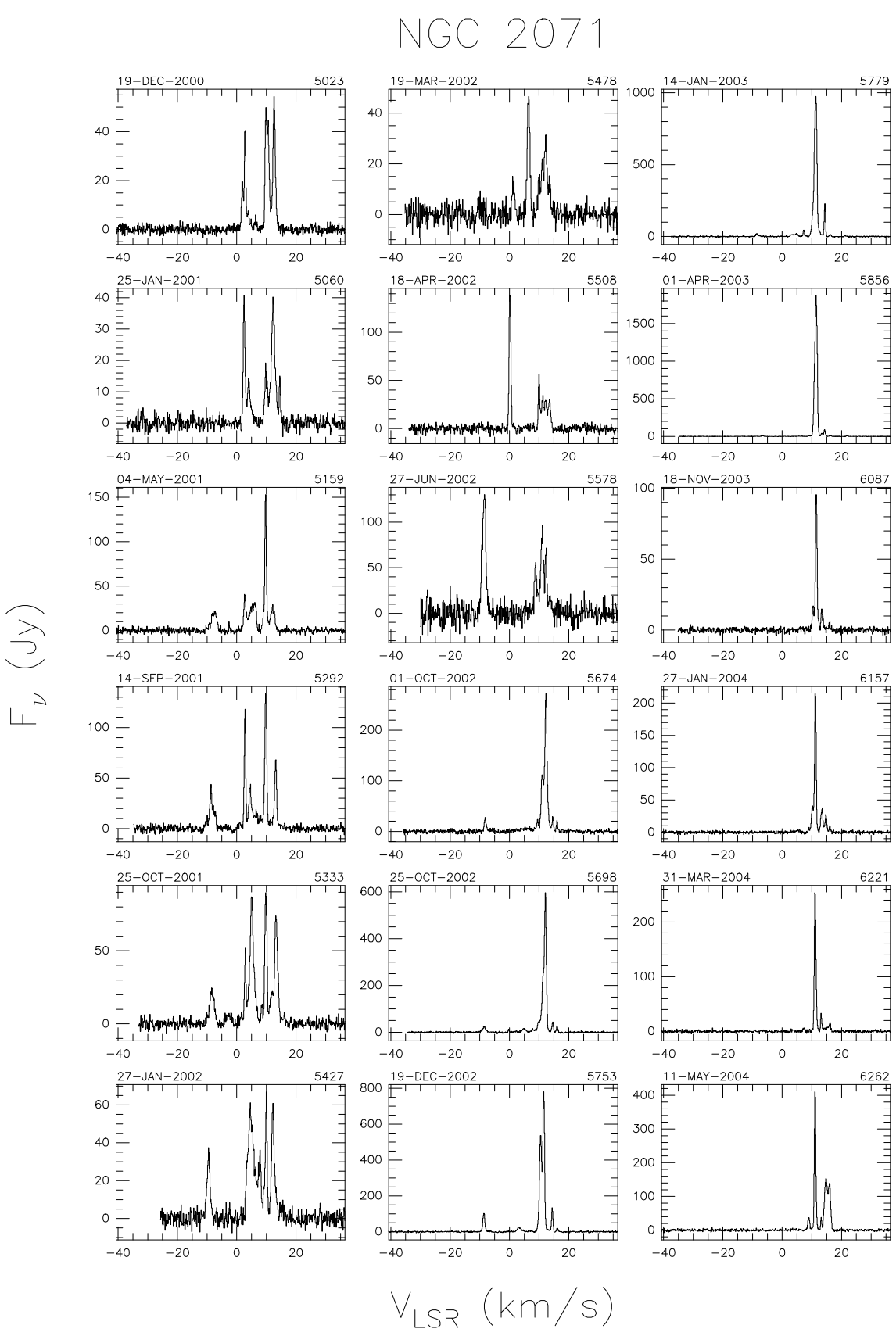

Fig. A.11. a continued

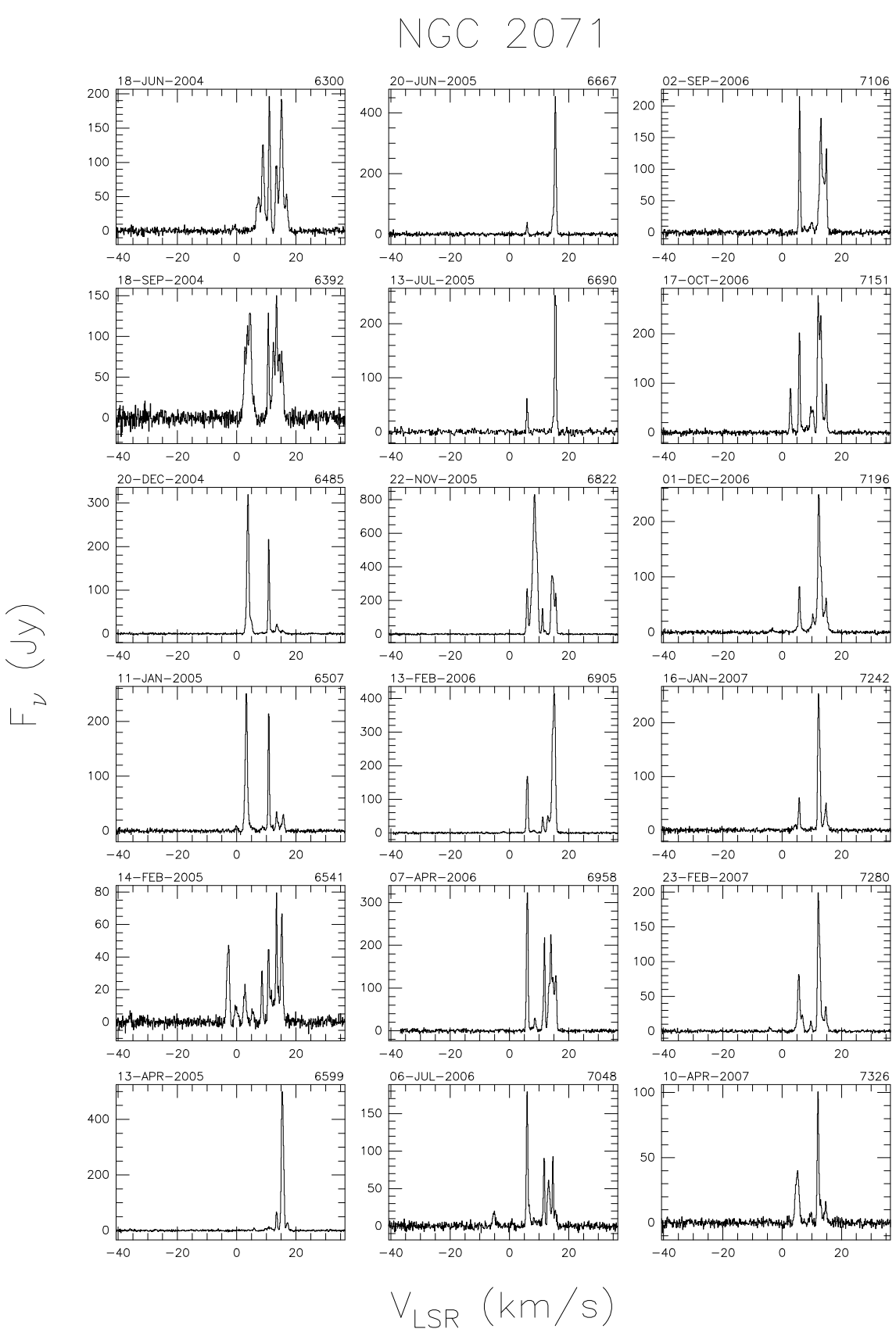

Fig. A.11. a continued

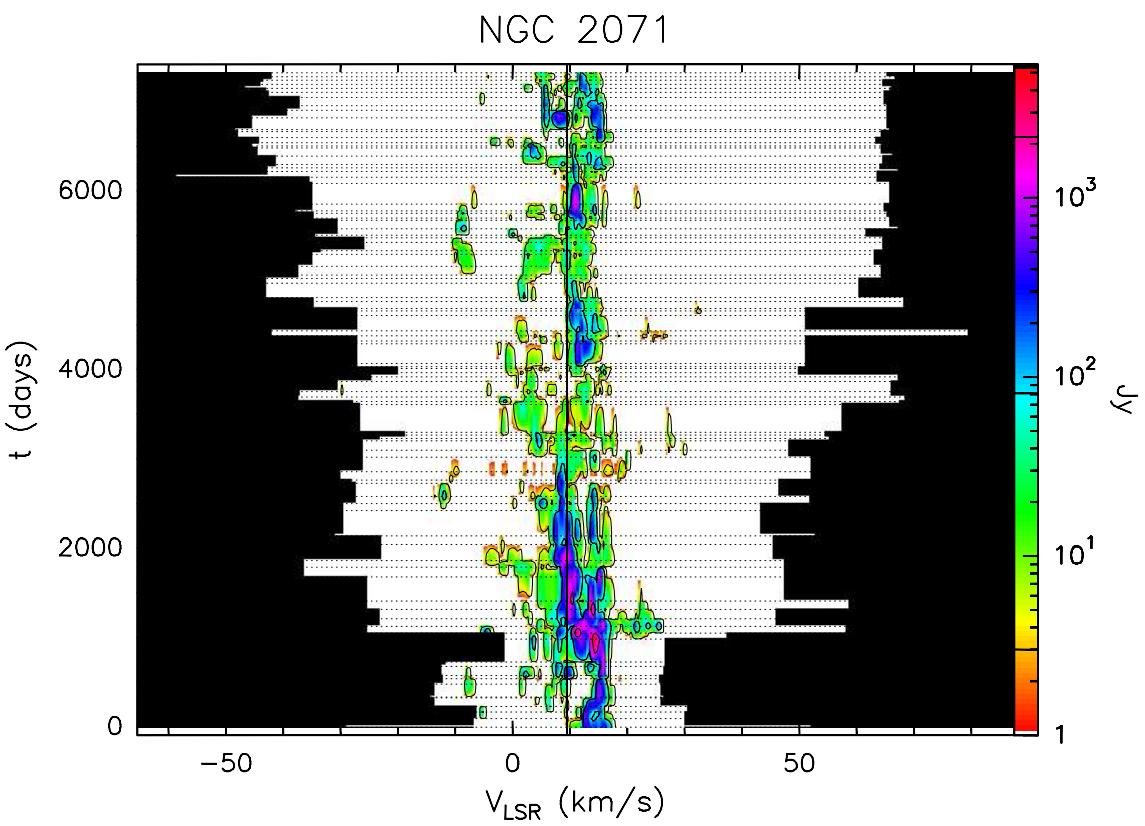

Fig. A.11. b Velocity–time–flux density *full* plot for source NGC 2071. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

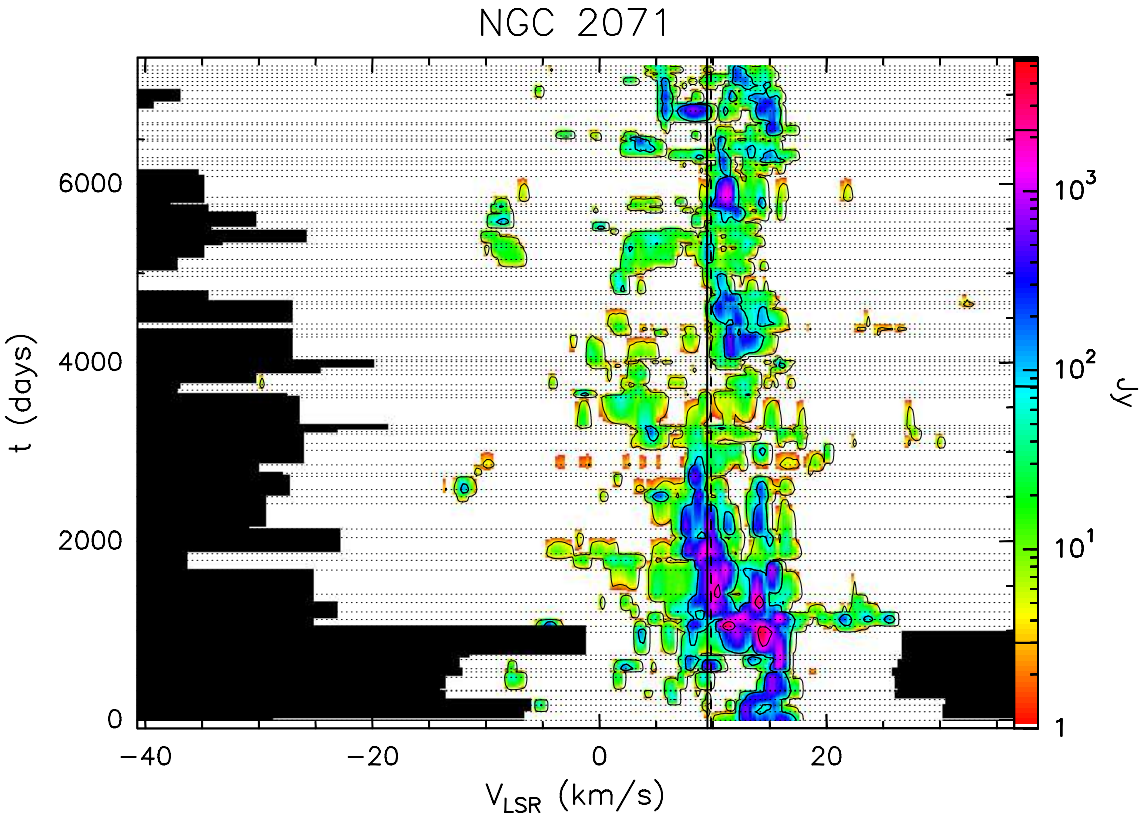

Fig. A.11. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

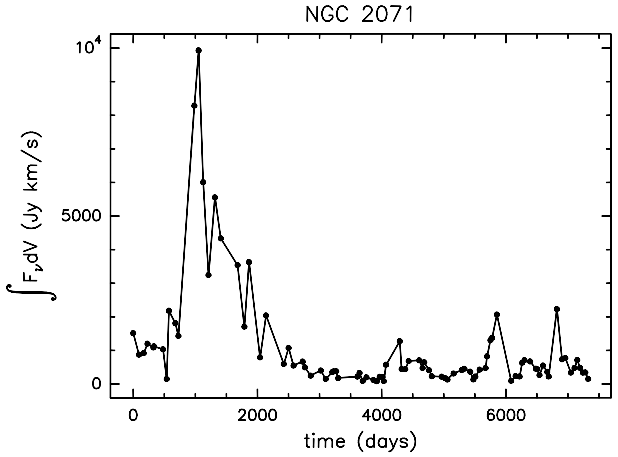

Fig. A.11. d Integral of the flux density over the observed velocity range as a function of time for source NGC 2071.

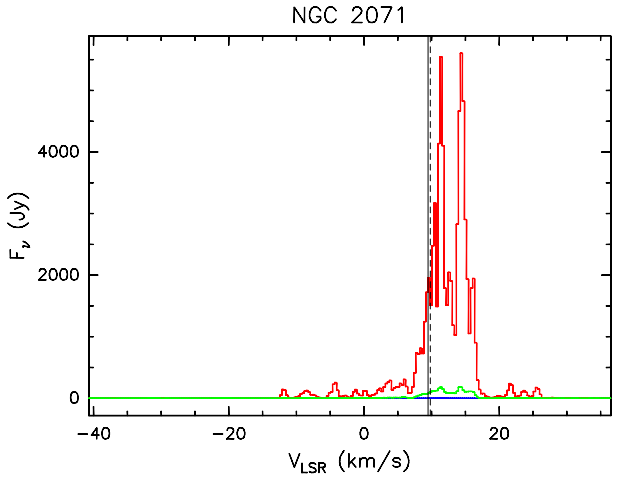

Fig. A.11. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source NGC 2071 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

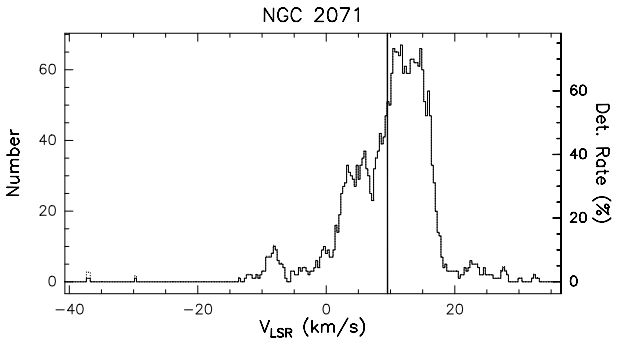

Fig. A.11. f Rate-of-occurrence plot for source NGC 2071. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

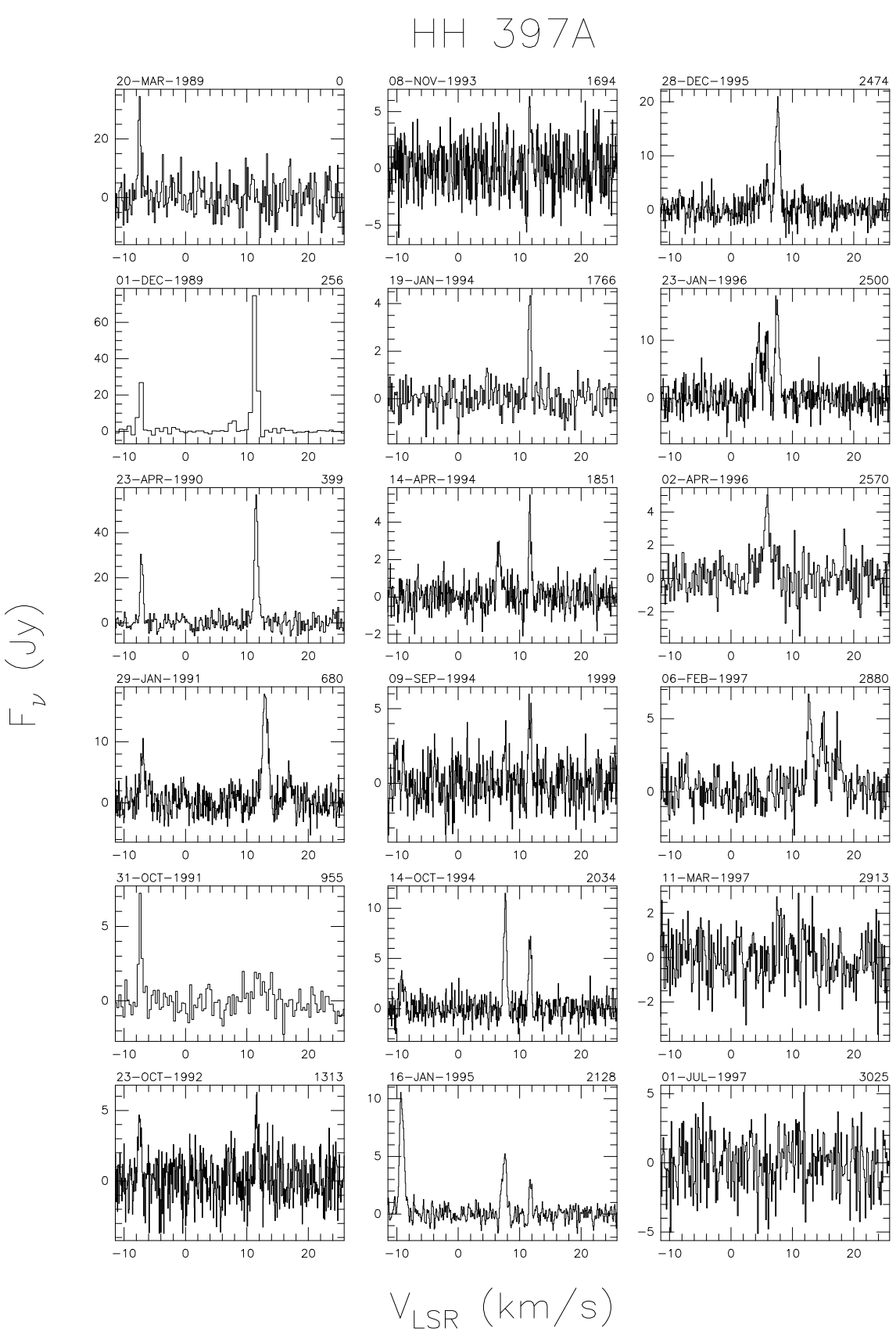

Fig. A.12. a Spectra of source HH 397A with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

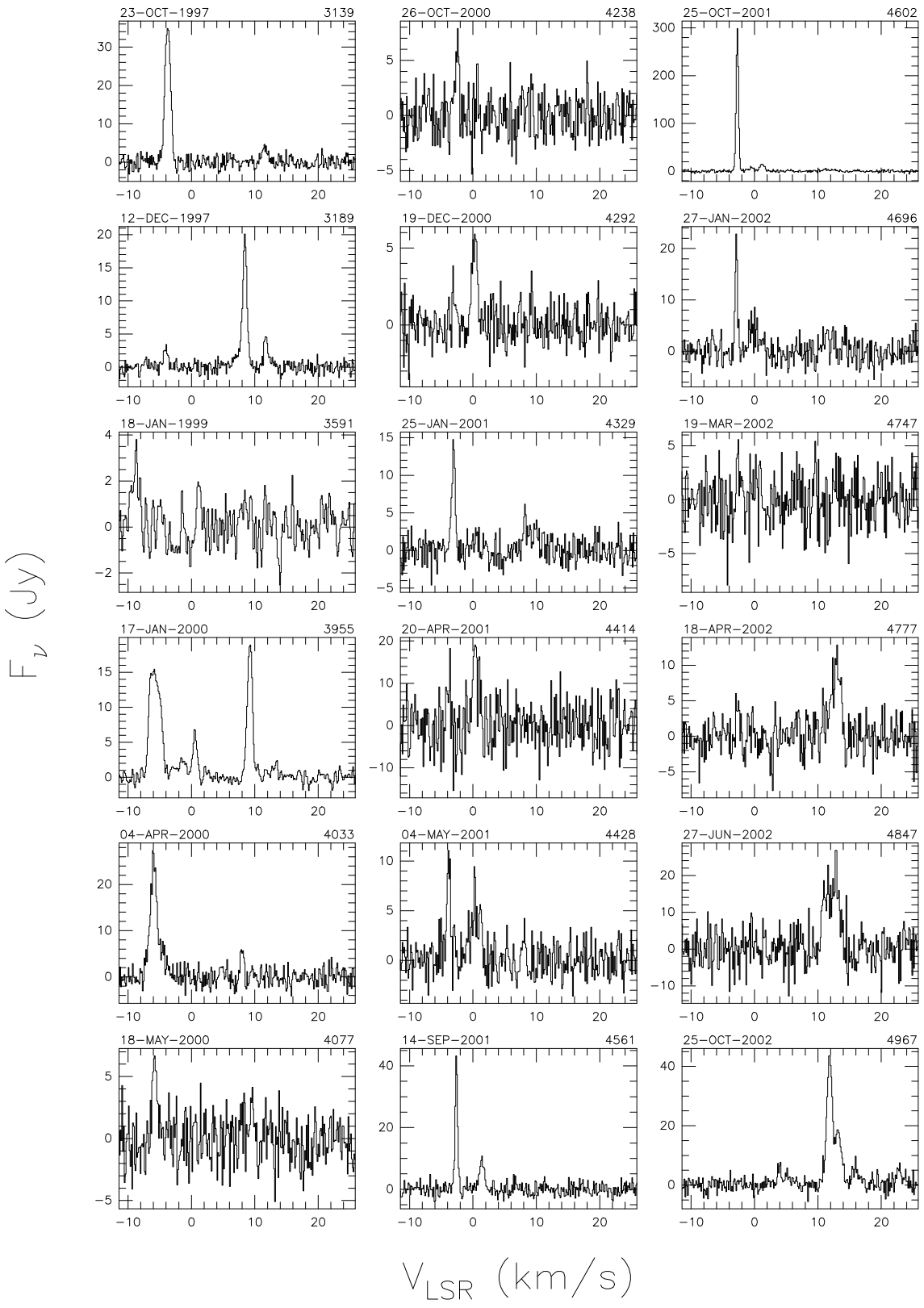

Fig. A.12. a continued

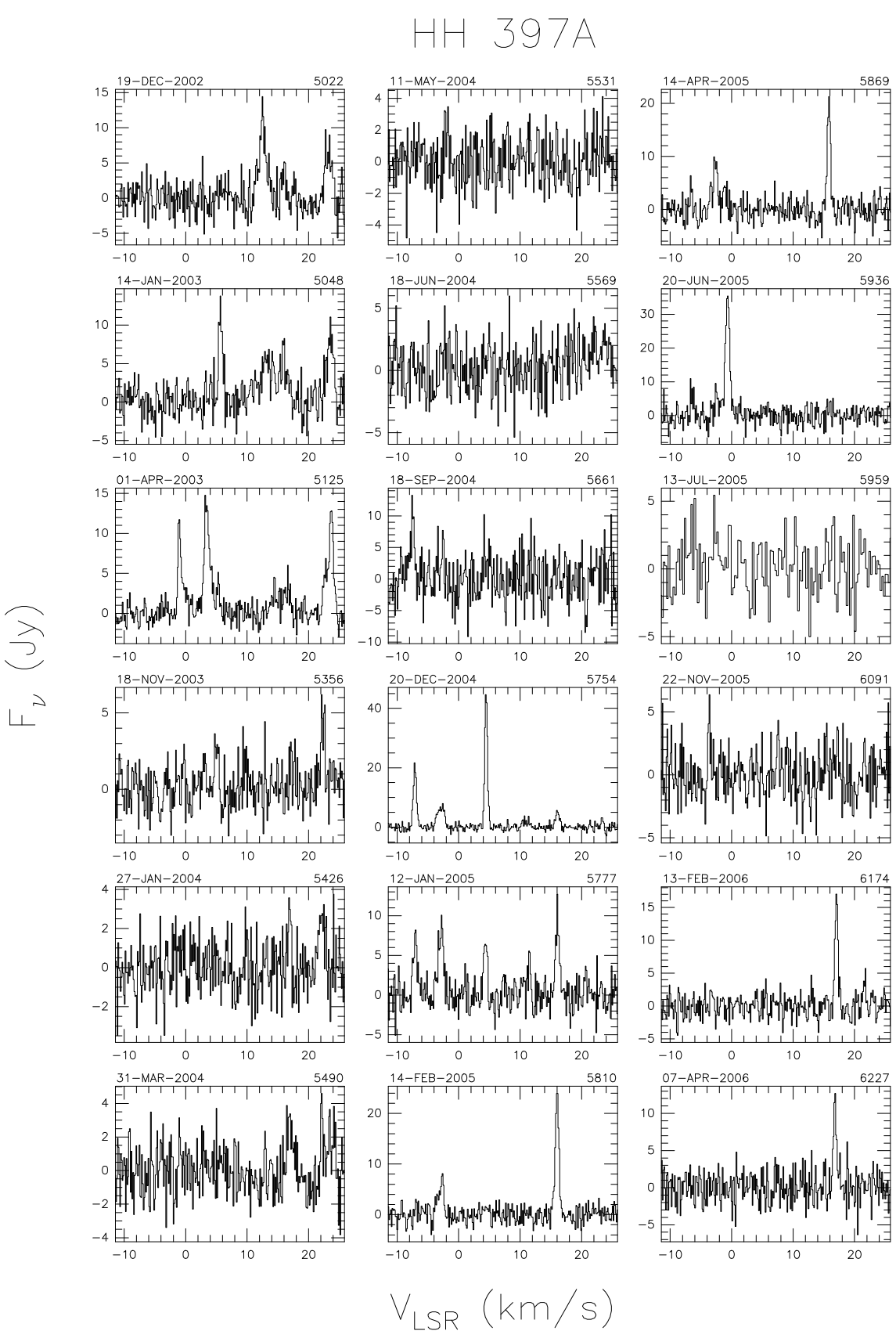

Fig. A.12. a continued

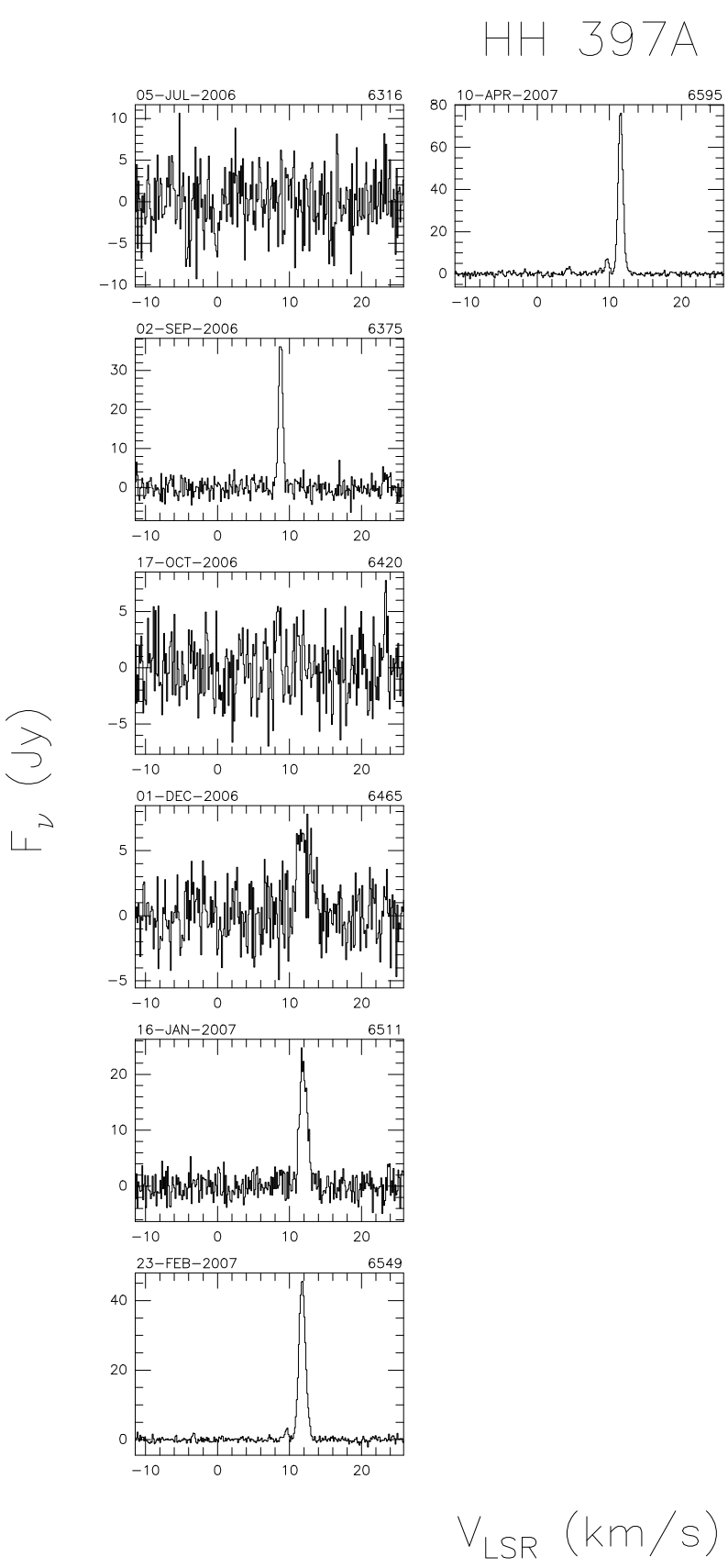

Fig. A.12. a continued

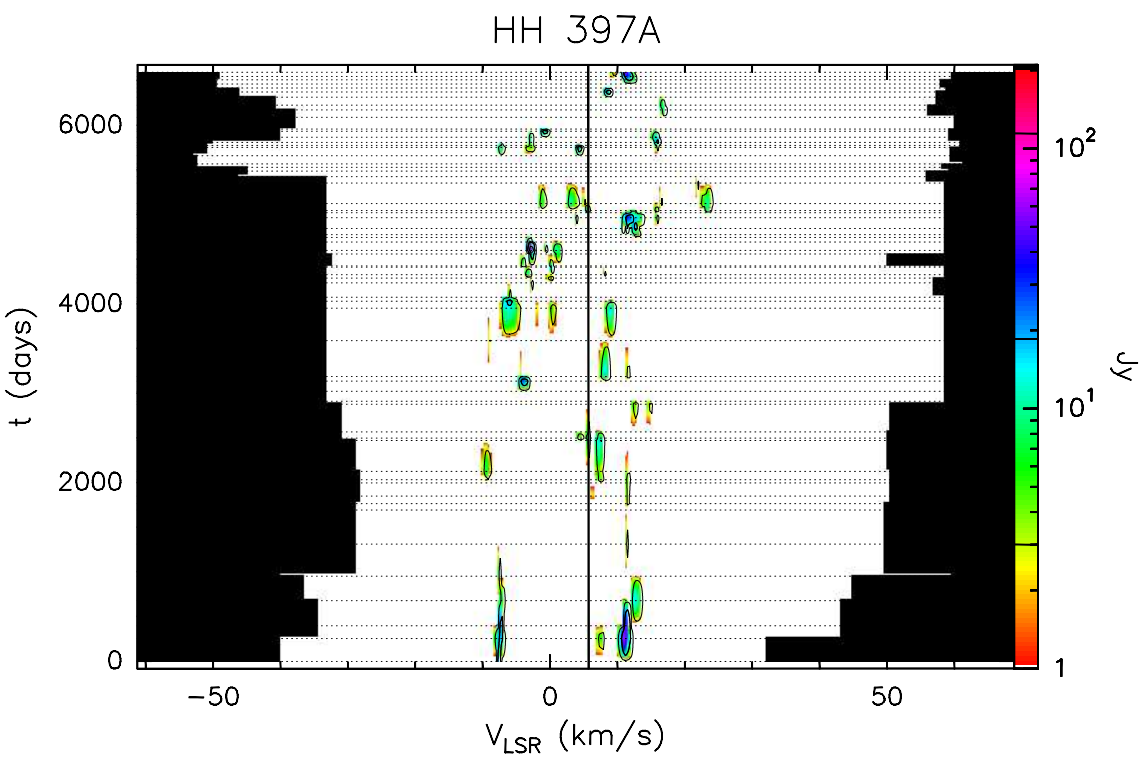

Fig. A.12. b Velocity–time–flux density *full* plot for source HH 397A. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

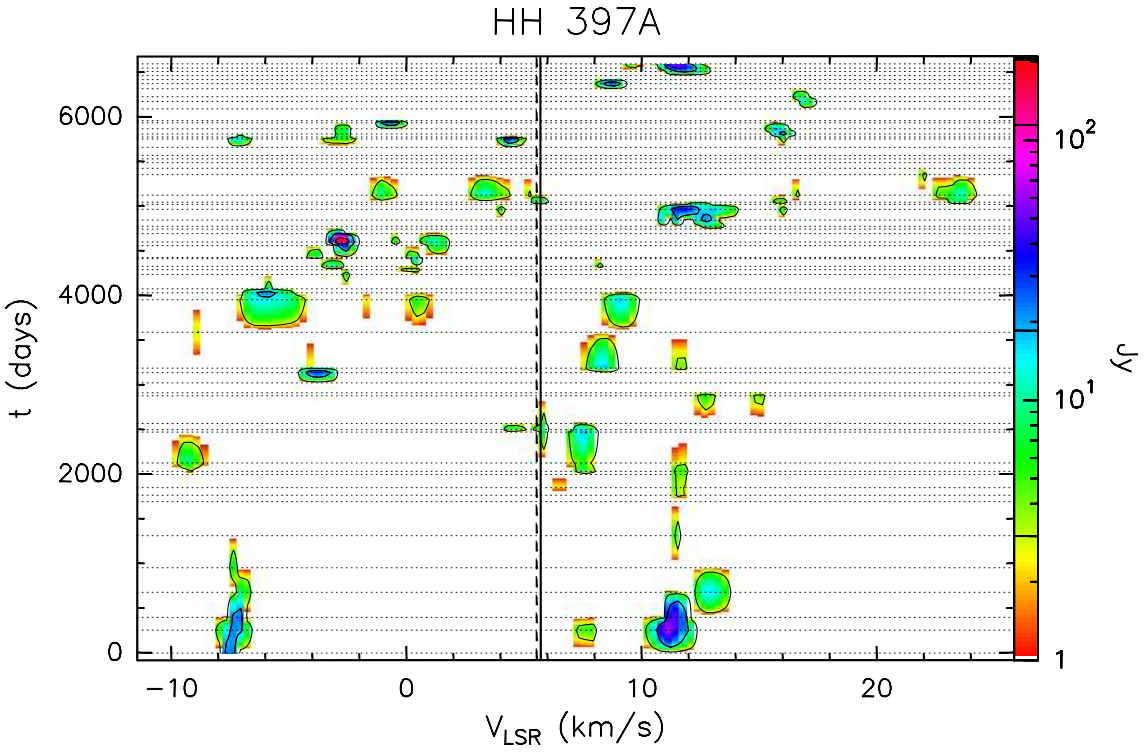

Fig. A.12. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

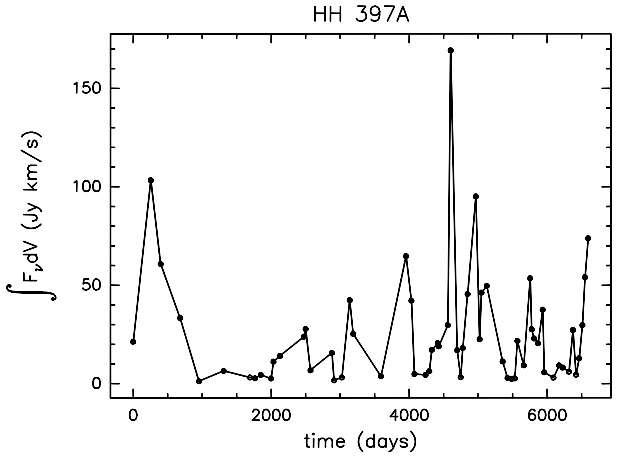

Fig. A.12. d Integral of the flux density over the observed velocity range as a function of time for source HH 397A.

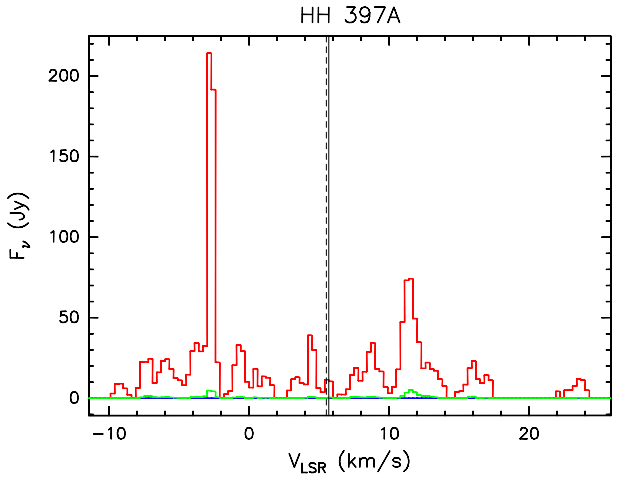

Fig. A.12. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source HH 397A measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

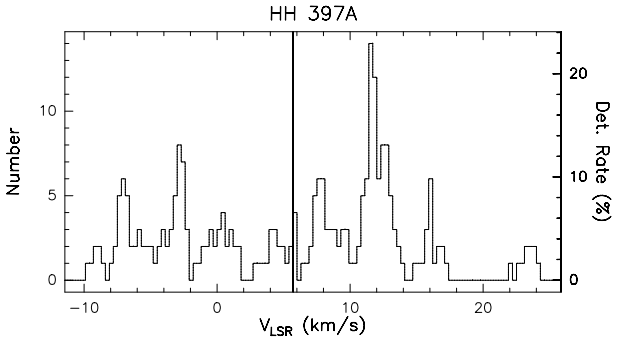

Fig. A.12. f Rate-of-occurrence plot for source HH 397A. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

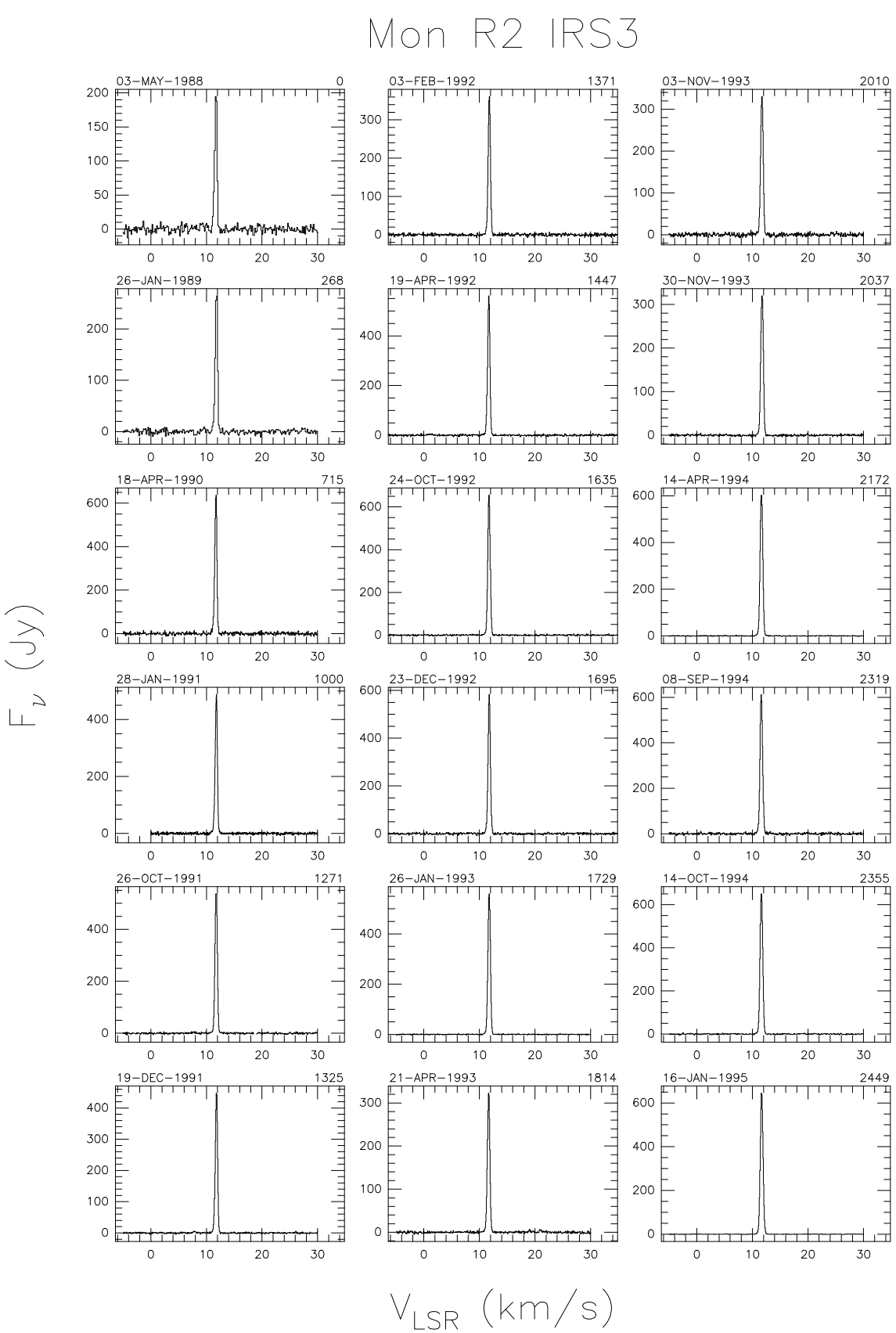

Fig. A.13. a Spectra of source Mon R2 IRS3 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

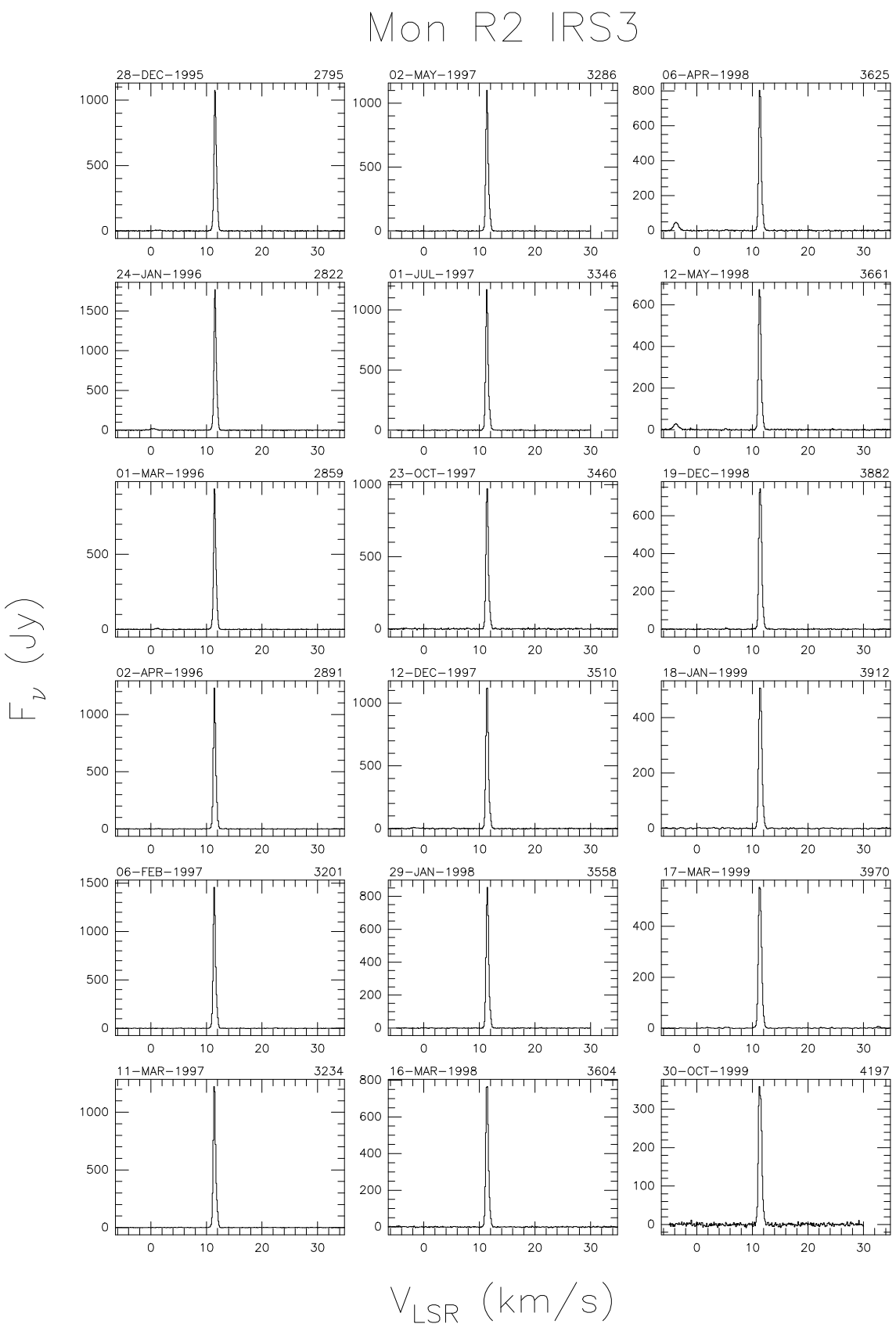

Fig. A.13. a continued

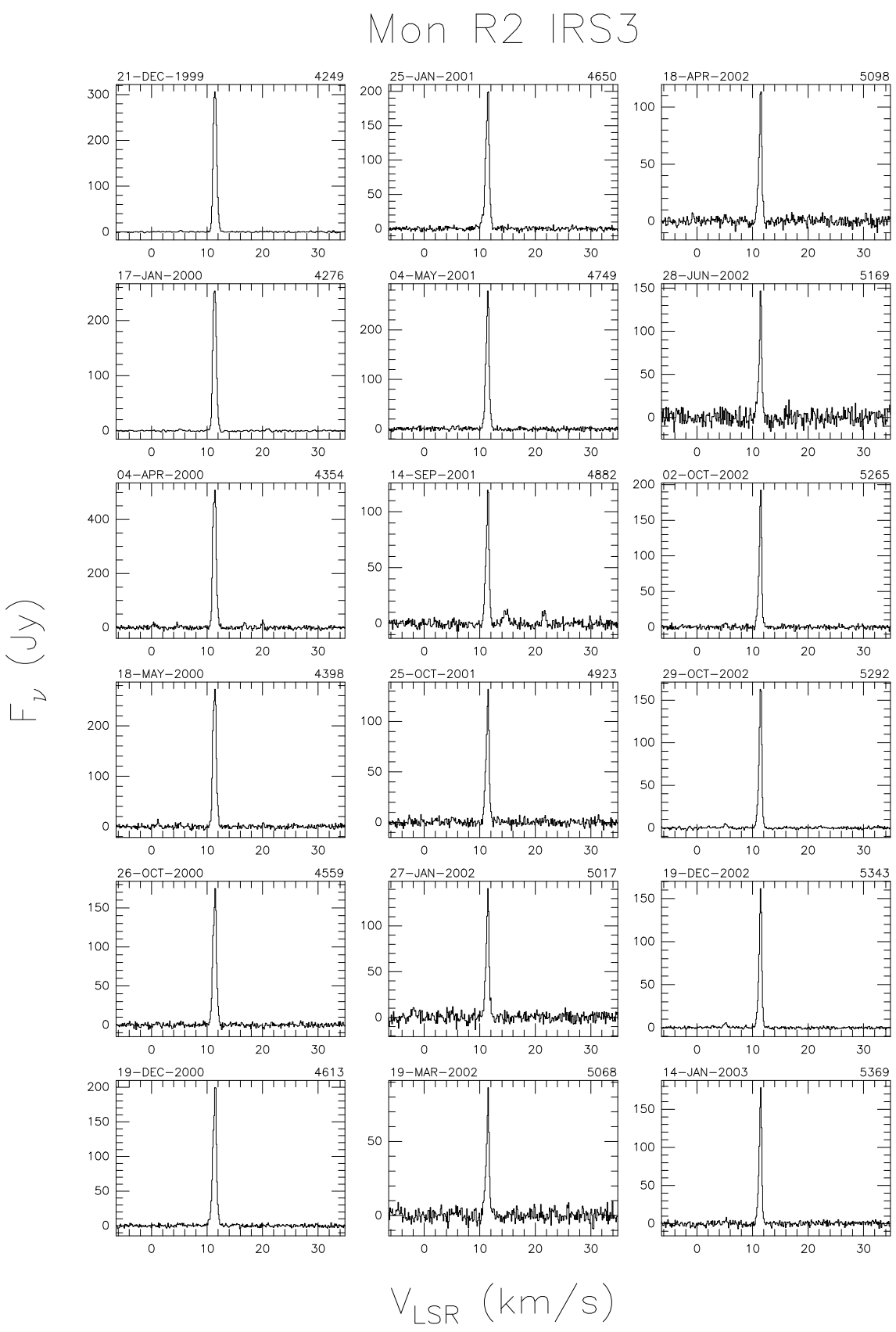

Fig. A.13. a continued

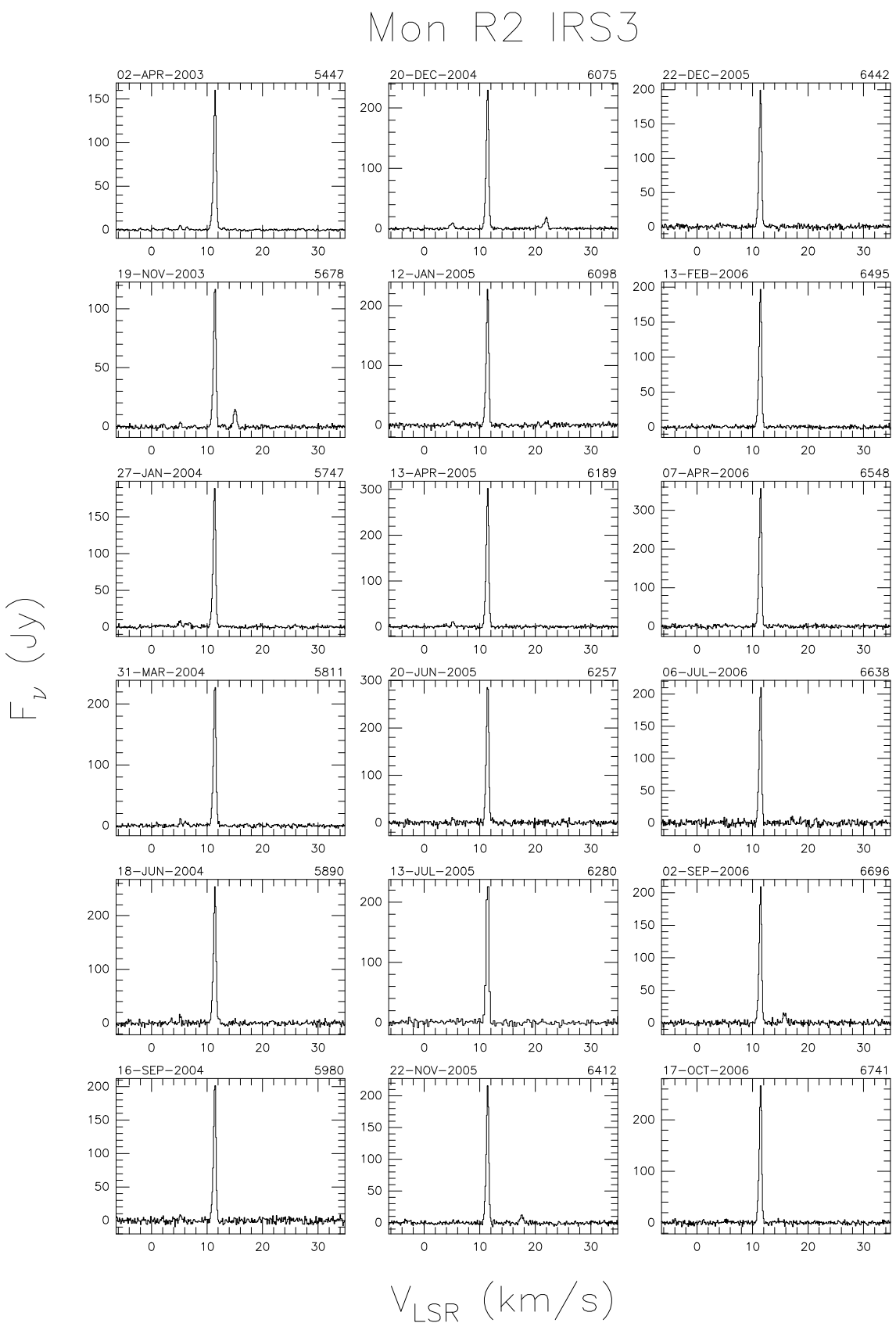

Fig. A.13. a continued

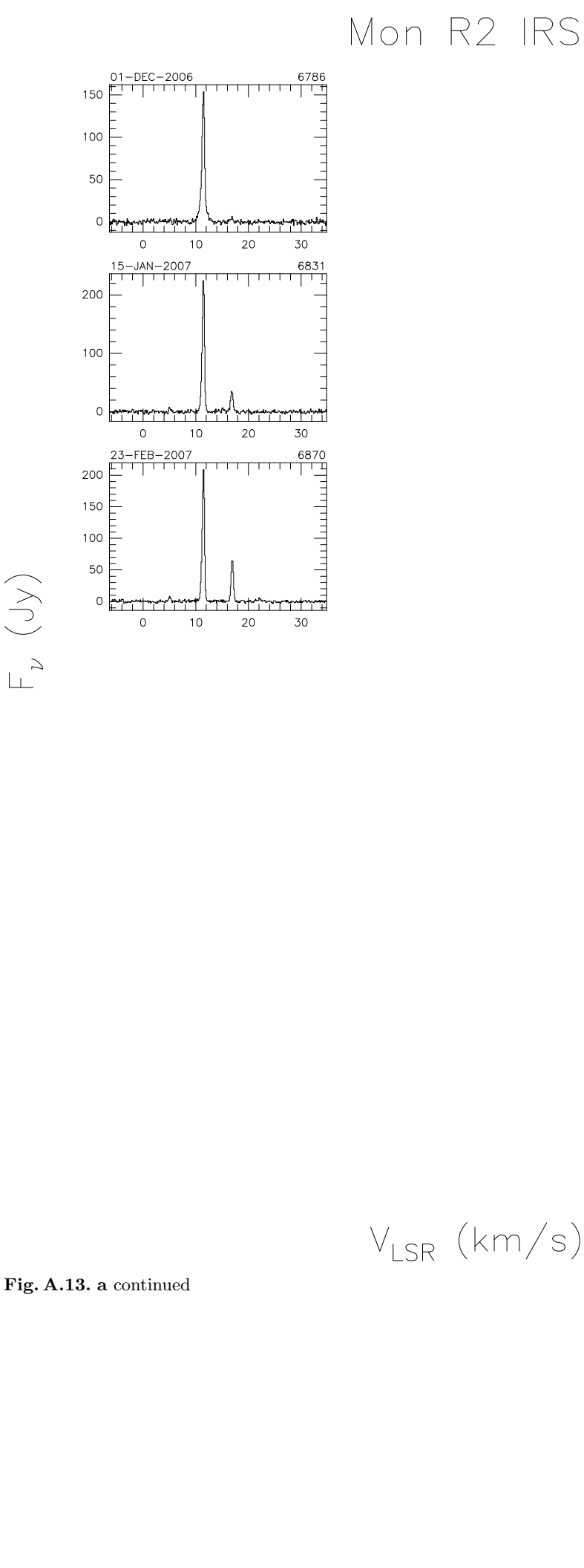

Fig. A.13. a continued

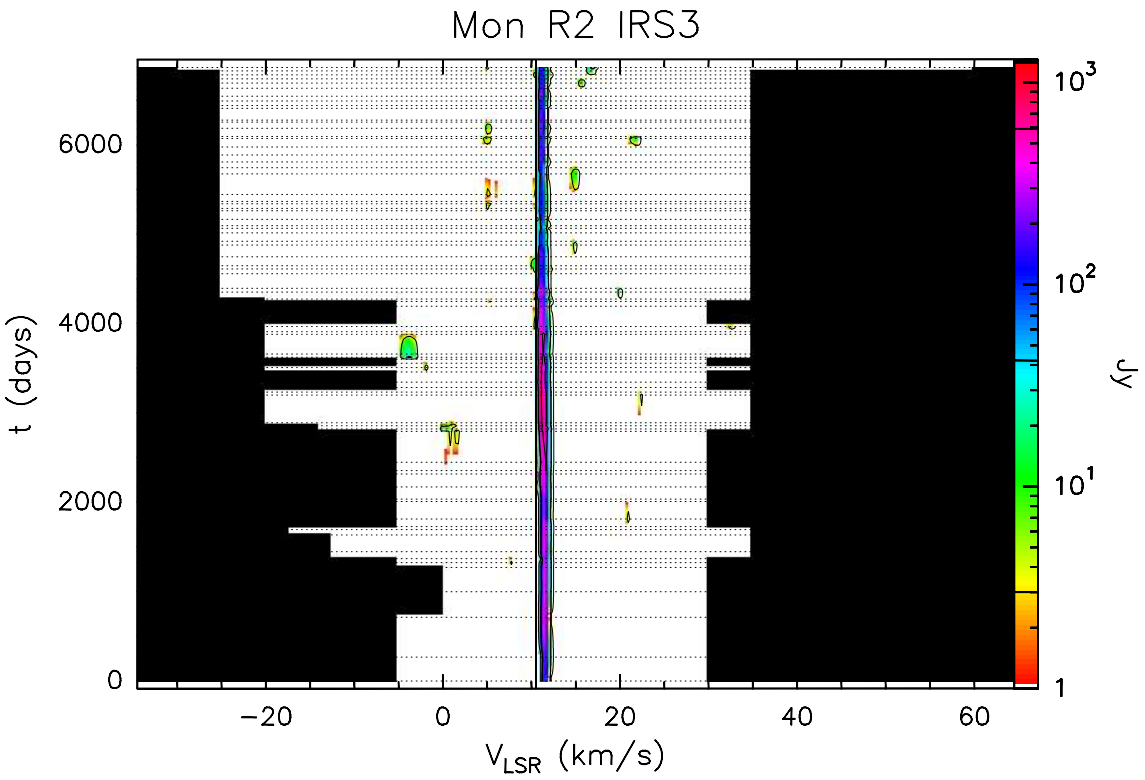

Fig. A.13. b Velocity–time–flux density *full* plot for source Mon R2 IRS3. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

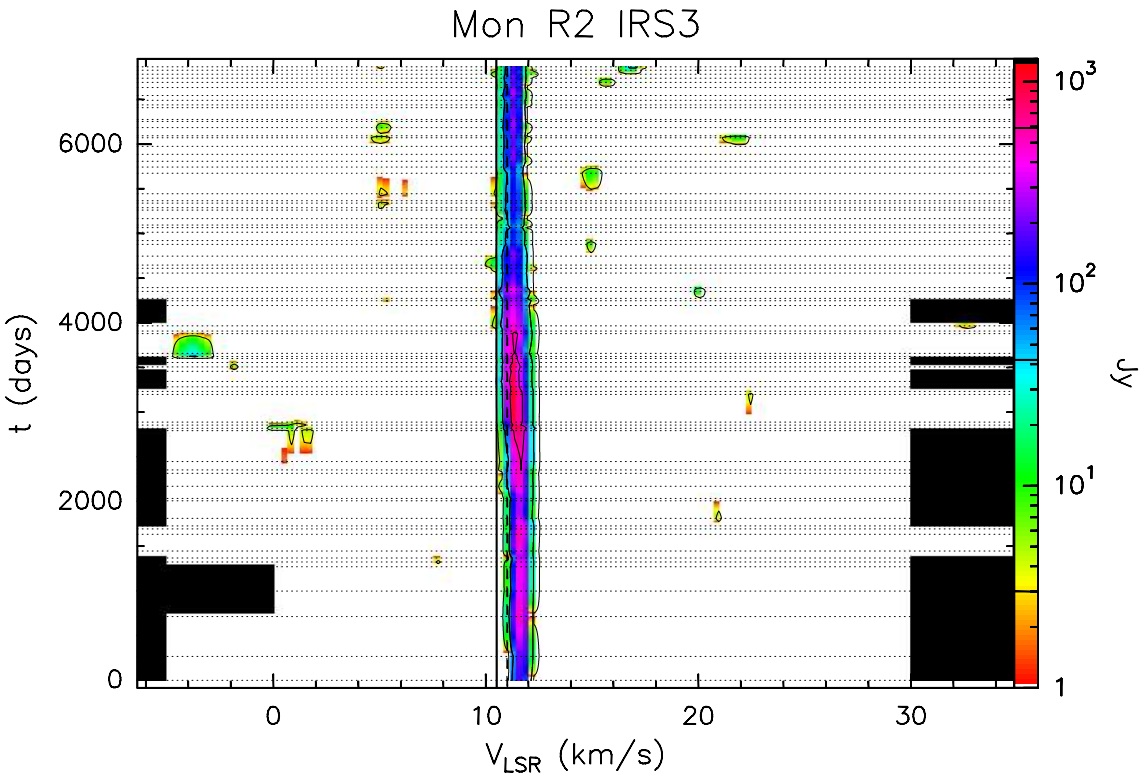

Fig. A.13. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

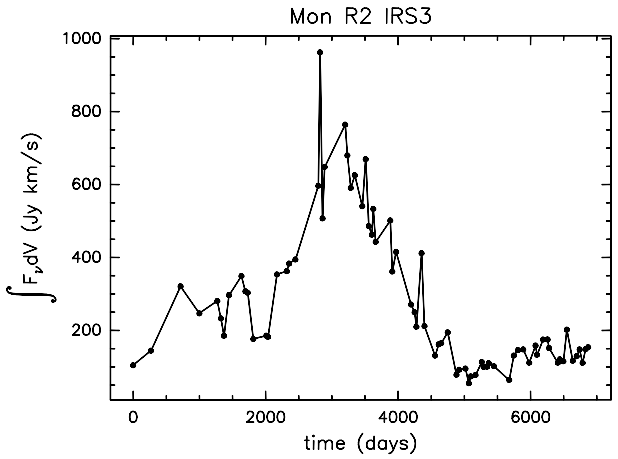

Fig. A.13. d Integral of the flux density over the observed velocity range as a function of time for source Mon R2 IRS3.

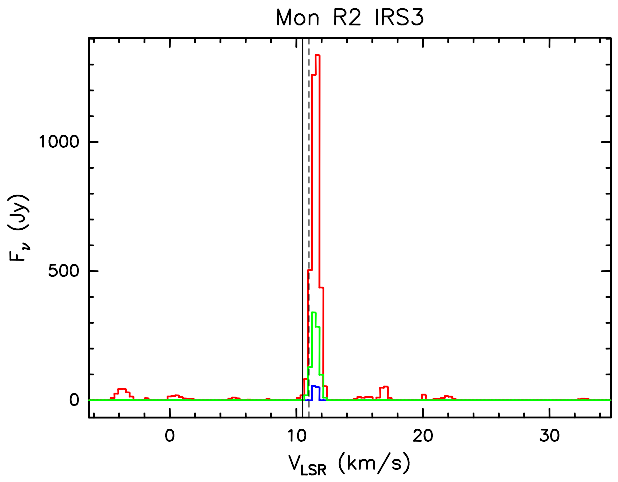

Fig. A.13. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source Mon R2 IRS3 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

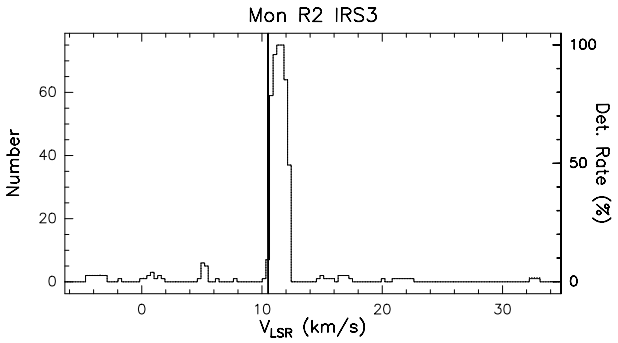

Fig. A.13. f Rate-of-occurrence plot for source Mon R2 IRS3. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

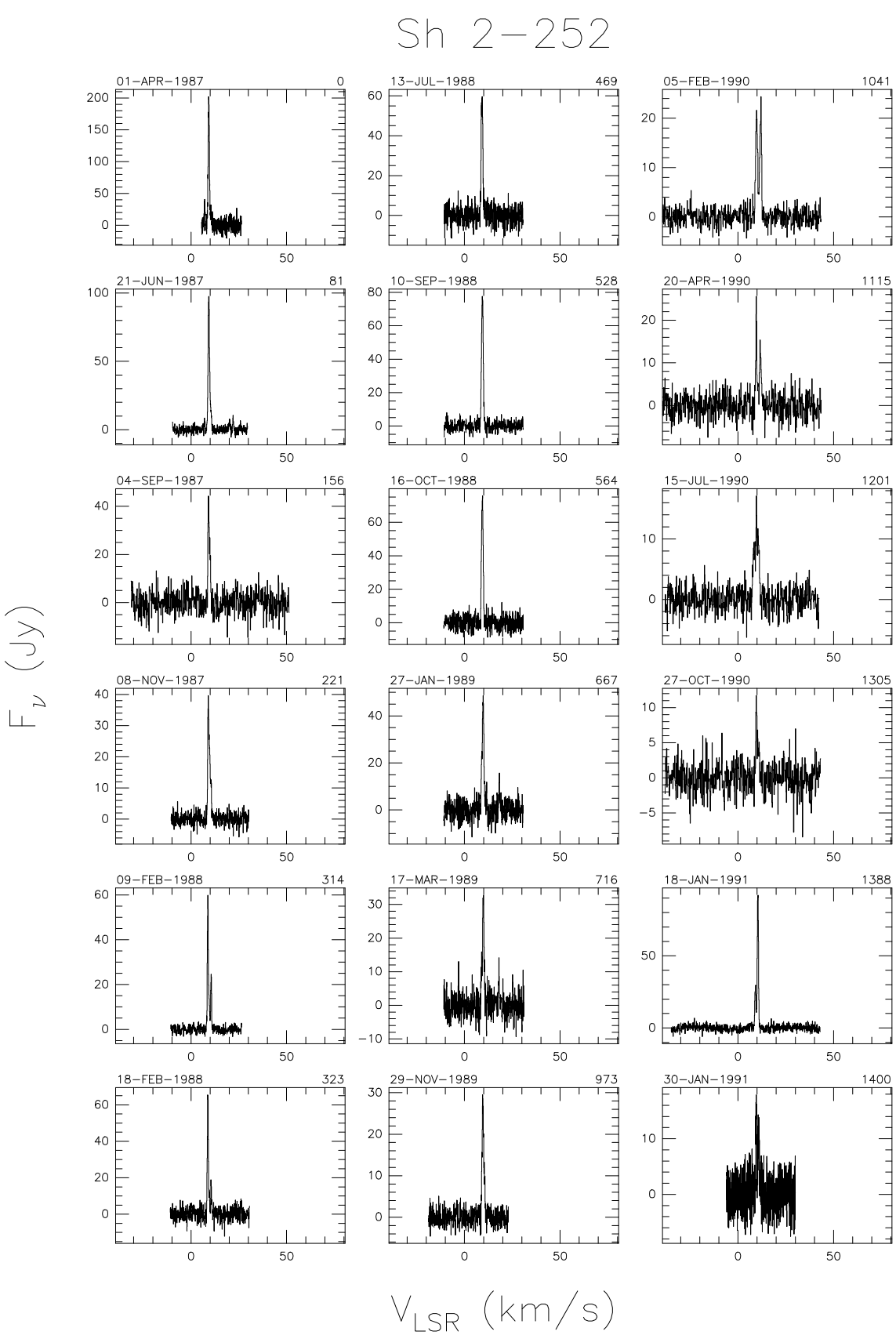

Fig. A.14. a Spectra of source Sh 2-252 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

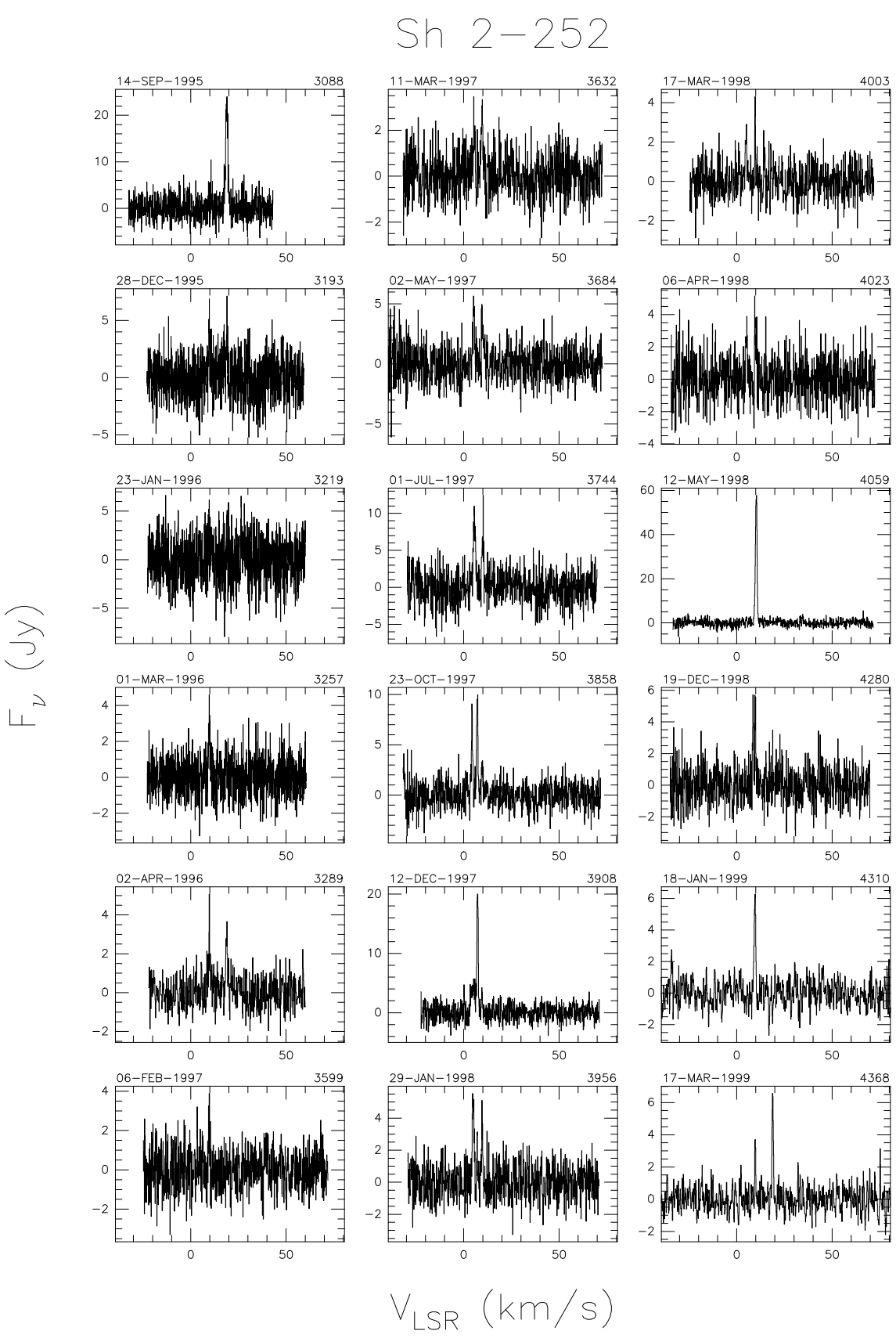

Fig. A.14. a continued

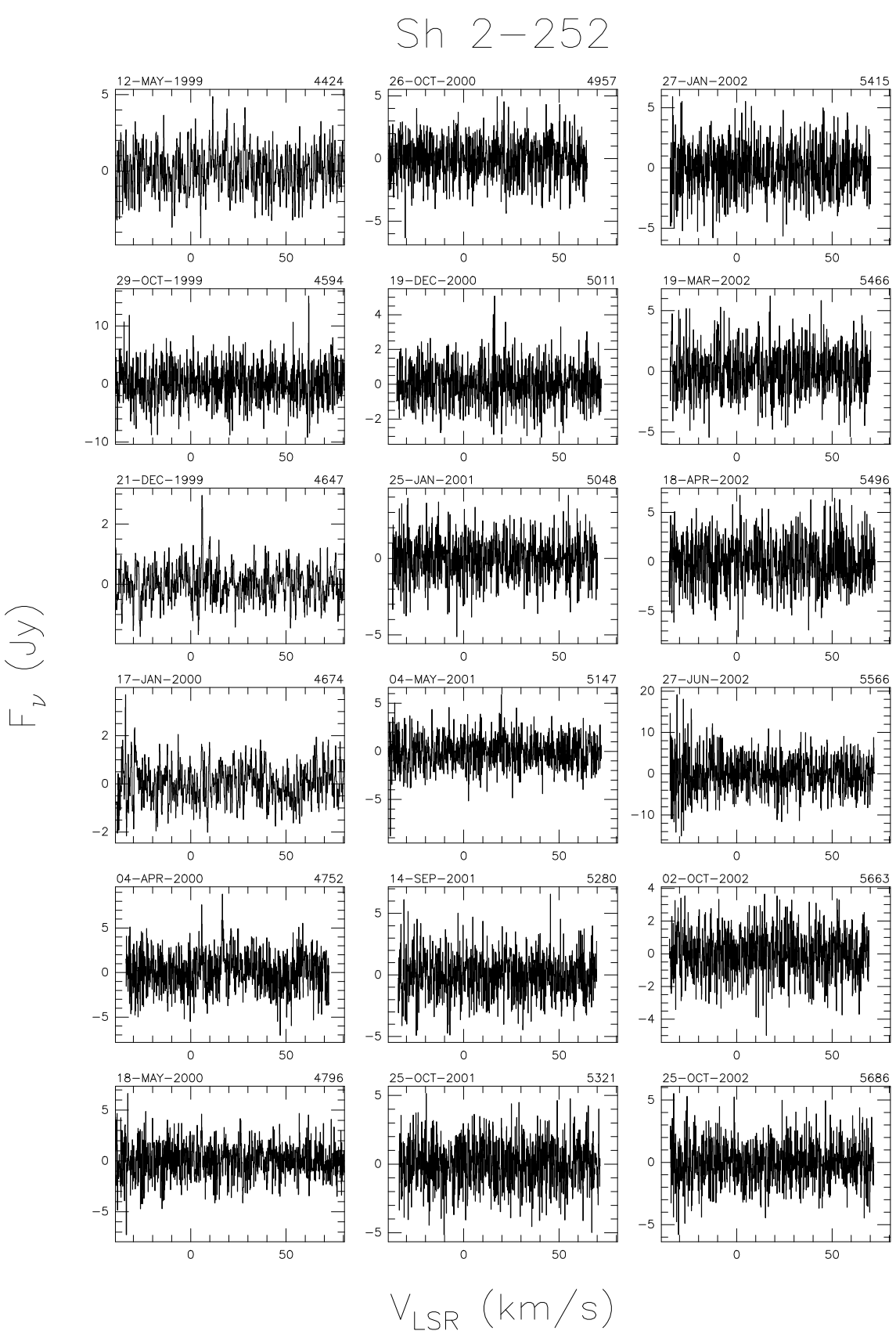

Fig. A.14. a continued

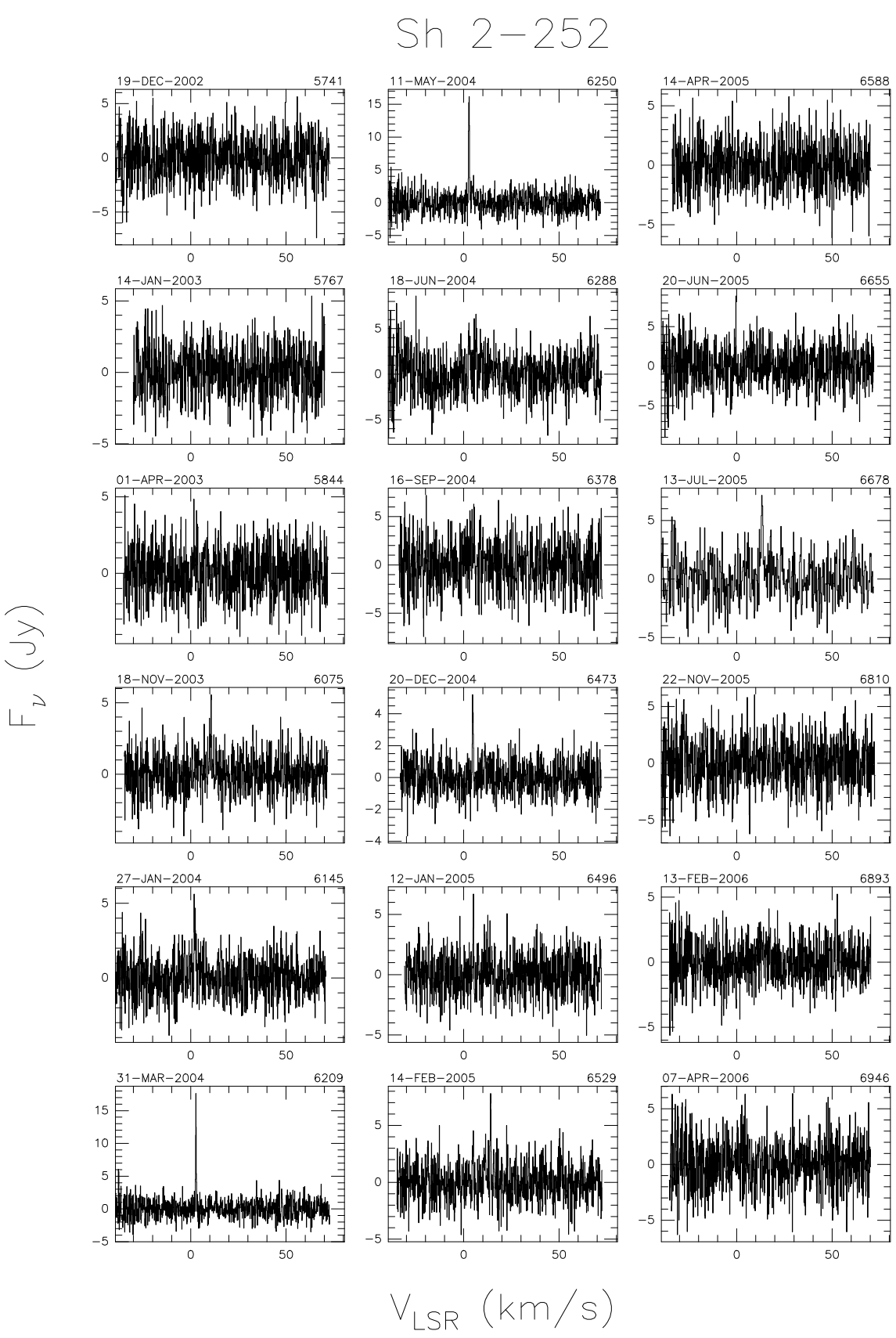

Fig. A.14. a continued

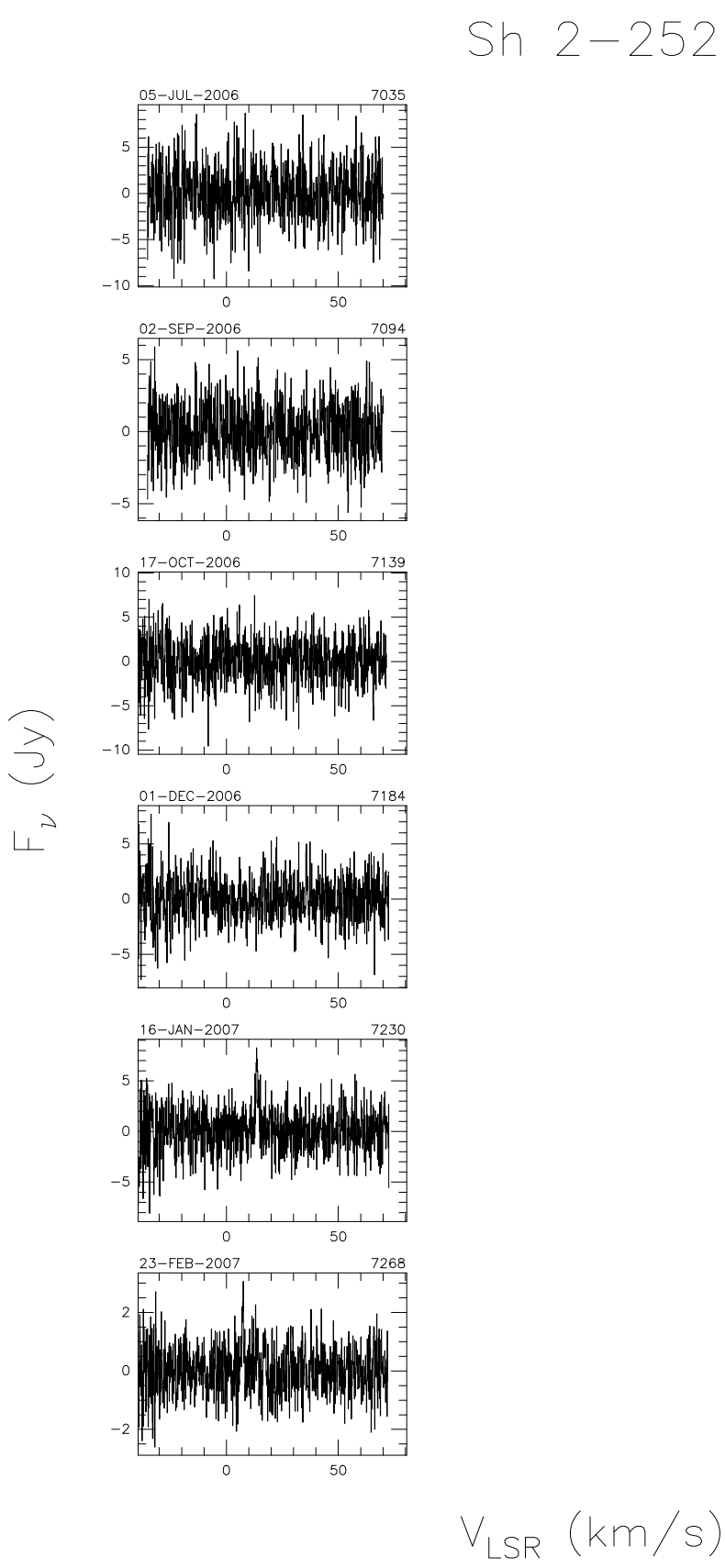

Fig. A.14. a continued

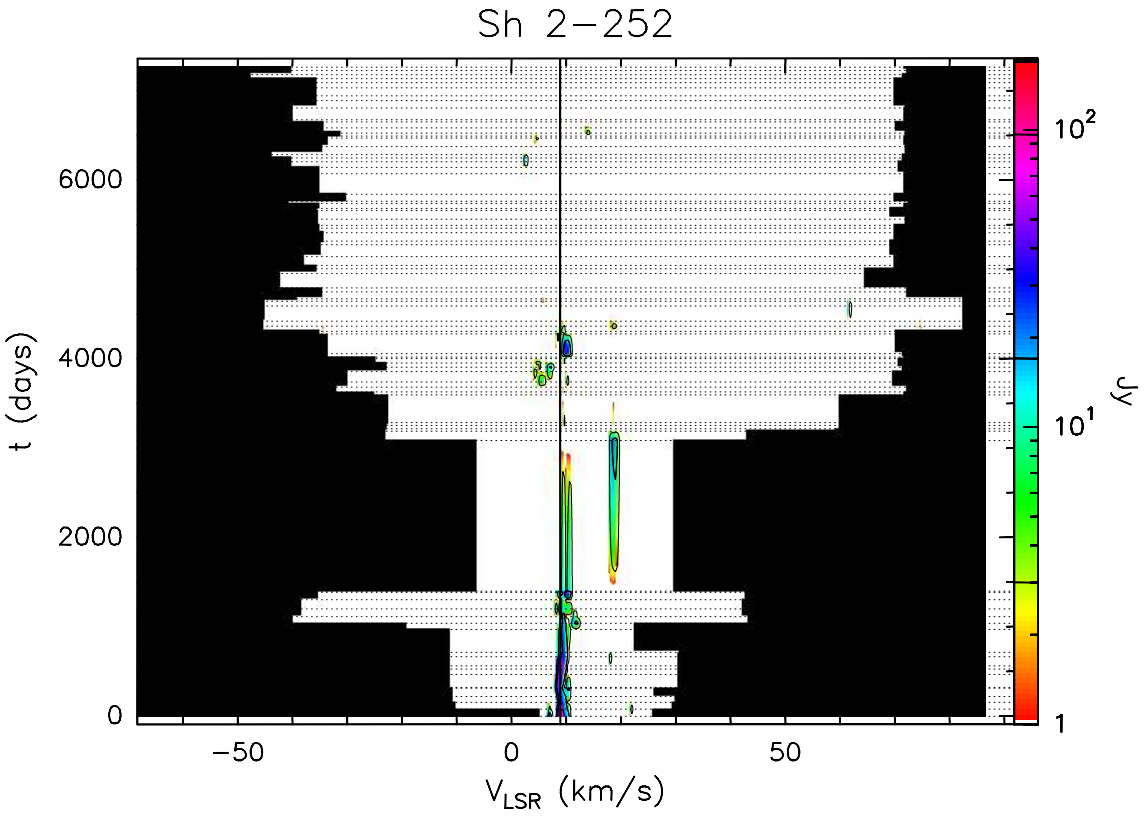

Fig. A.14. b Velocity–time–flux density *full* plot for source Sh 2-252. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

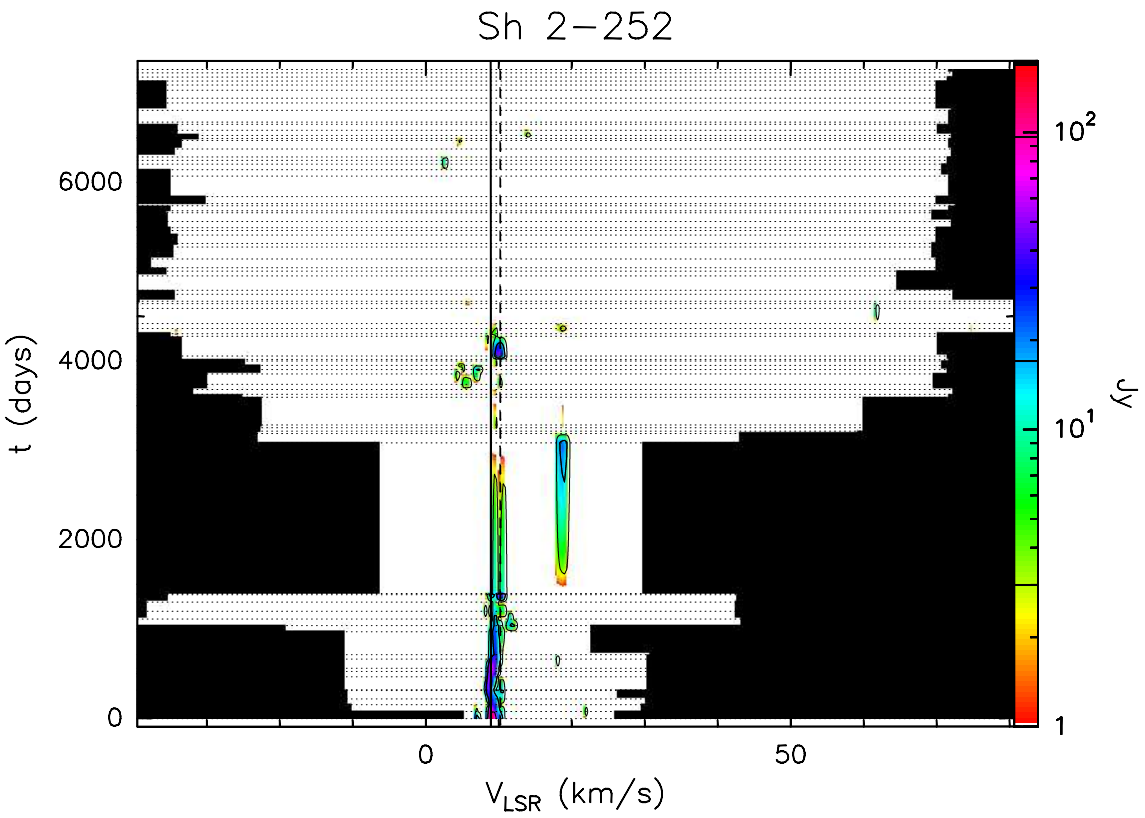

Fig. A.14. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

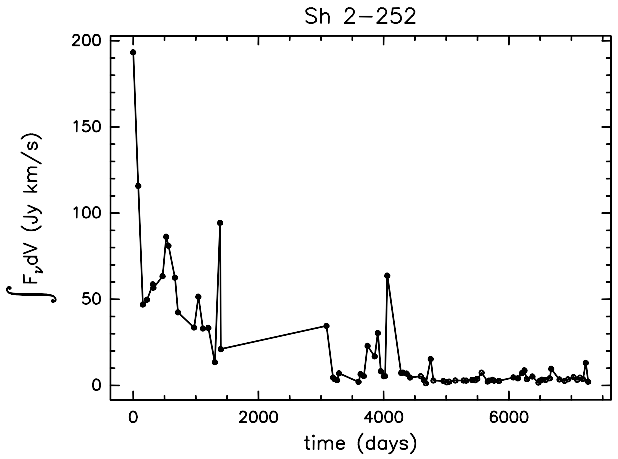

Fig. A.14. d Integral of the flux density over the observed velocity range as a function of time for source Sh 2-252.

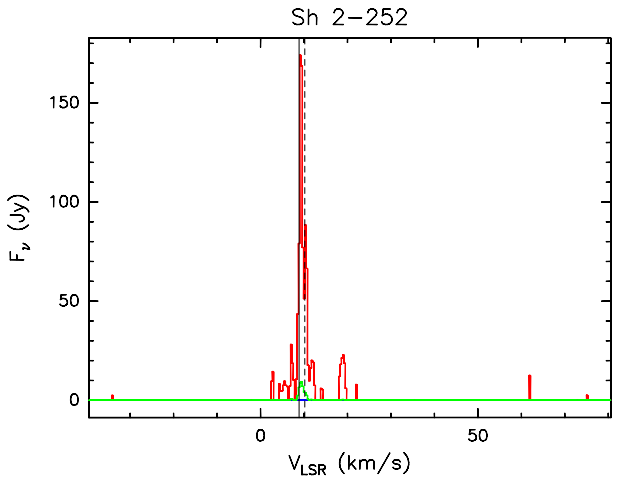

Fig. A.14. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source Sh 2-252 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

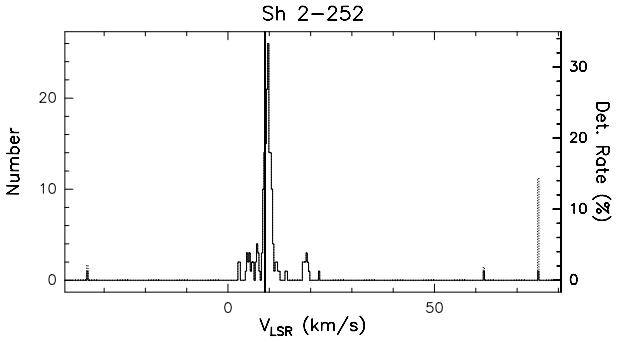

Fig. A.14. f Rate-of-occurrence plot for source Sh 2-252. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

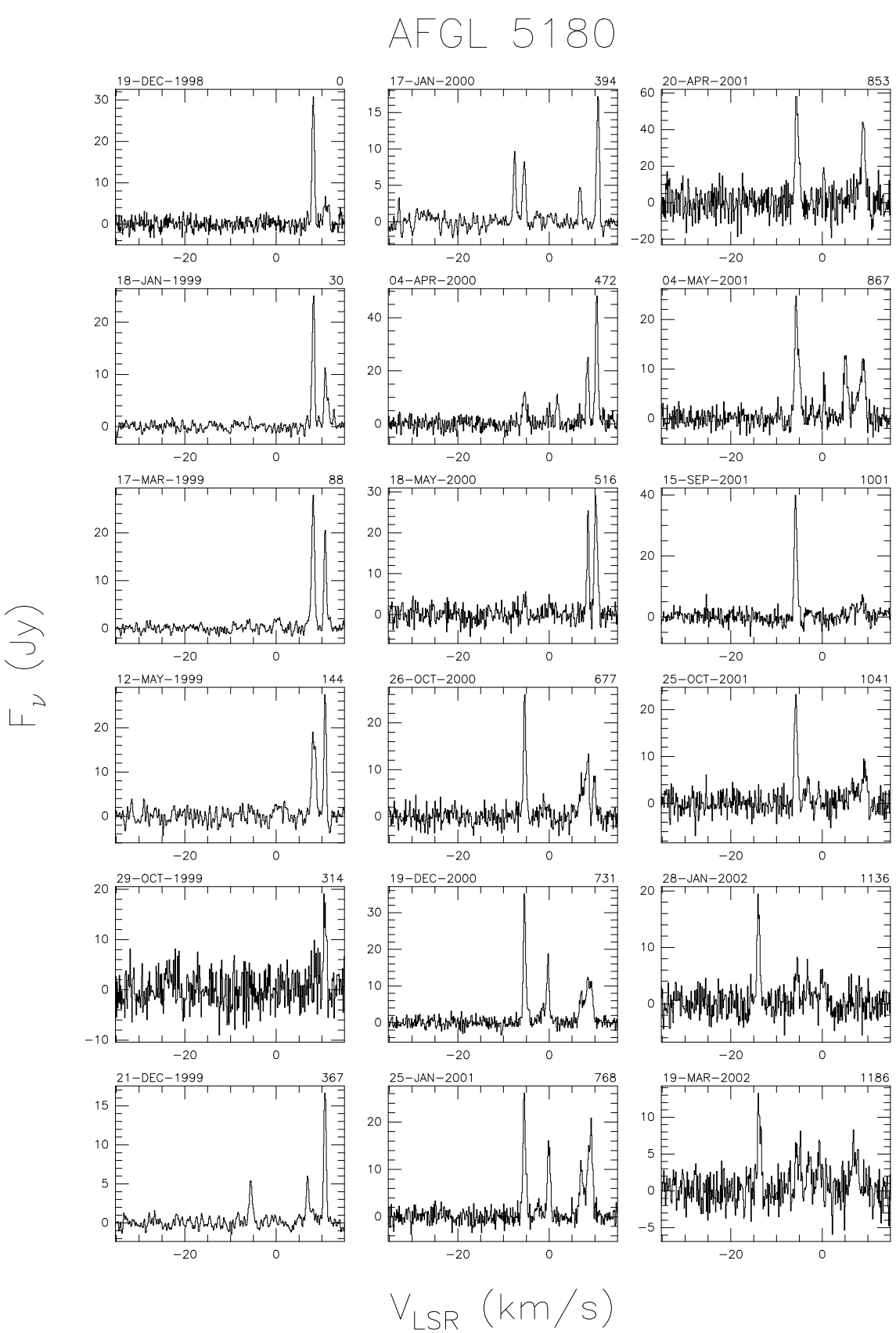

Fig. A.15. a Spectra of source AFGL 5180 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

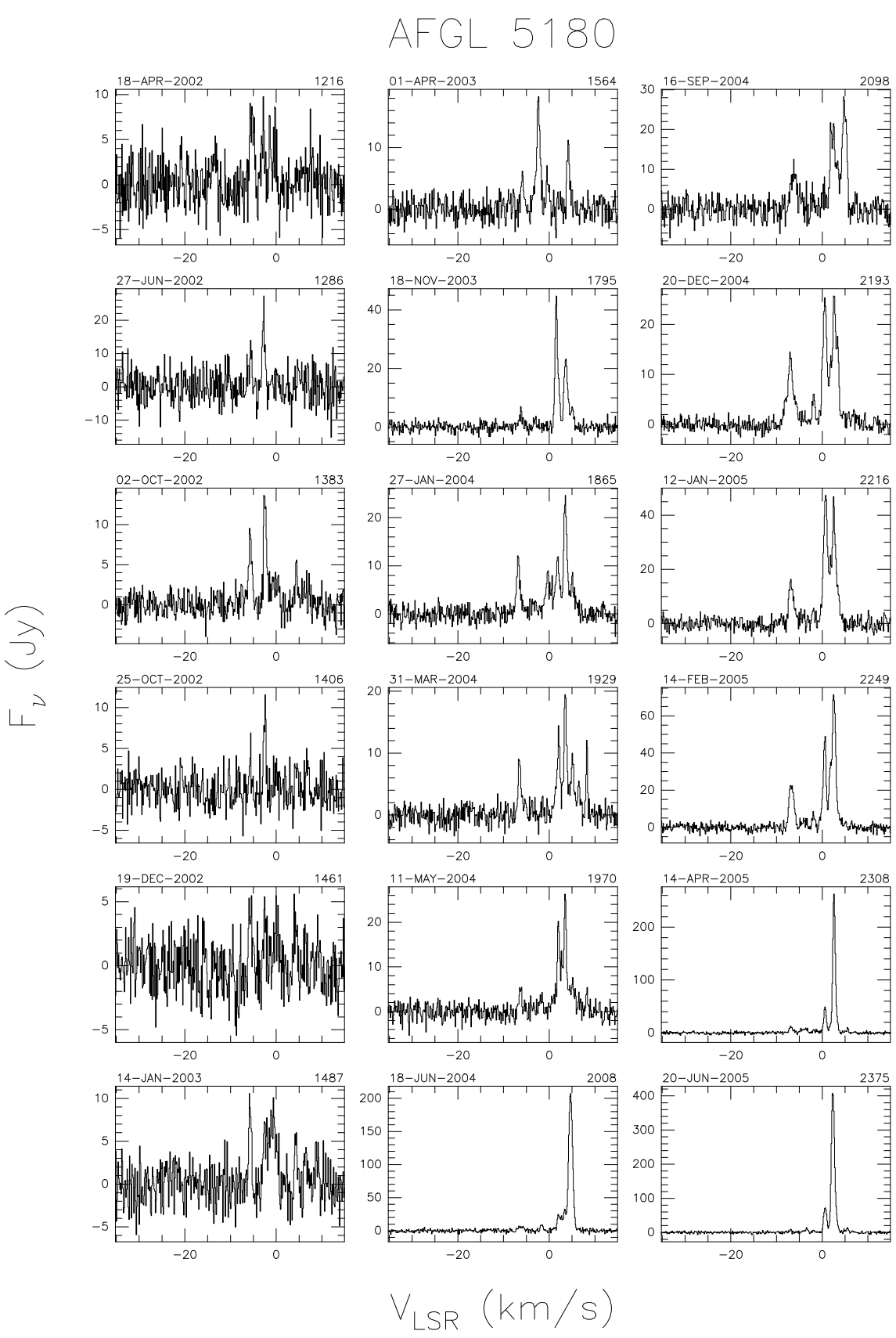

Fig. A.15. a continued

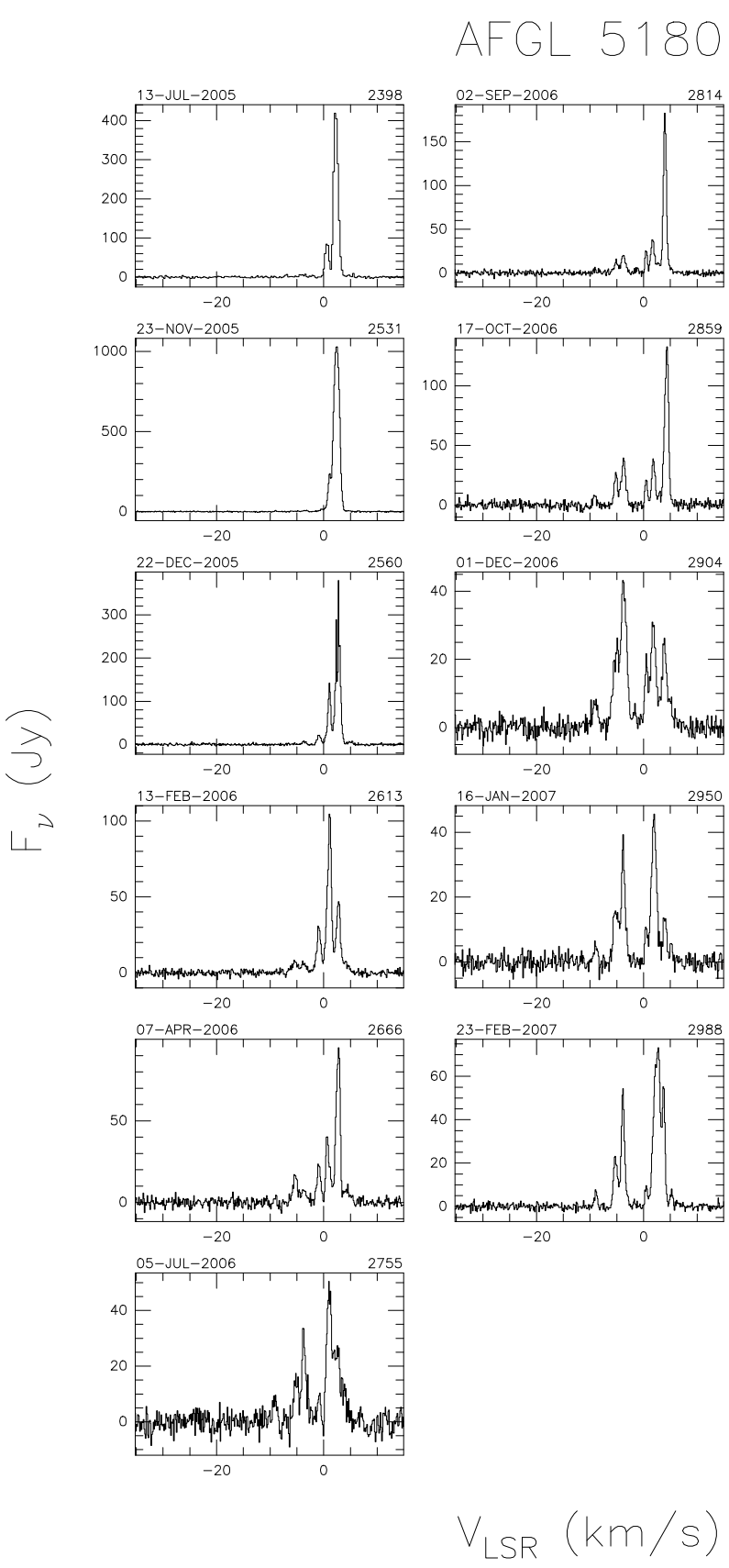

Fig. A.15. a continued

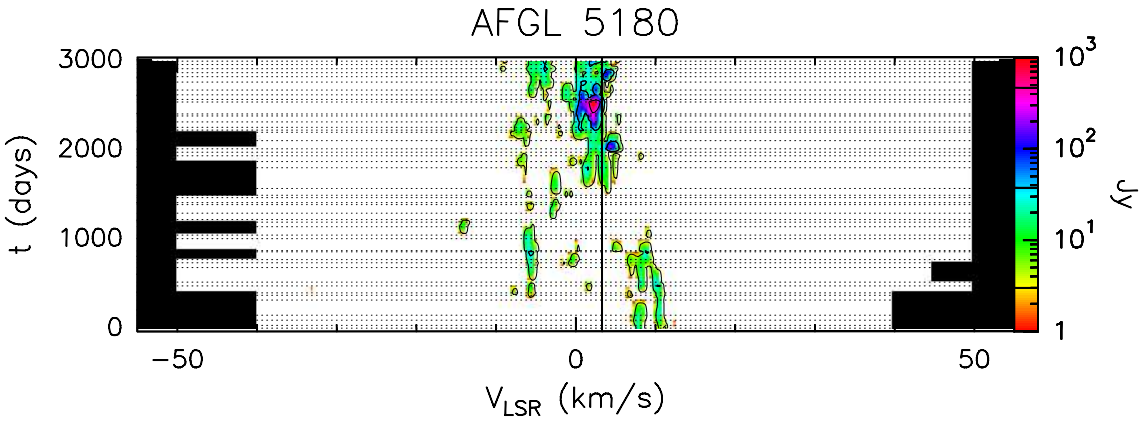

Fig. A.15. b Velocity–time–flux density *full* plot for source AFGL 5180. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

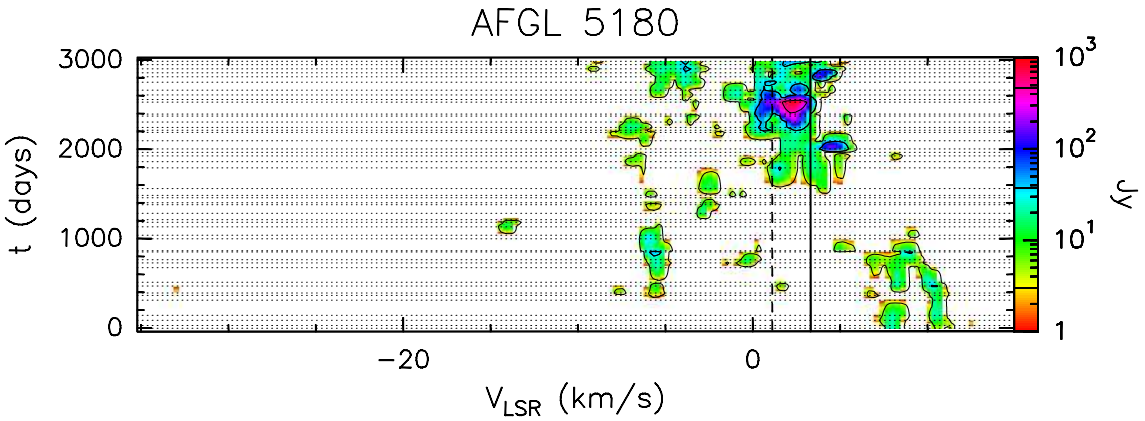

Fig. A.15. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

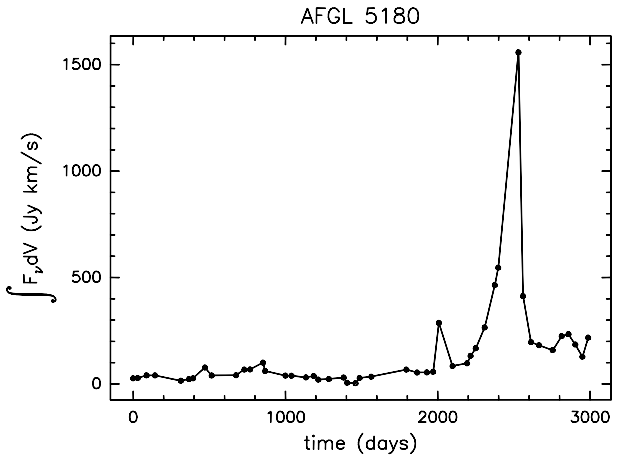

Fig. A.15. d Integral of the flux density over the observed velocity range as a function of time for source AFGL 5180.

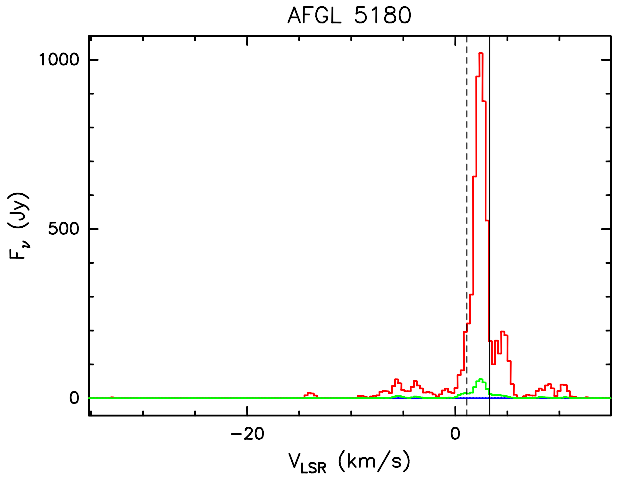

Fig. A.15. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source AFGL 5180 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

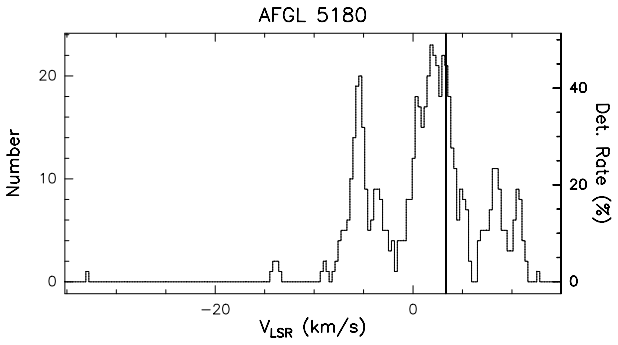

Fig. A.15. f Rate-of-occurrence plot for source AFGL 5180. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

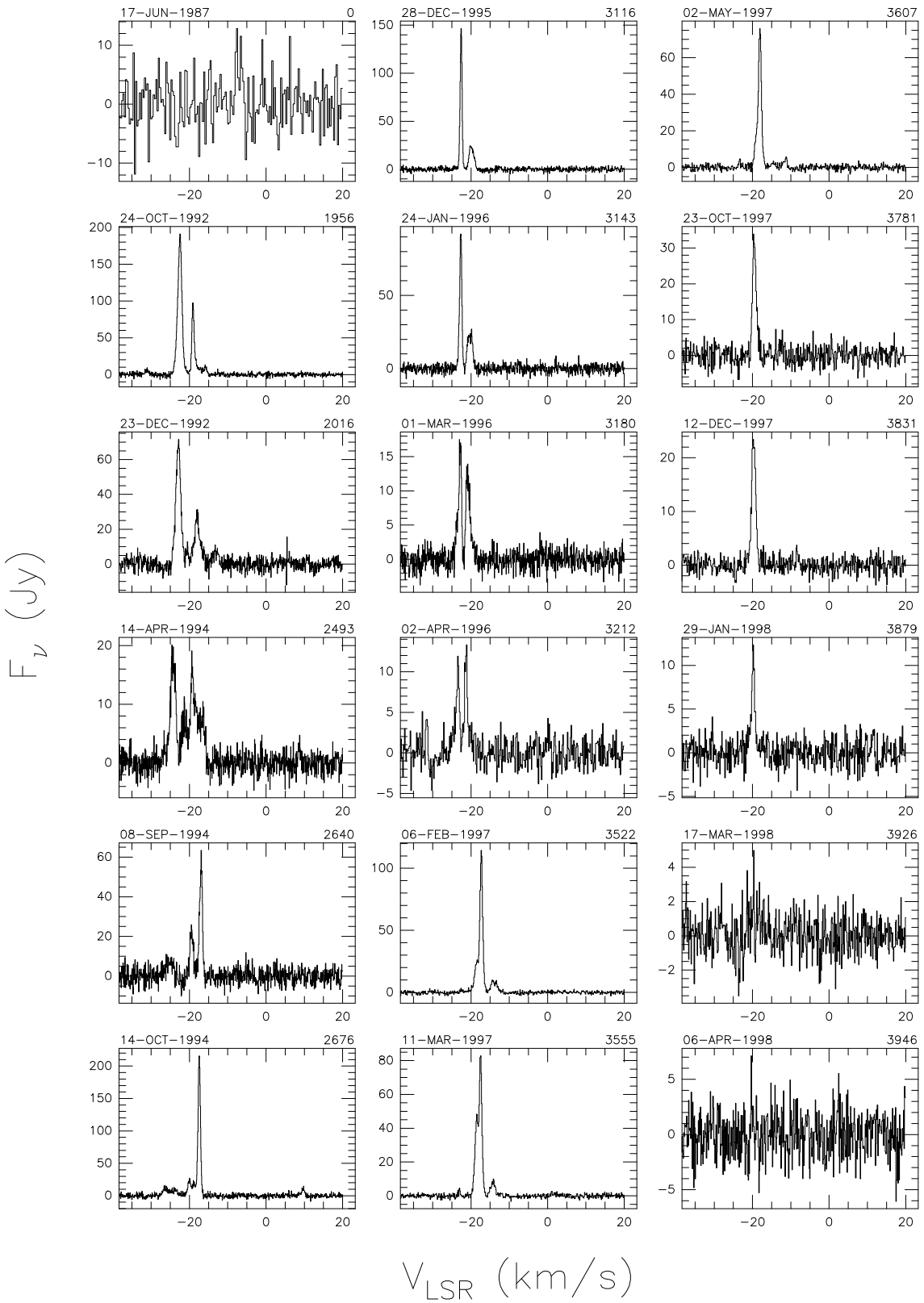

Fig. A.16. a Spectra of source GGD 12-15 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

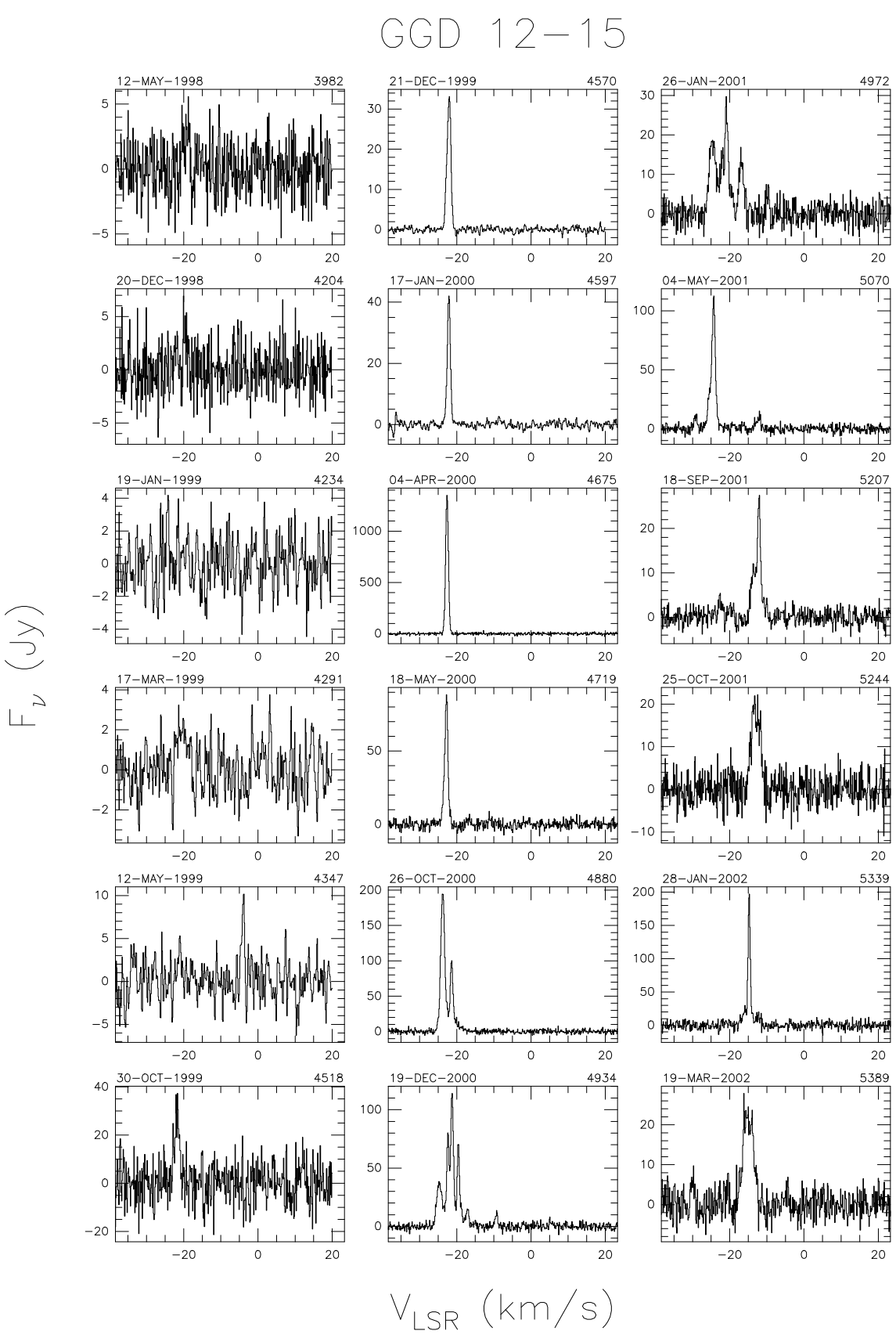

Fig. A.16. a continued

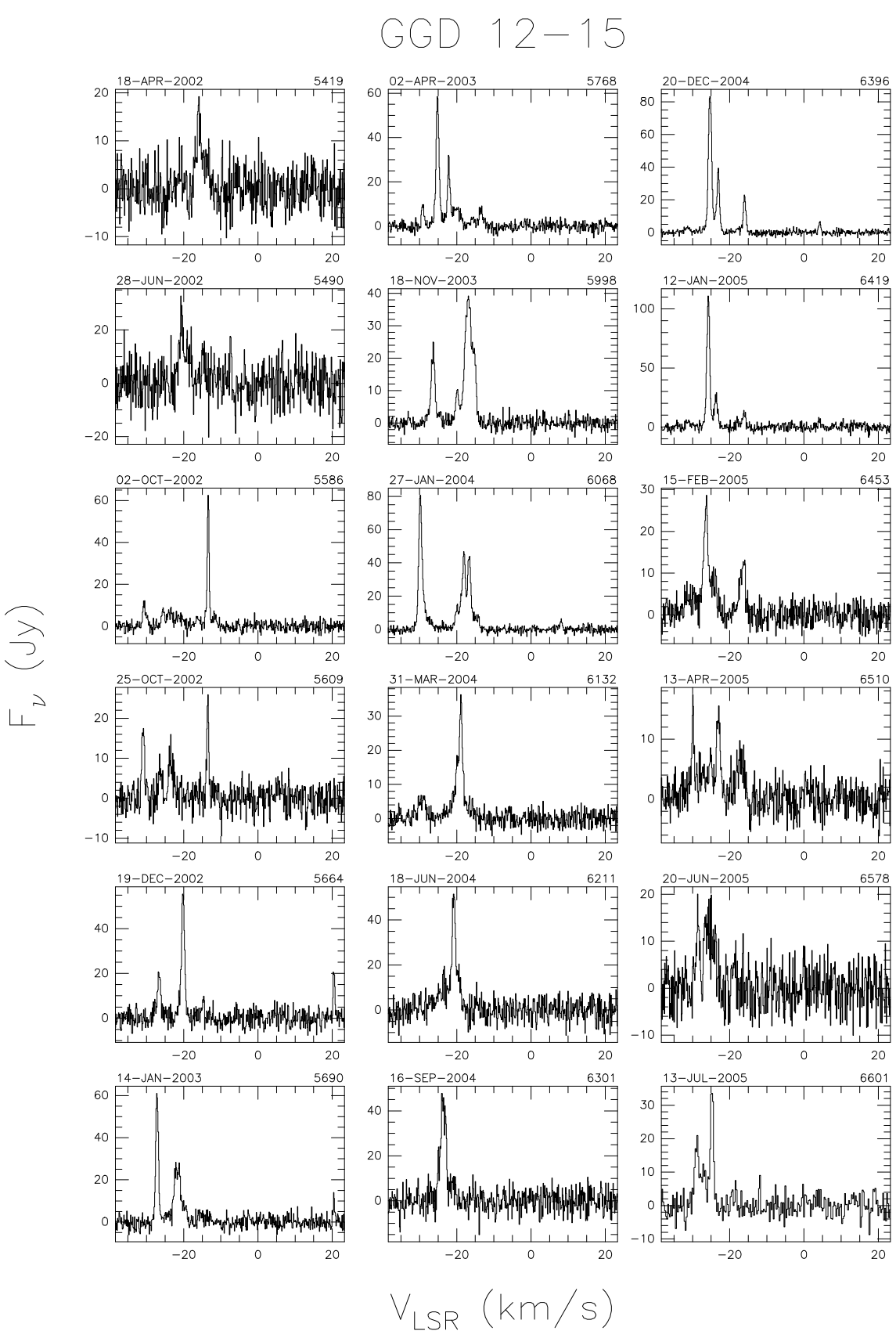

Fig. A.16. a continued

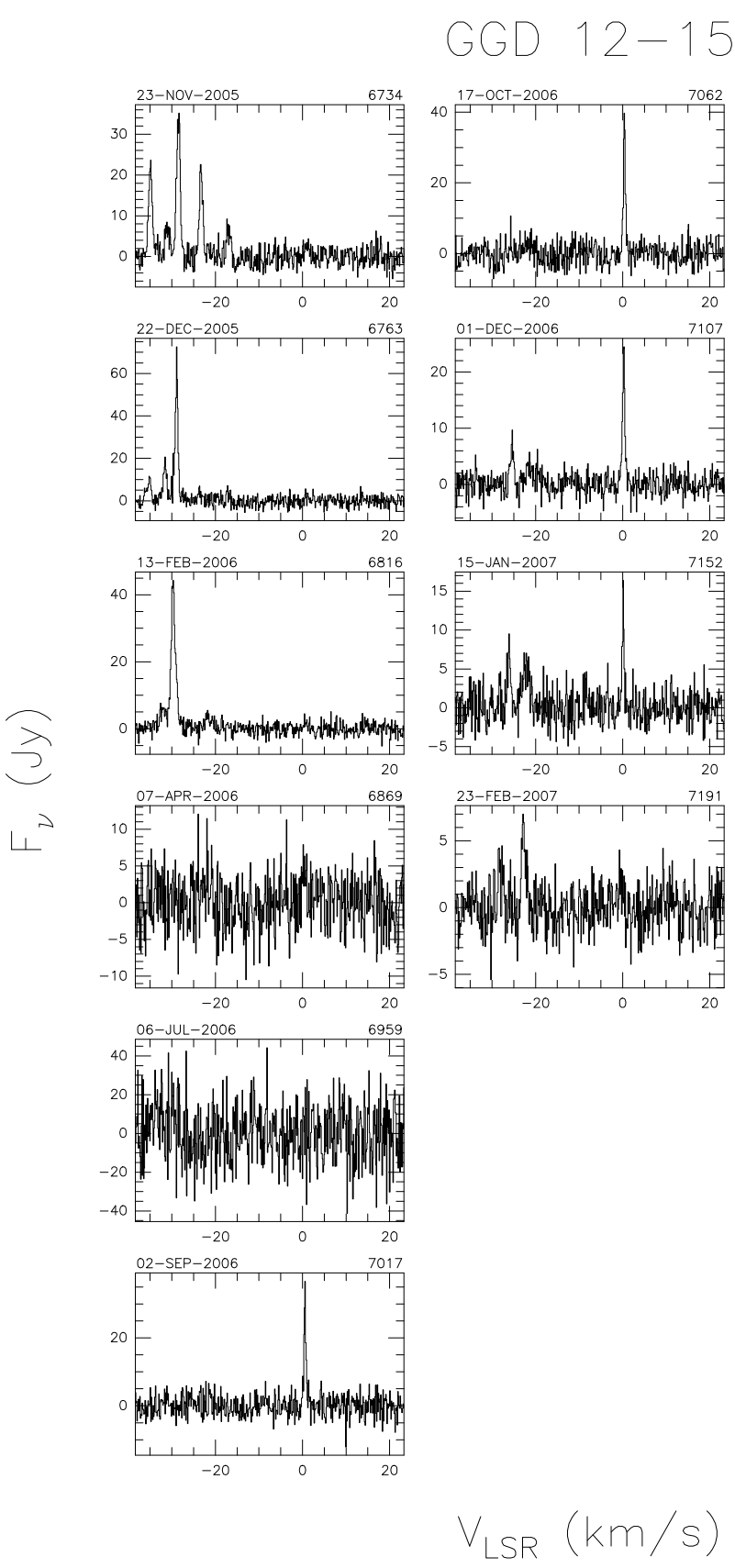

Fig. A.16. a continued

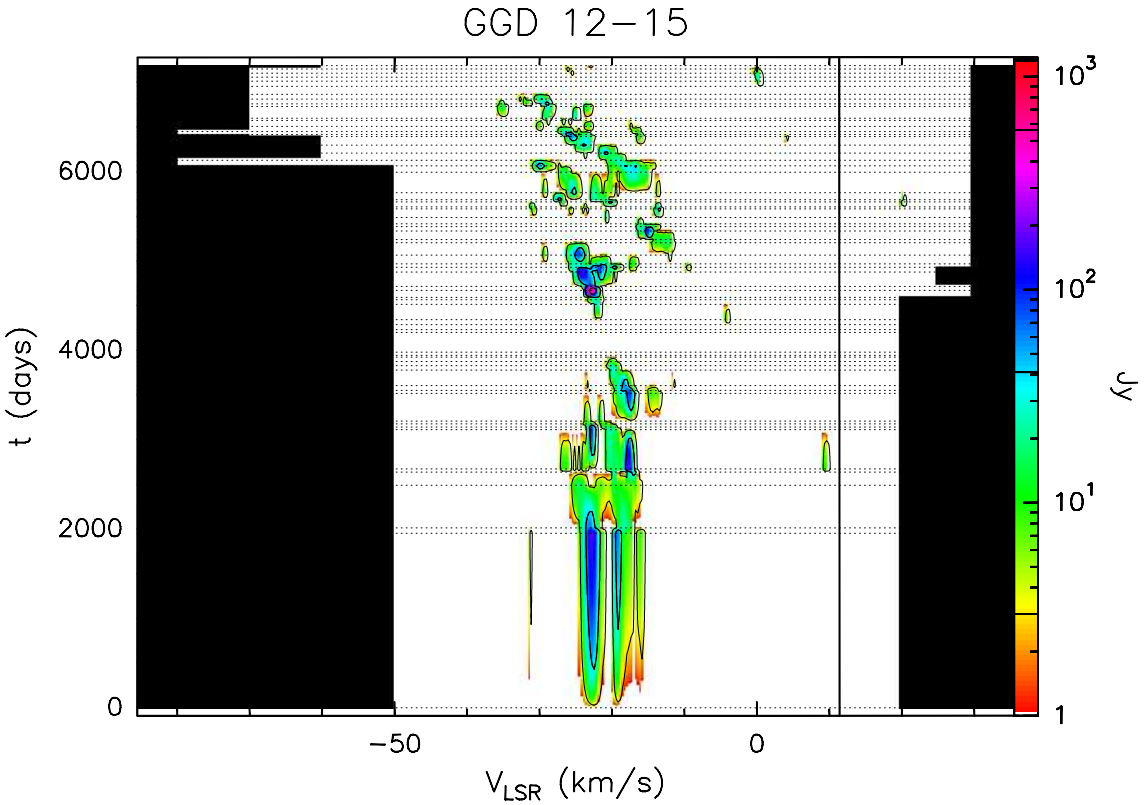

Fig. A.16. b Velocity–time–flux density *full* plot for source GGD 12-15. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

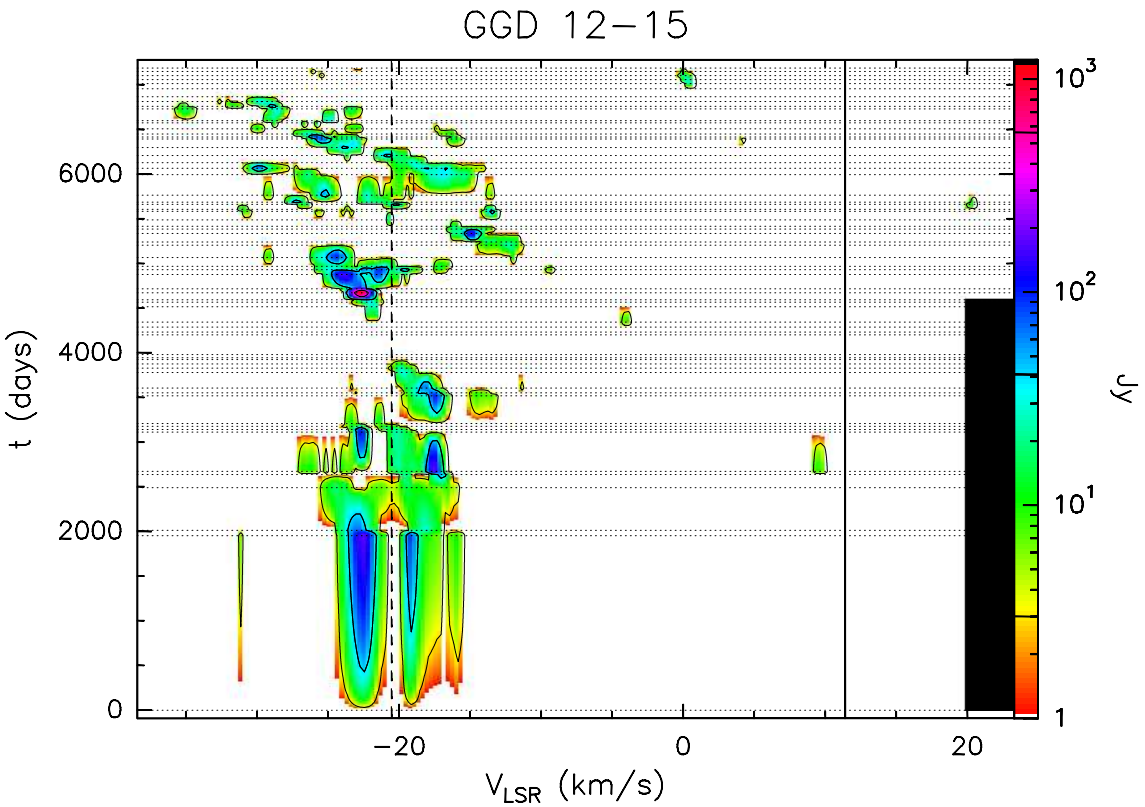

Fig. A.16. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

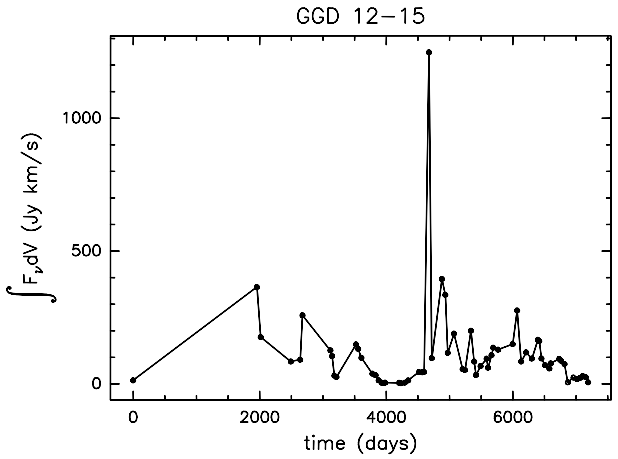

Fig. A.16. d Integral of the flux density over the observed velocity range as a function of time for source GGD 12-15.

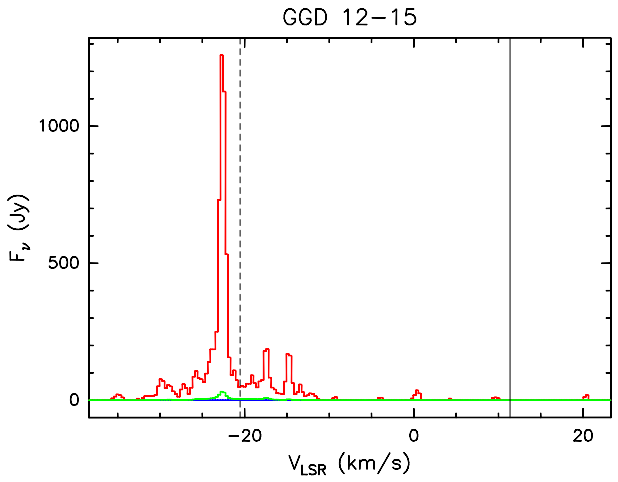

Fig. A.16. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source GGD 12-15 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

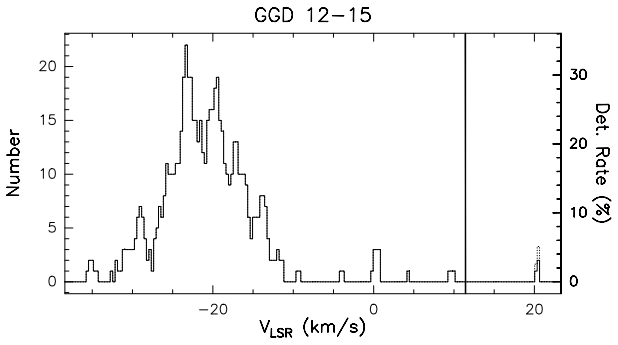

Fig. A.16. f Rate-of-occurrence plot for source GGD 12-15. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

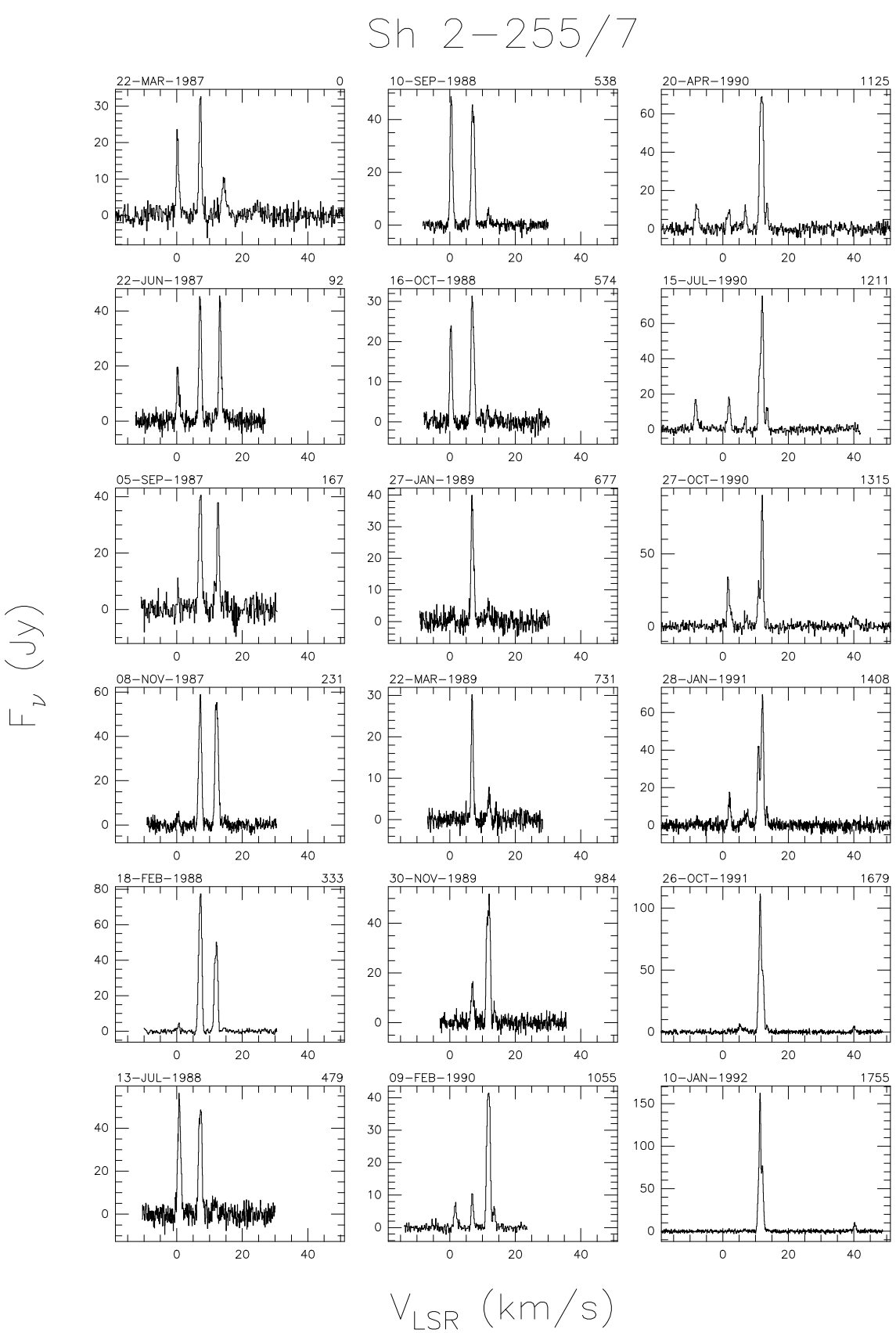

Fig. A.17. a Spectra of source Sh 2-255/7 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

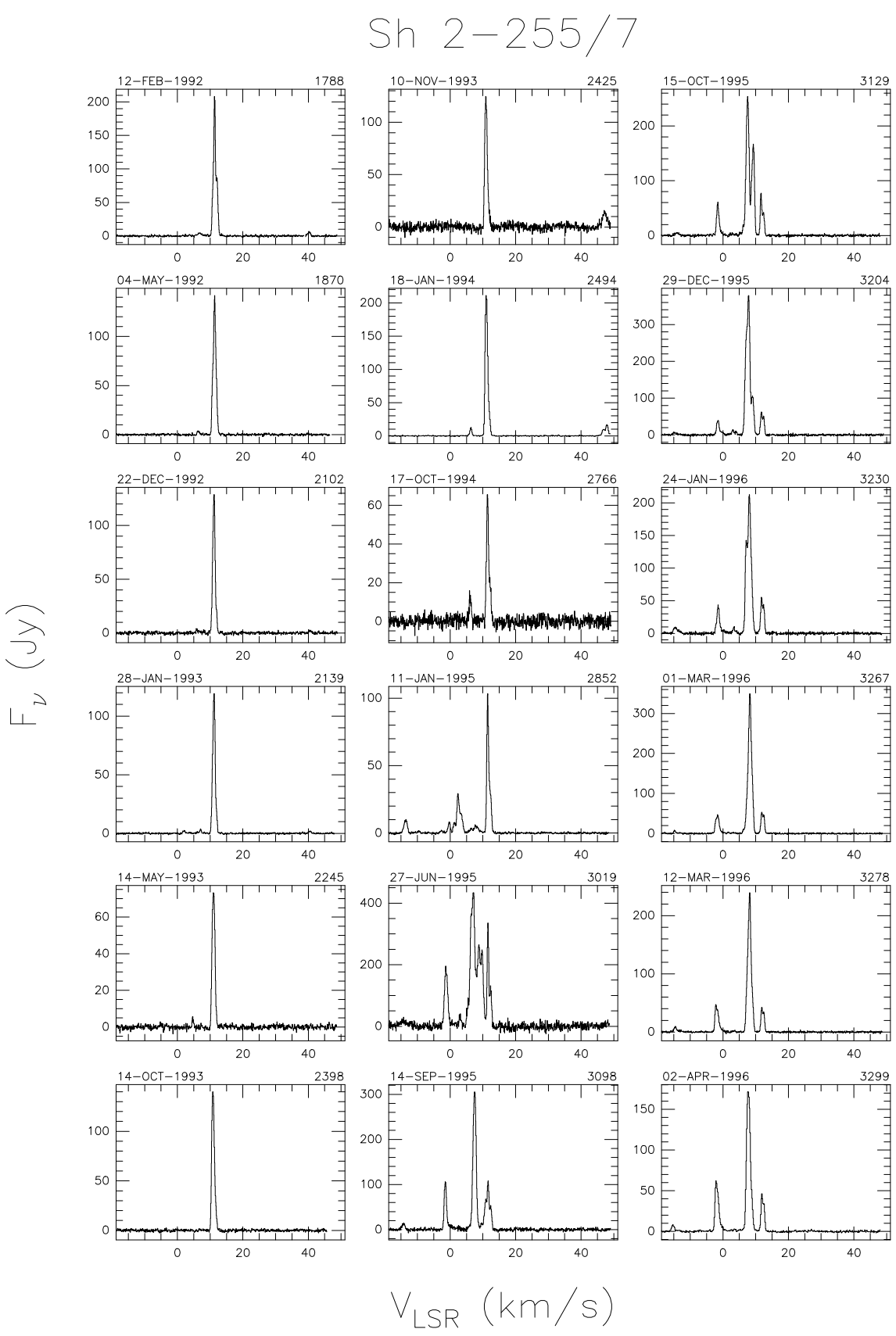

Fig. A.17. a continued

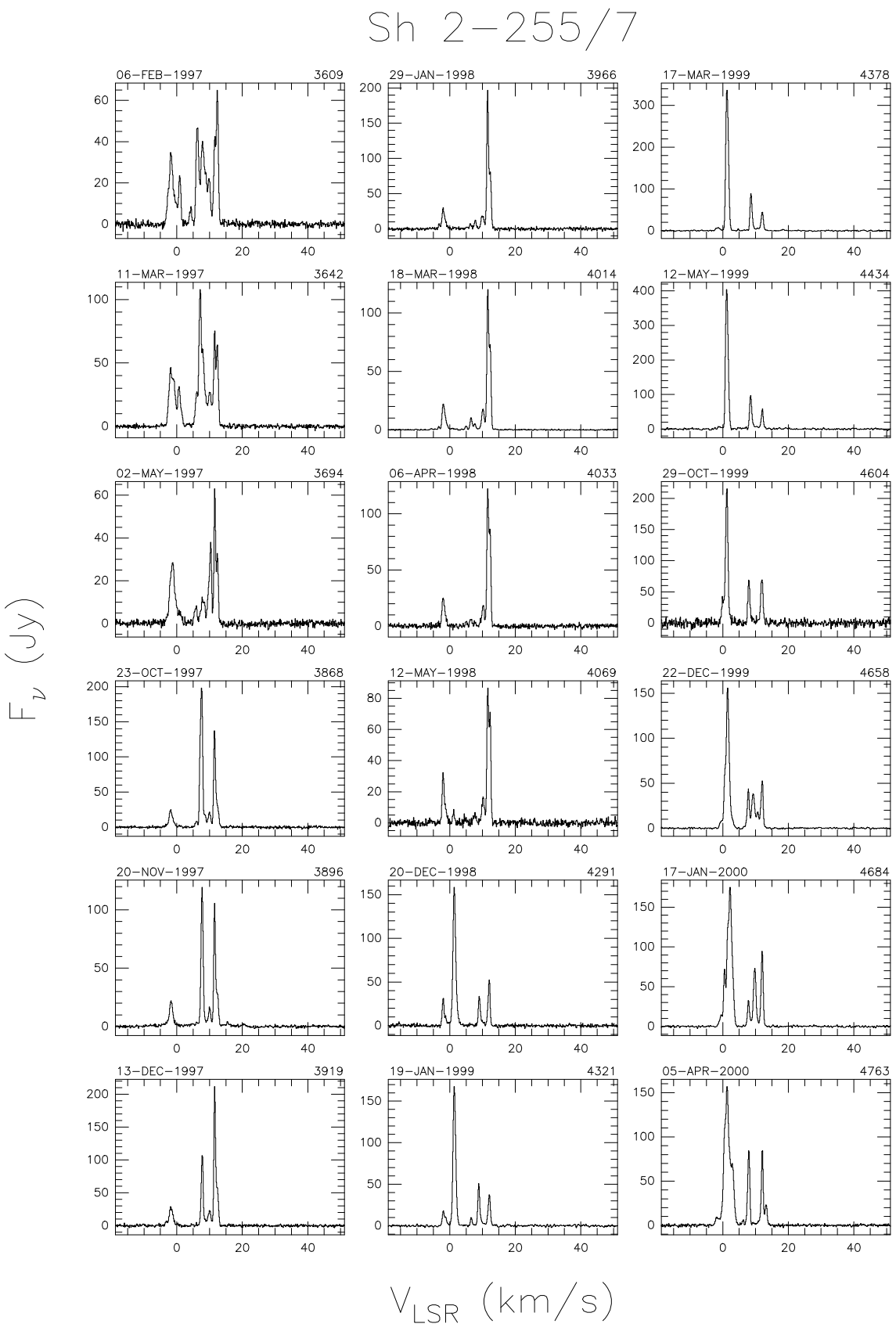

Fig. A.17. a continued

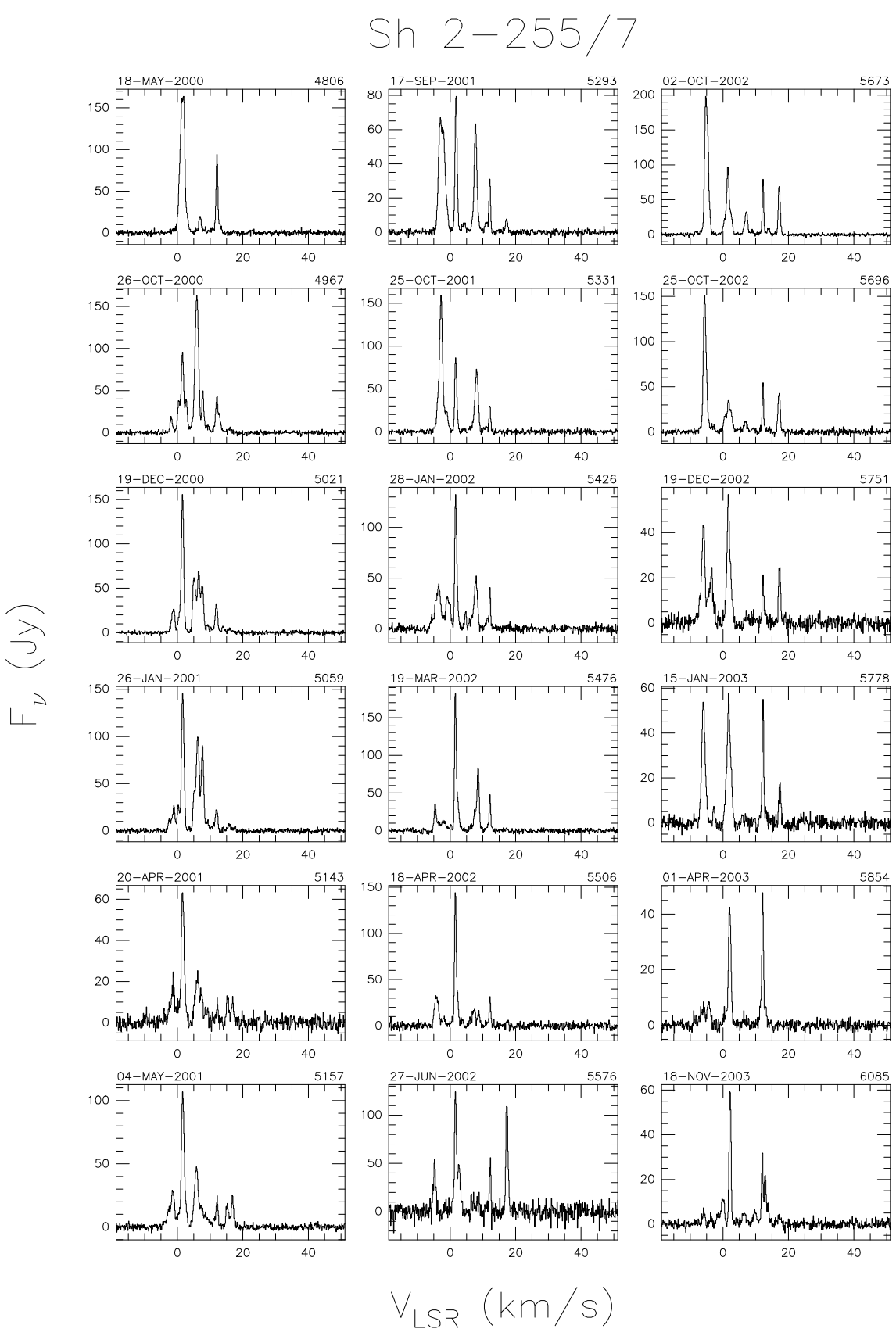

Fig. A.17. a continued

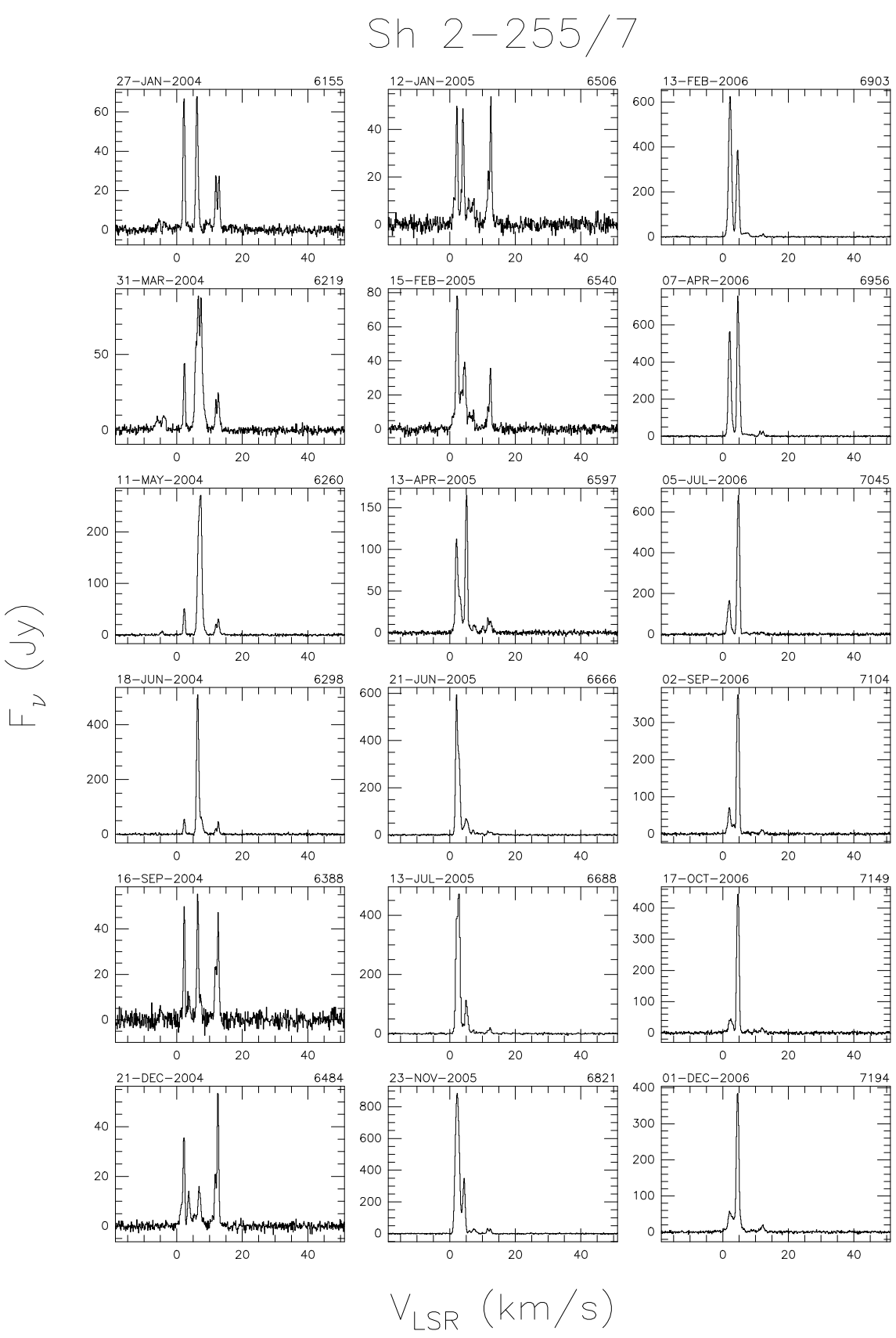

Fig. A.17. a continued

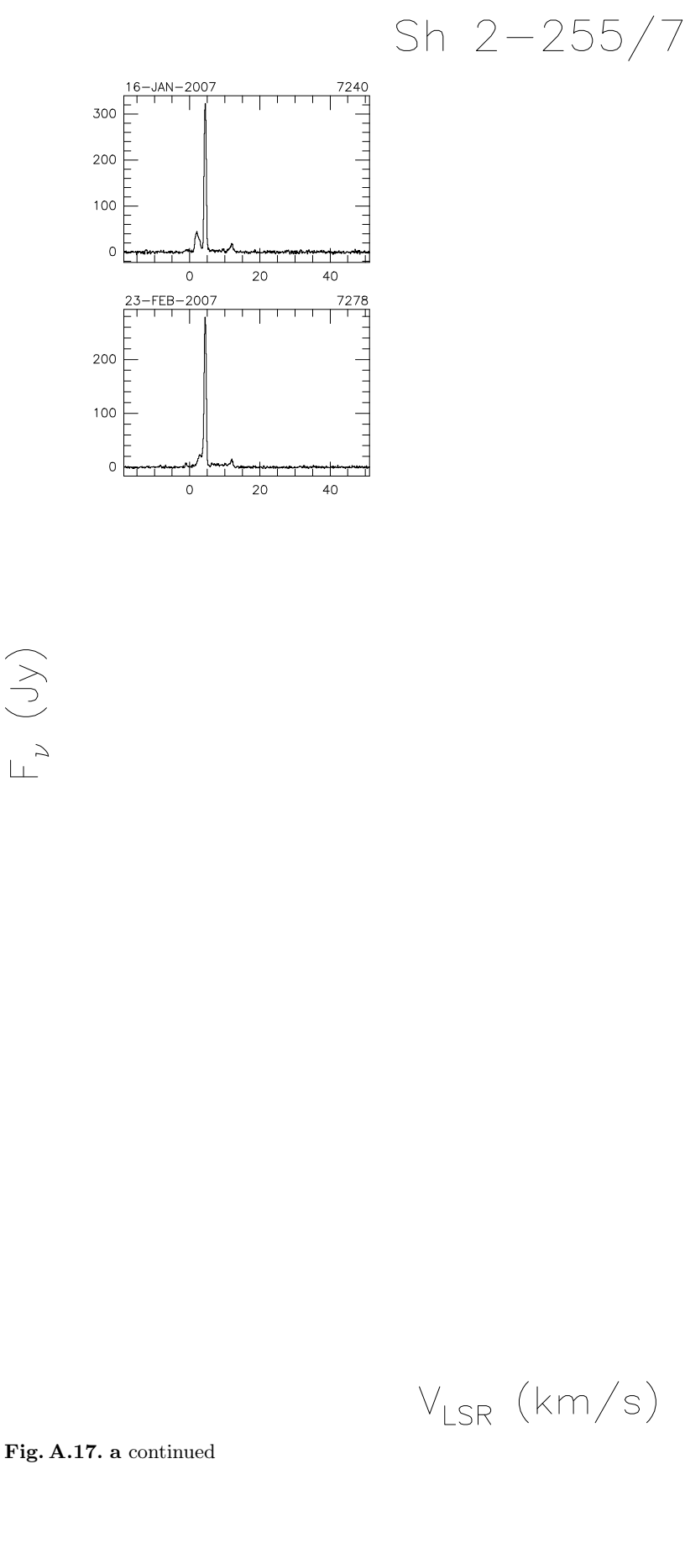

Fig. A.17. a continued

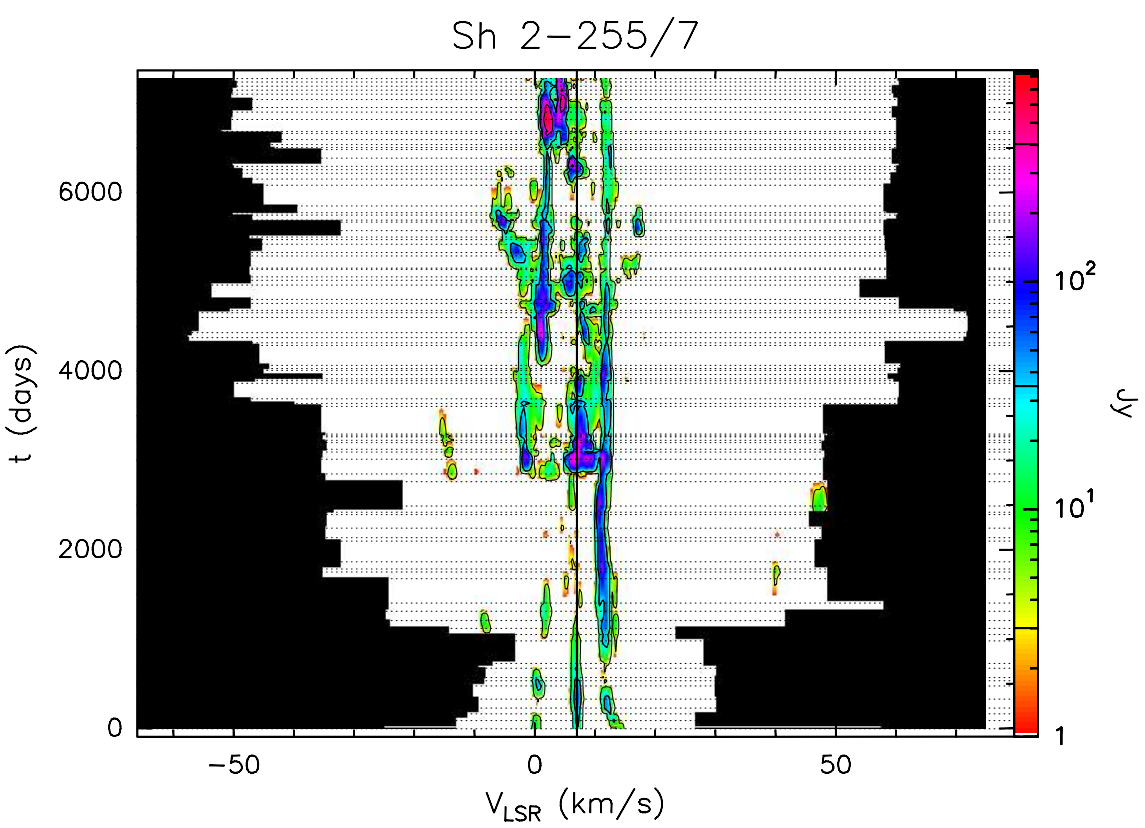

Fig. A.17. b Velocity–time–flux density *full* plot for source Sh 2-255/7. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

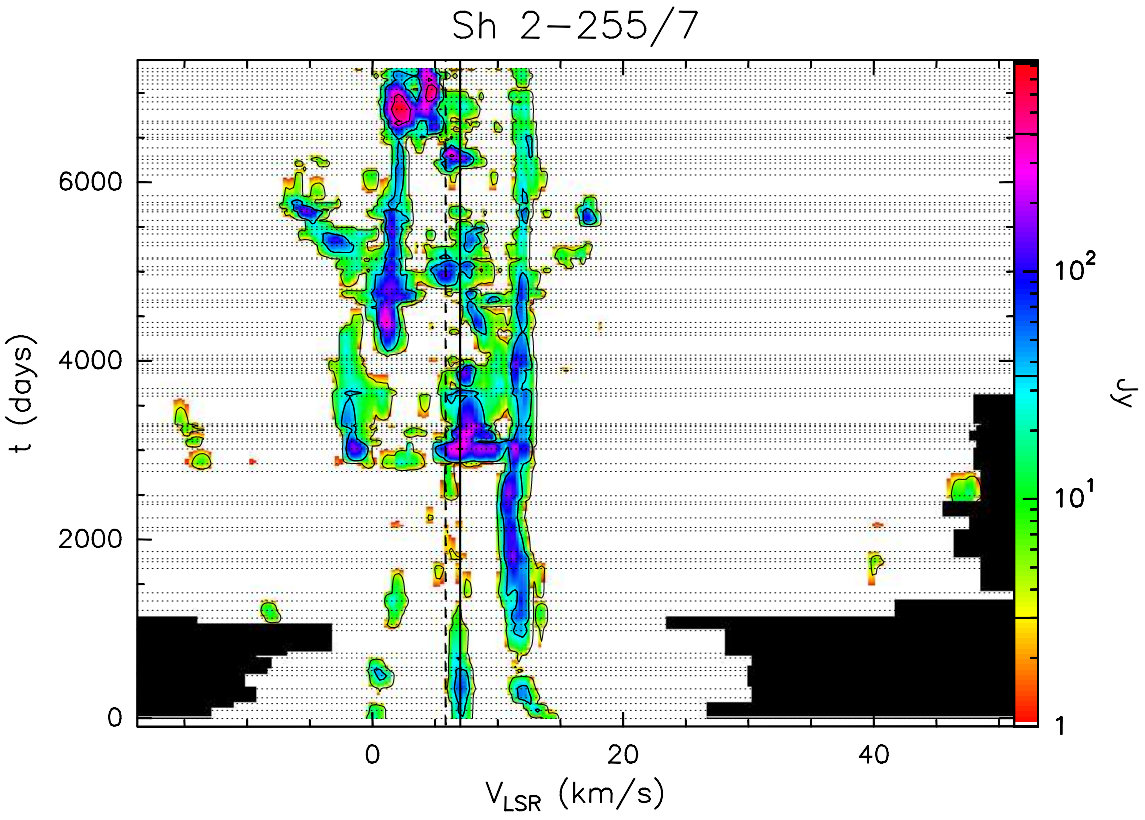

Fig. A.17. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

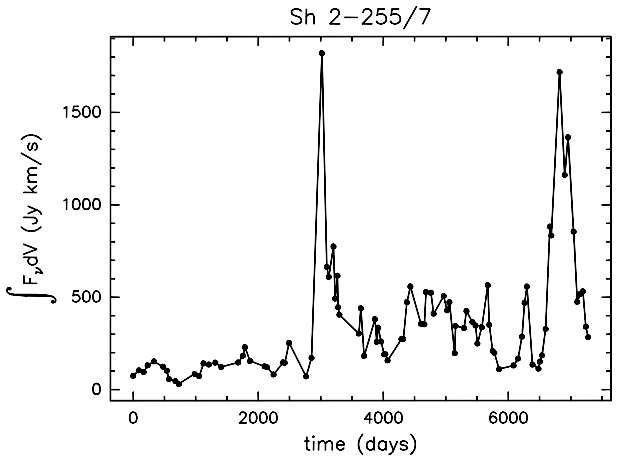

Fig. A.17. d Integral of the flux density over the observed velocity range as a function of time for source Sh 2-255/7.

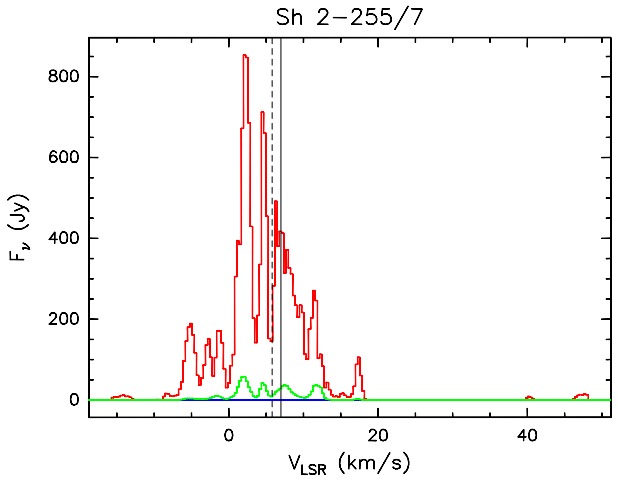

Fig. A.17. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source Sh 2-255/7 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

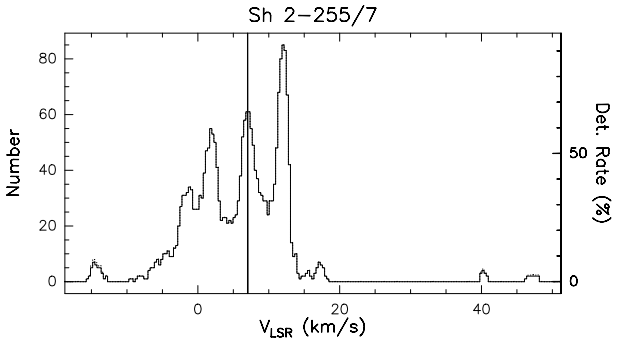

Fig. A.17. f Rate-of-occurrence plot for source Sh 2-255/7. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

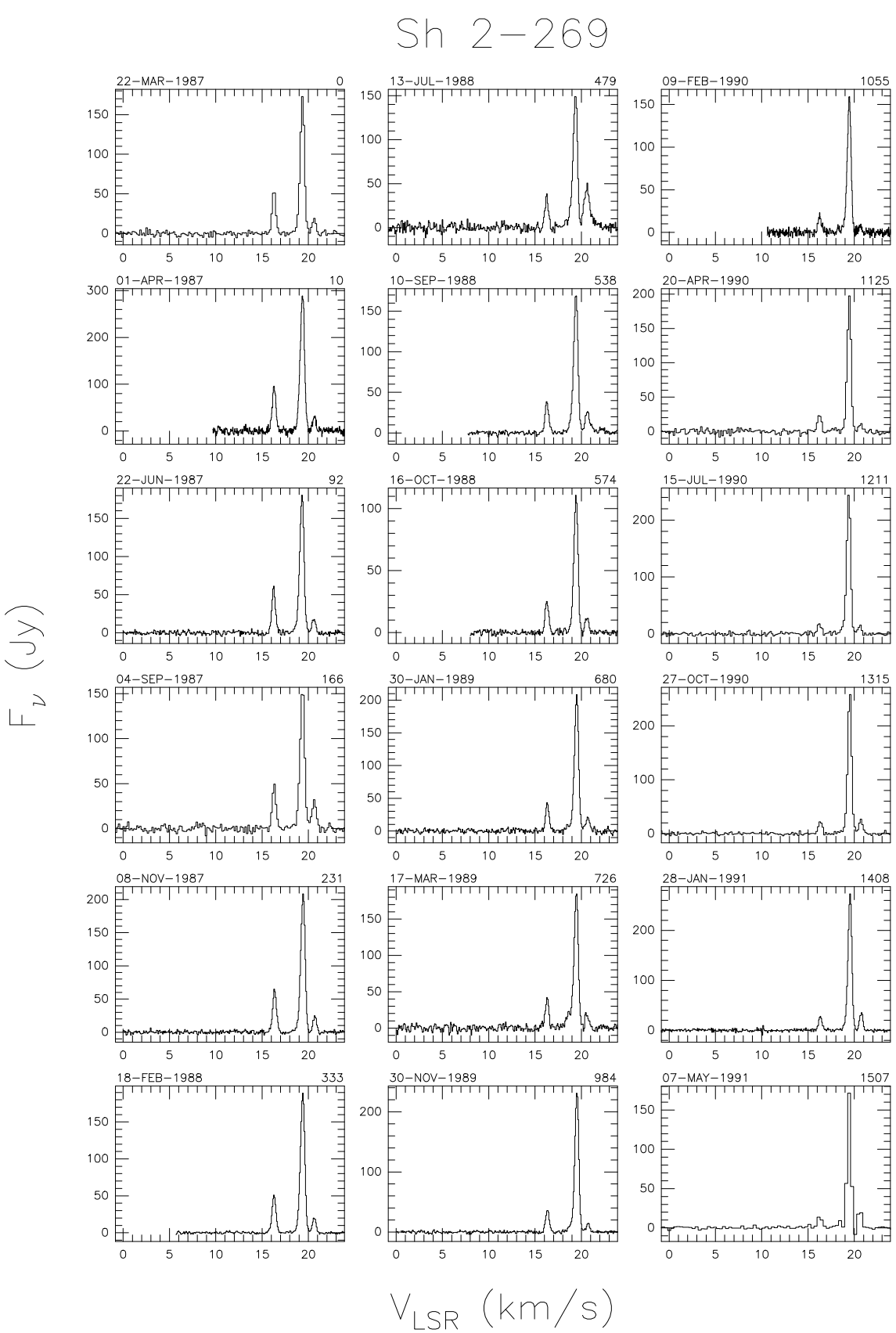

Fig. A.18. a Spectra of source Sh 2-269 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

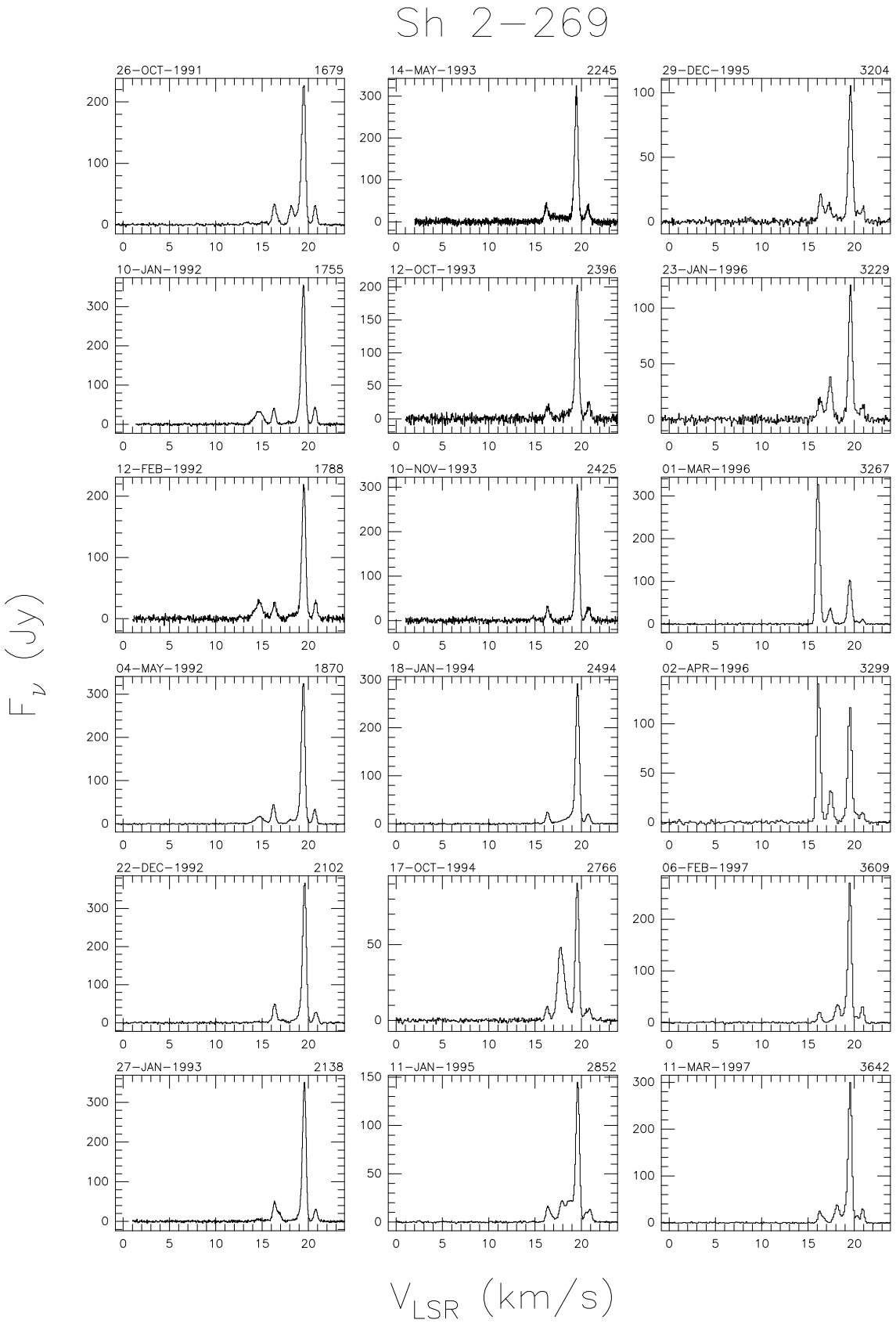

Fig. A.18. a continued

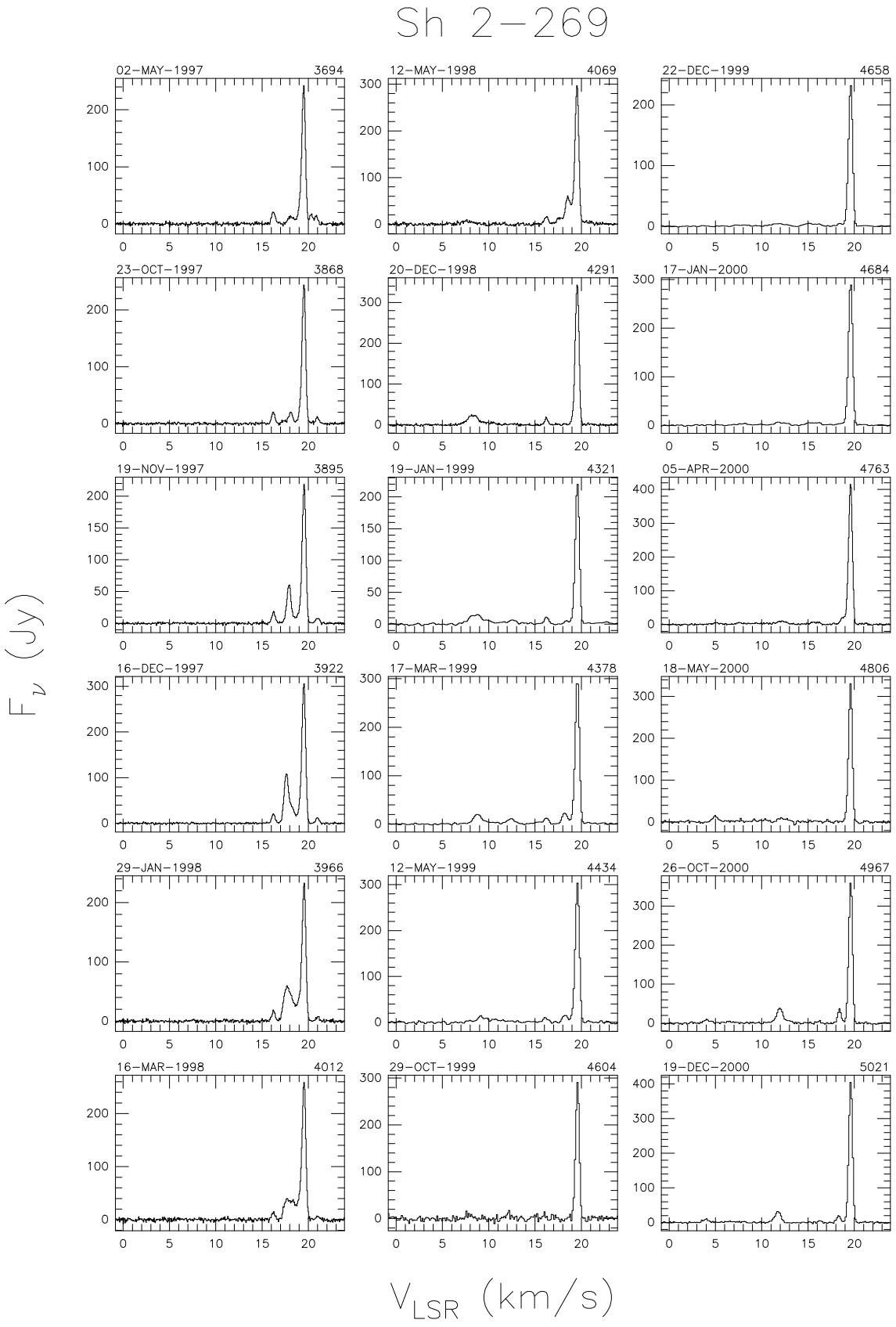

Fig. A.18. a continued

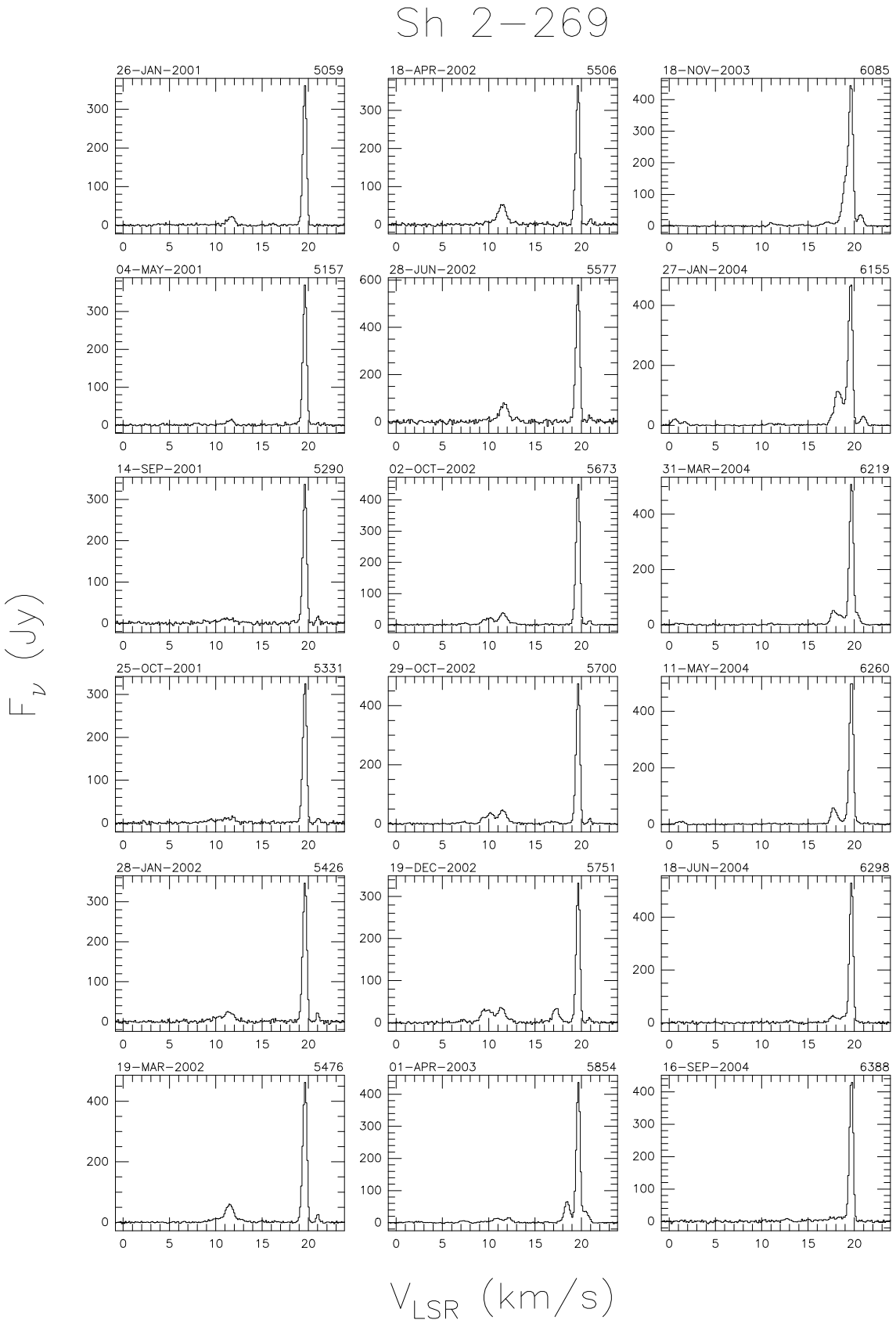

Fig. A.18. a continued

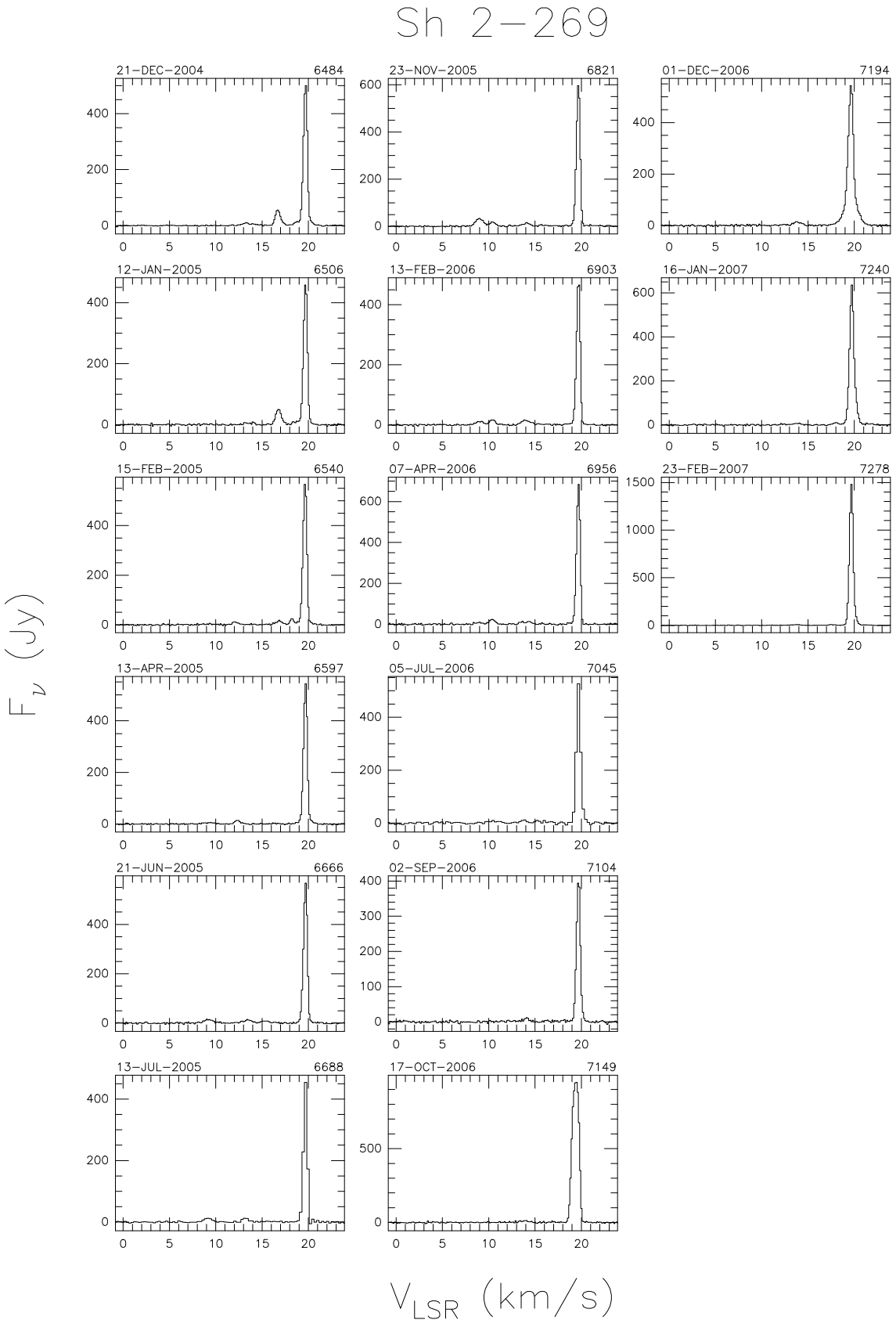

Fig. A.18. a continued

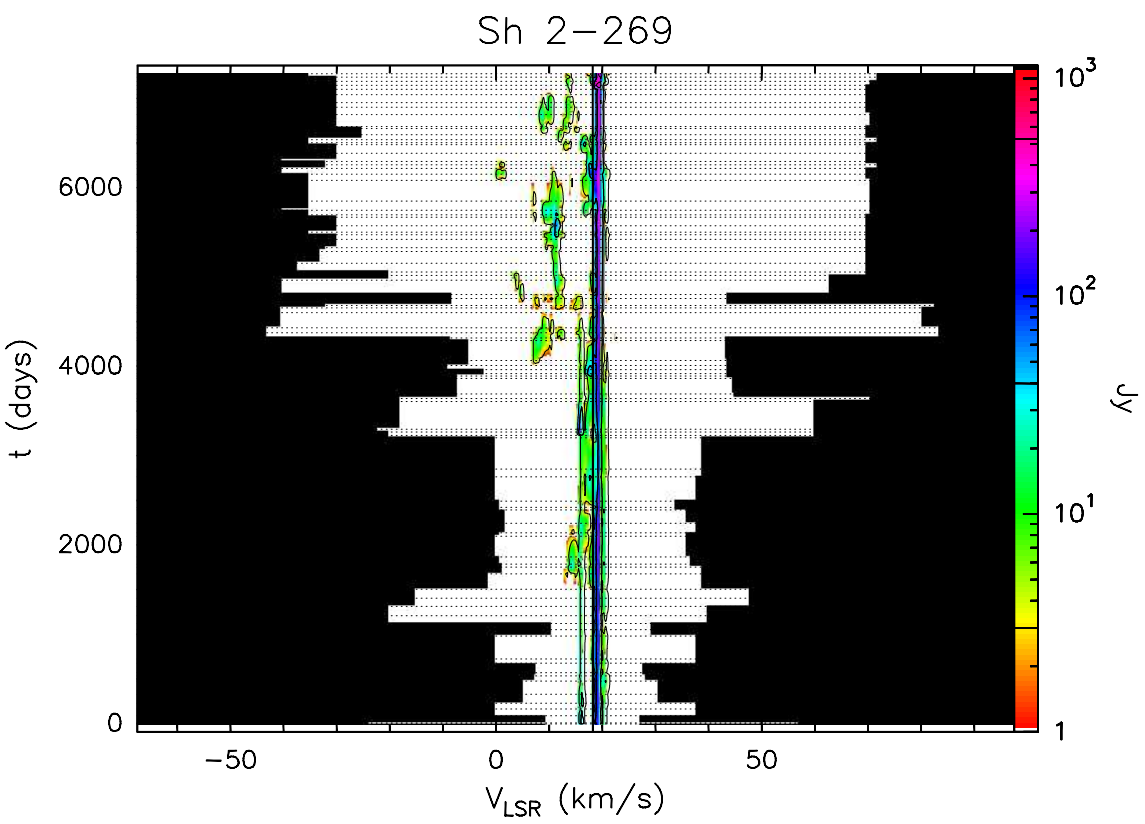

Fig. A.18. b Velocity–time–flux density *full* plot for source Sh 2-269. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

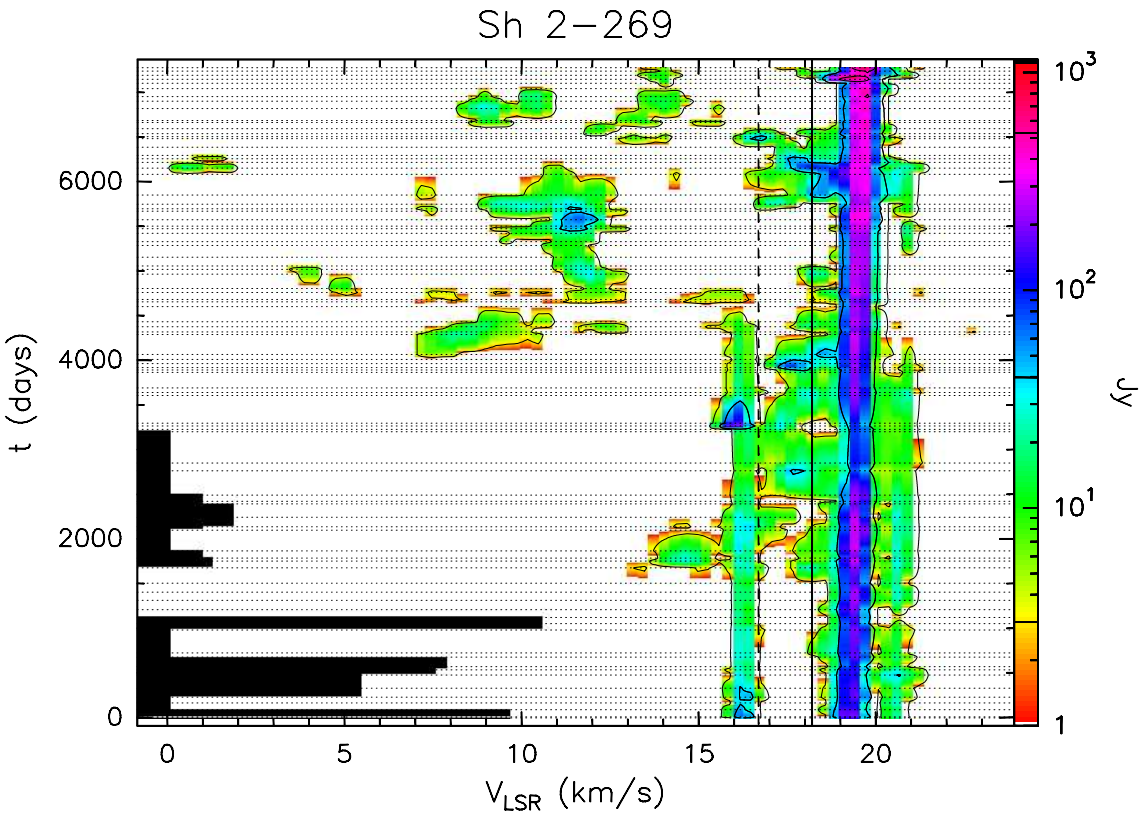

Fig. A.18. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

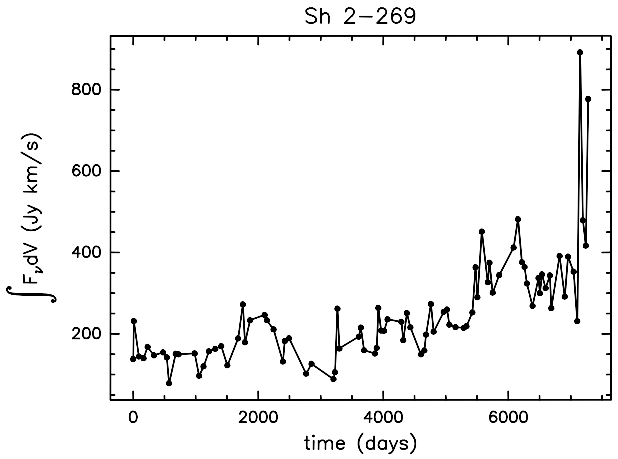

Fig. A.18. d Integral of the flux density over the observed velocity range as a function of time for source Sh 2-269.

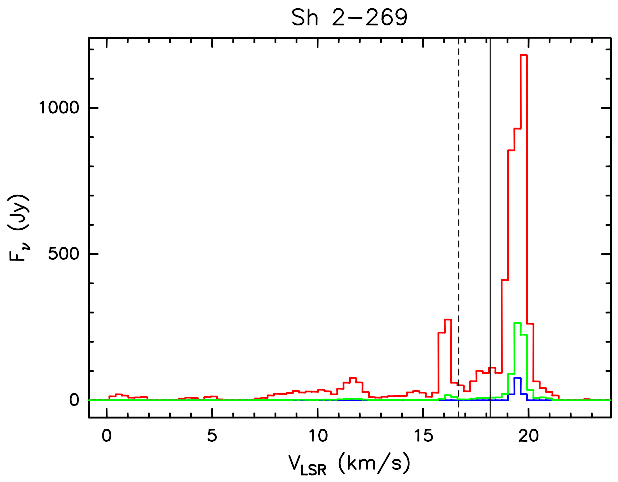

Fig. A.18. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source Sh 2-269 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

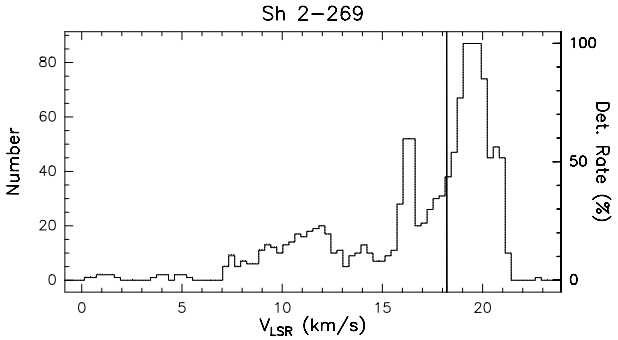

Fig. A.18. f Rate-of-occurrence plot for source Sh 2-269. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

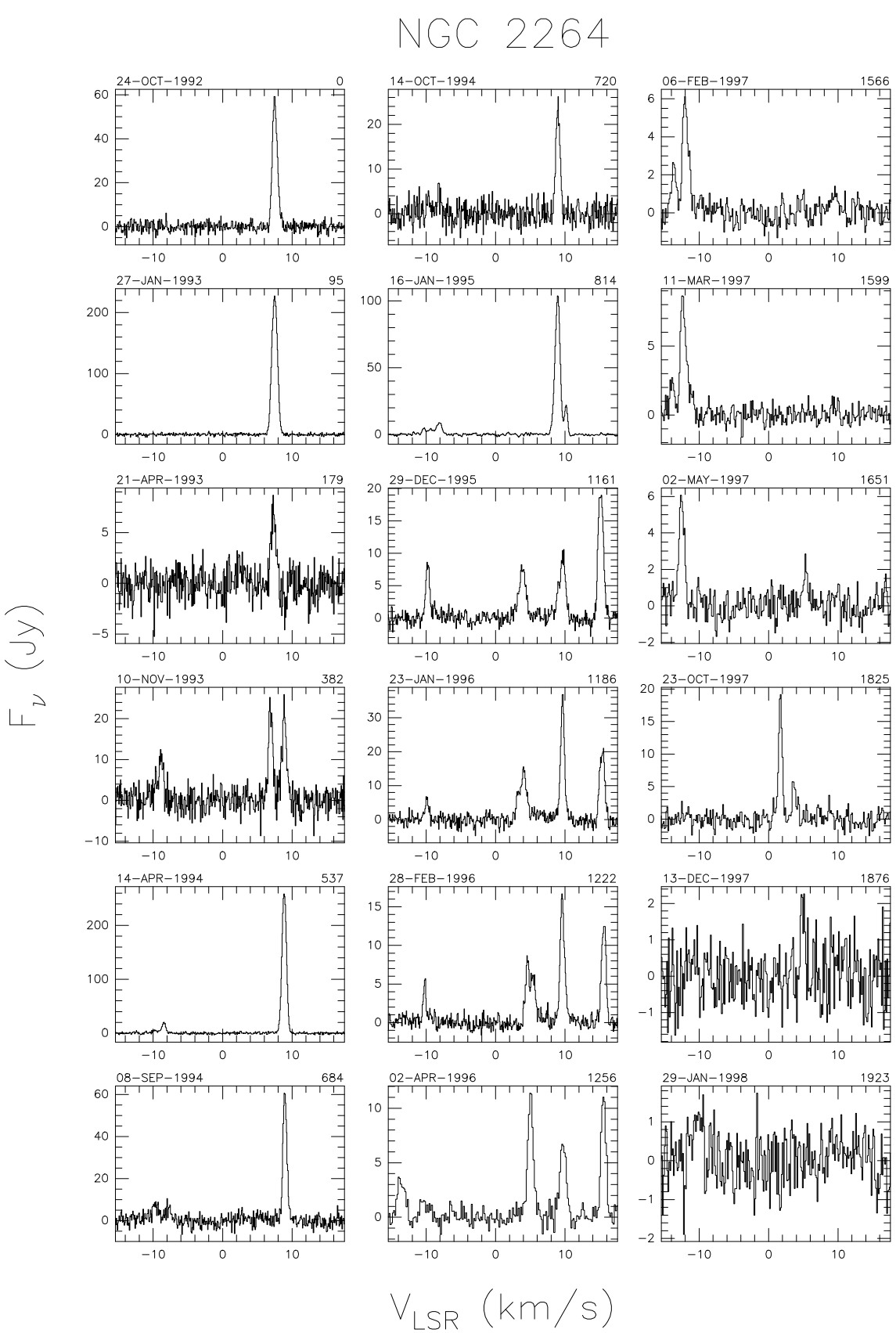

Fig. A.19. a Spectra of source NGC 2264 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

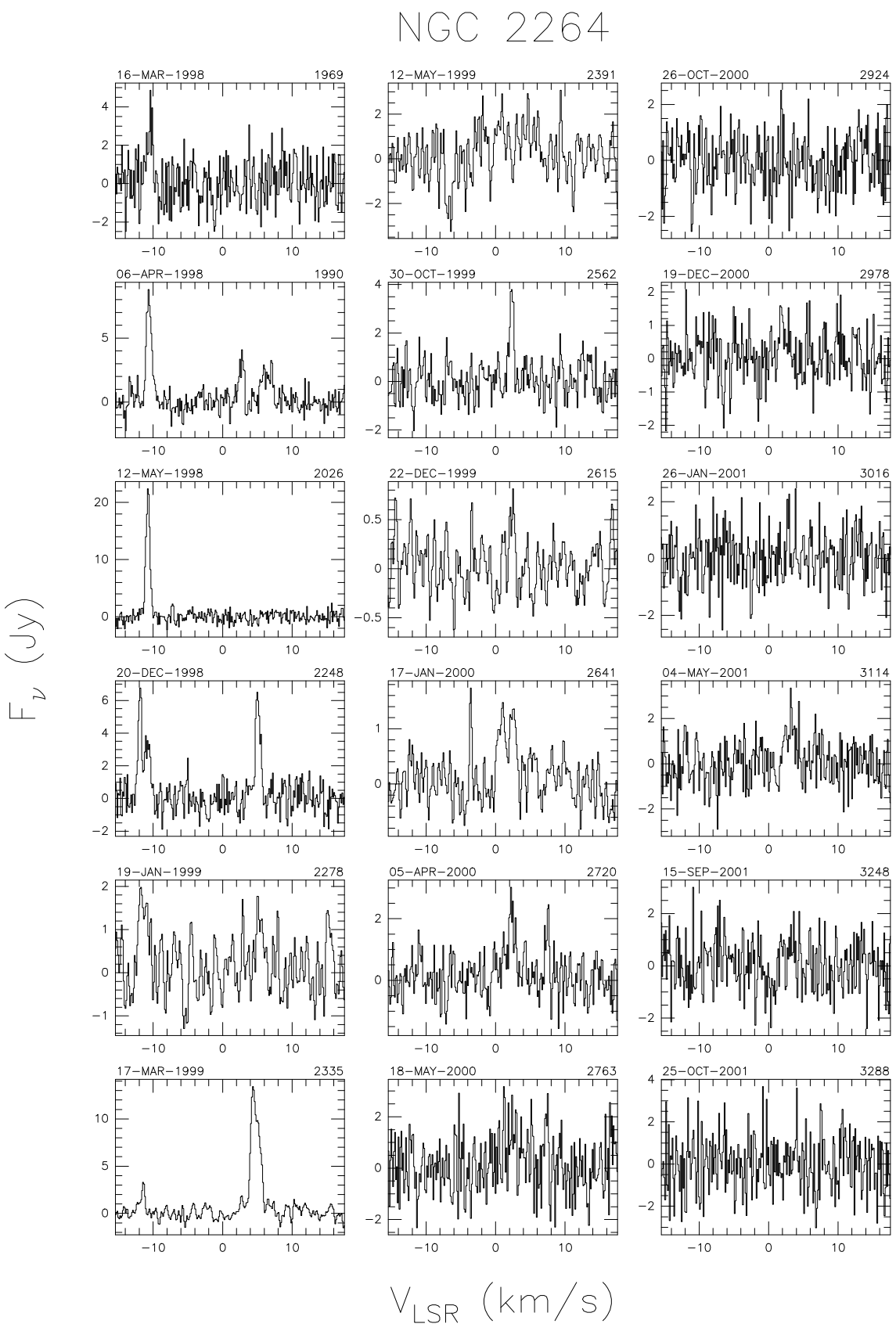

Fig. A.19. a continued

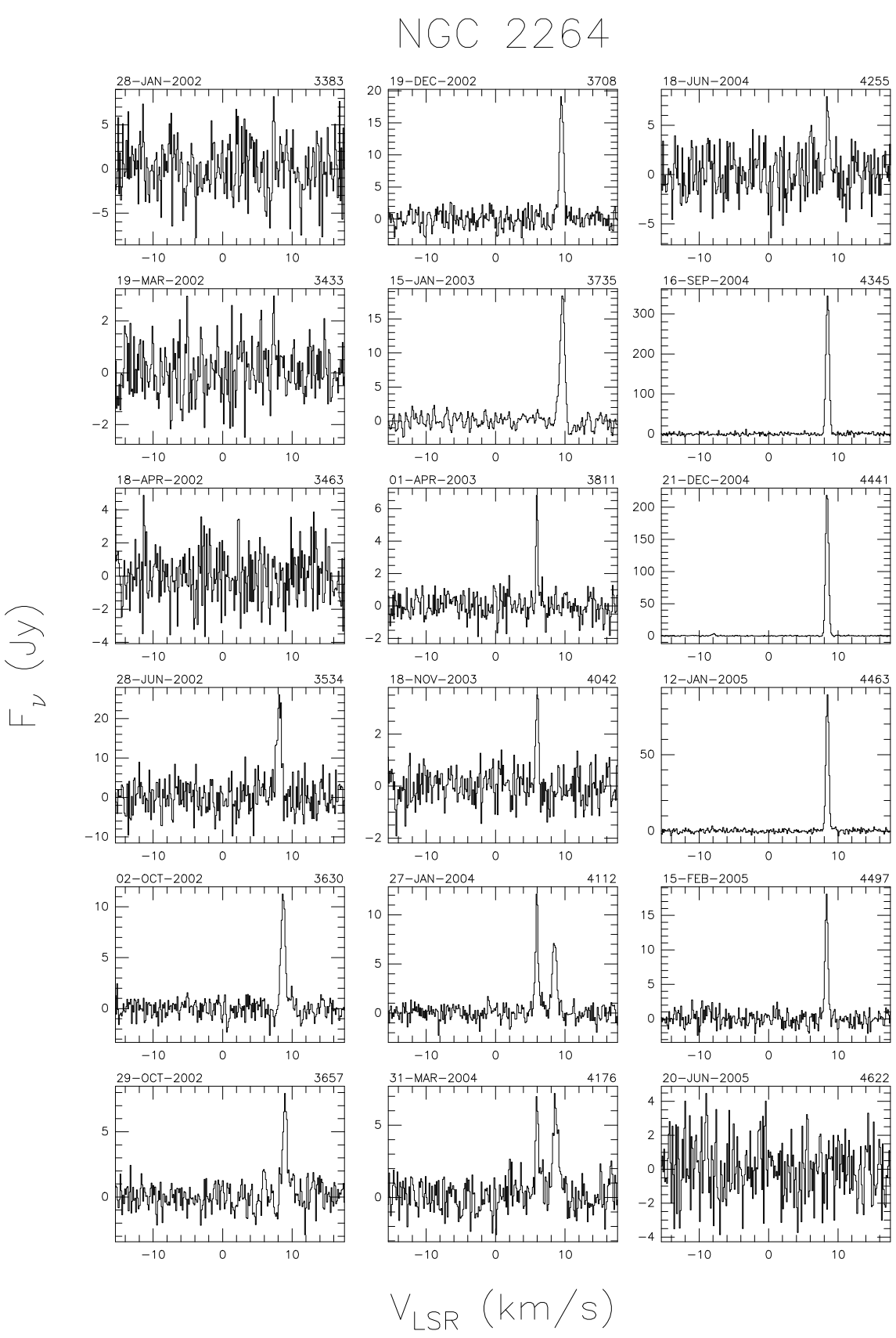

Fig. A.19. a continued

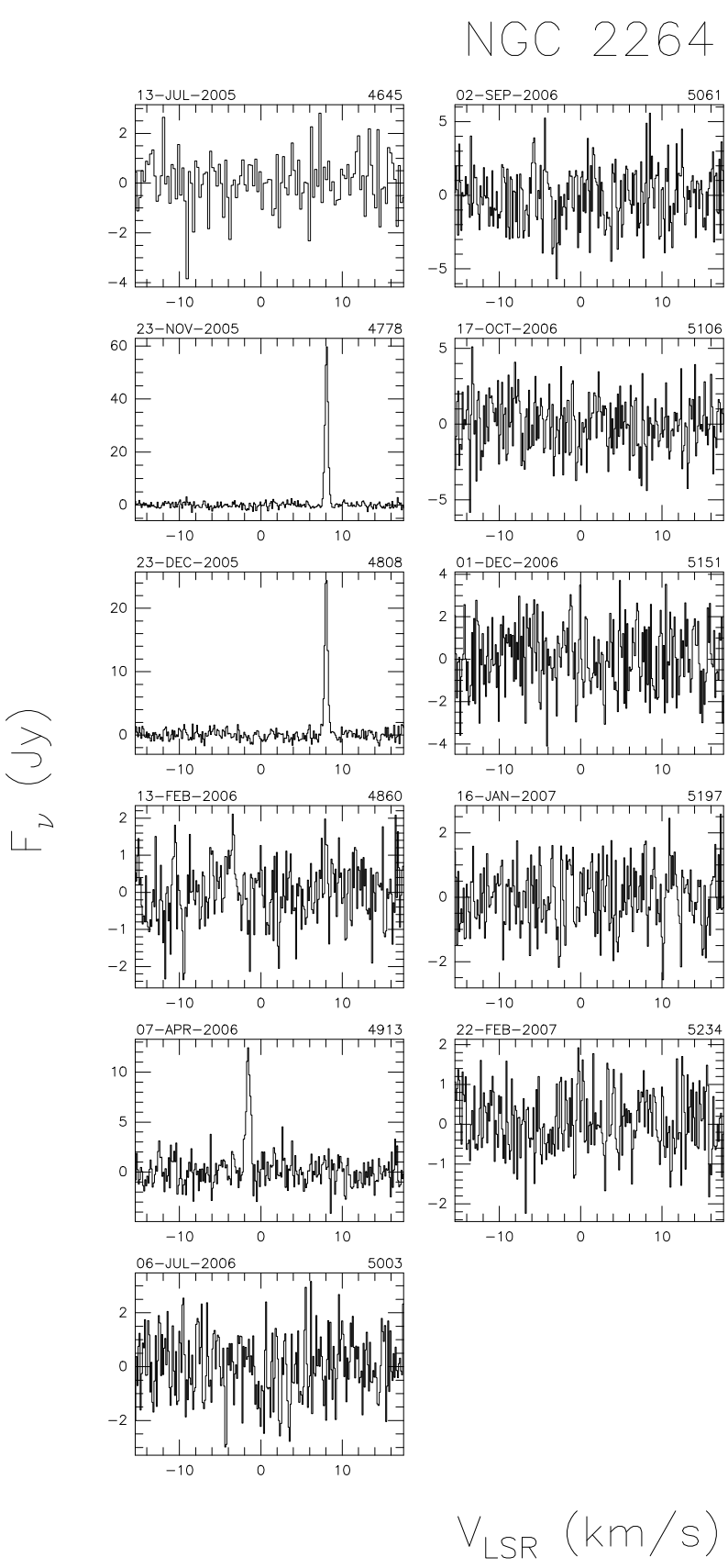

Fig. A.19. a continued

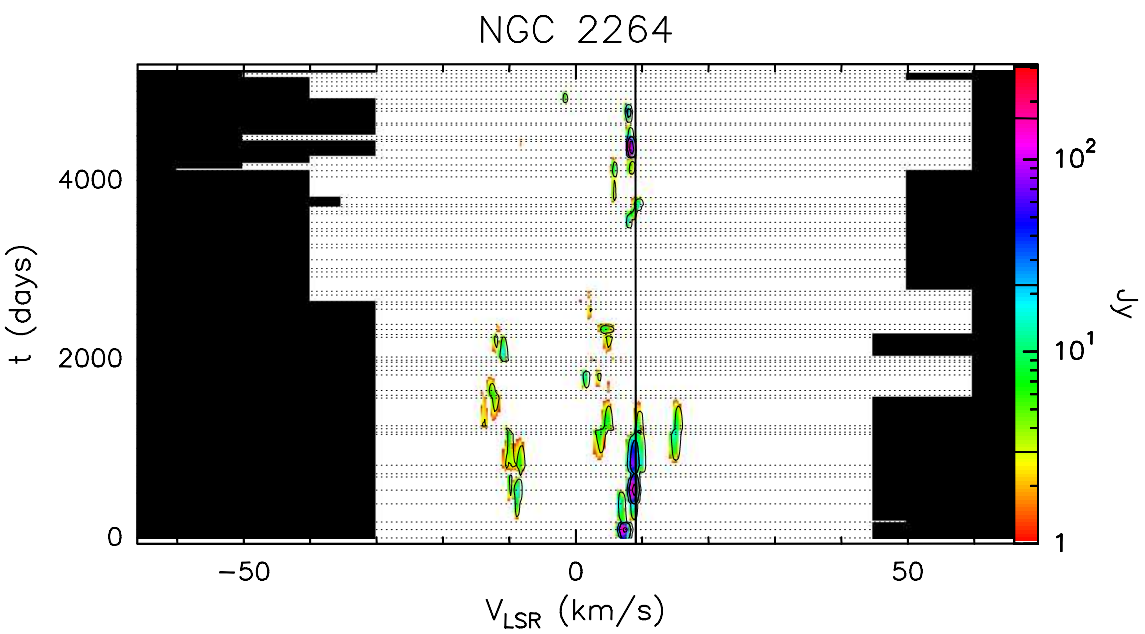

Fig. A.19. b Velocity–time–flux density *full* plot for source NGC 2264. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

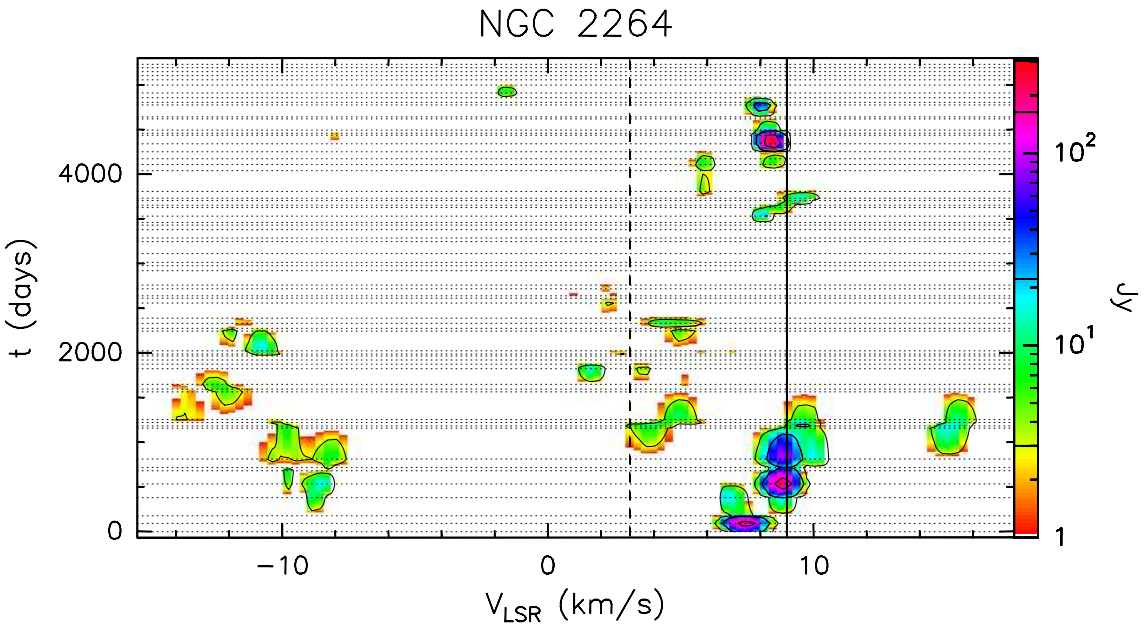

Fig. A.19. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

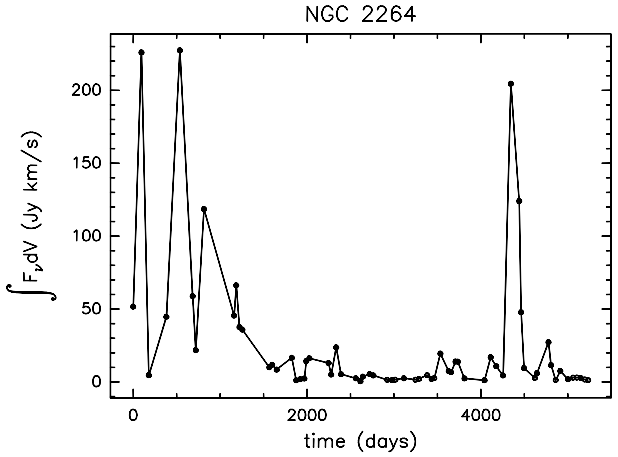

Fig. A.19. d Integral of the flux density over the observed velocity range as a function of time for source NGC 2264.

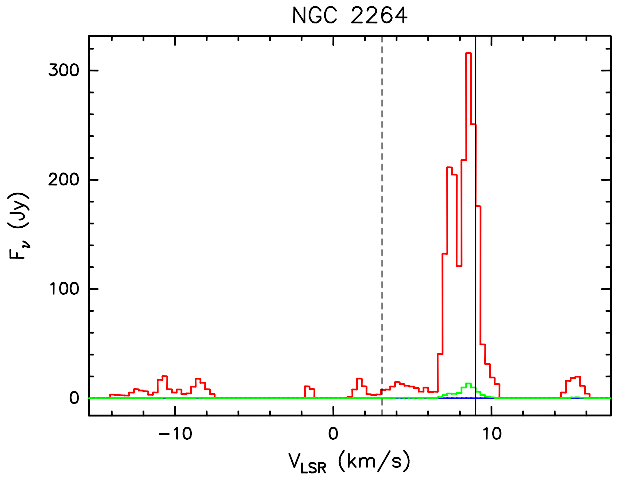

Fig. A.19. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source NGC 2264 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

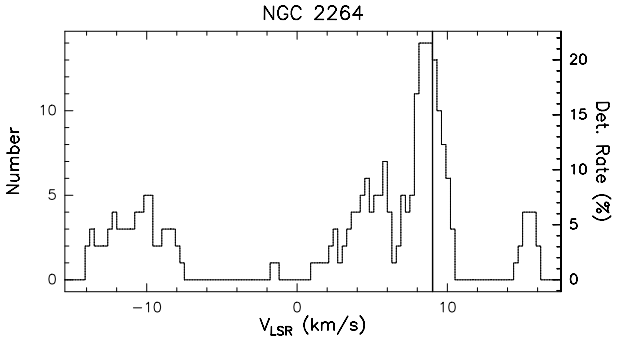

Fig. A.19. f Rate-of-occurrence plot for source NGC 2264. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

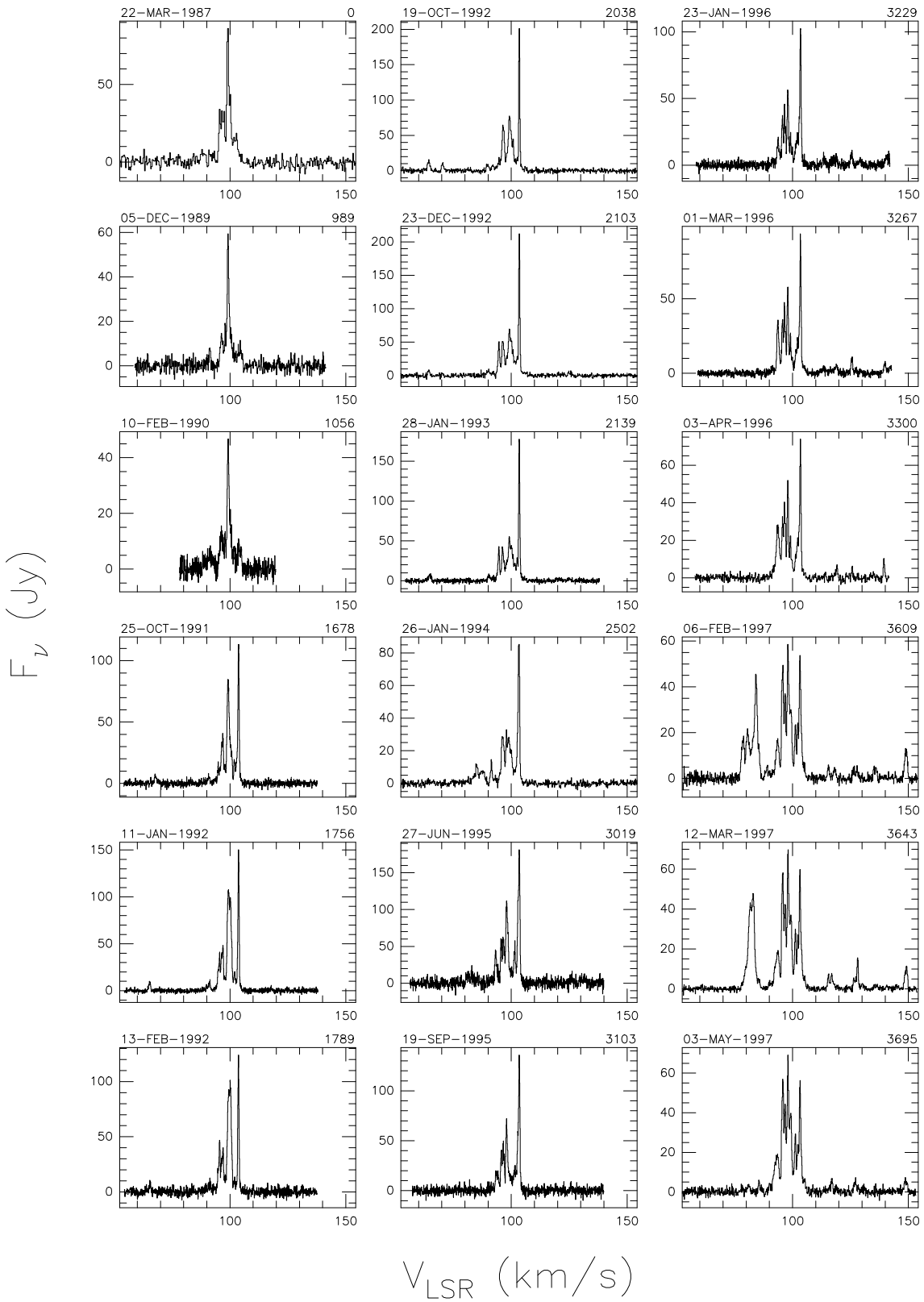

Fig. A.20. a Spectra of source G31.41+0.31 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

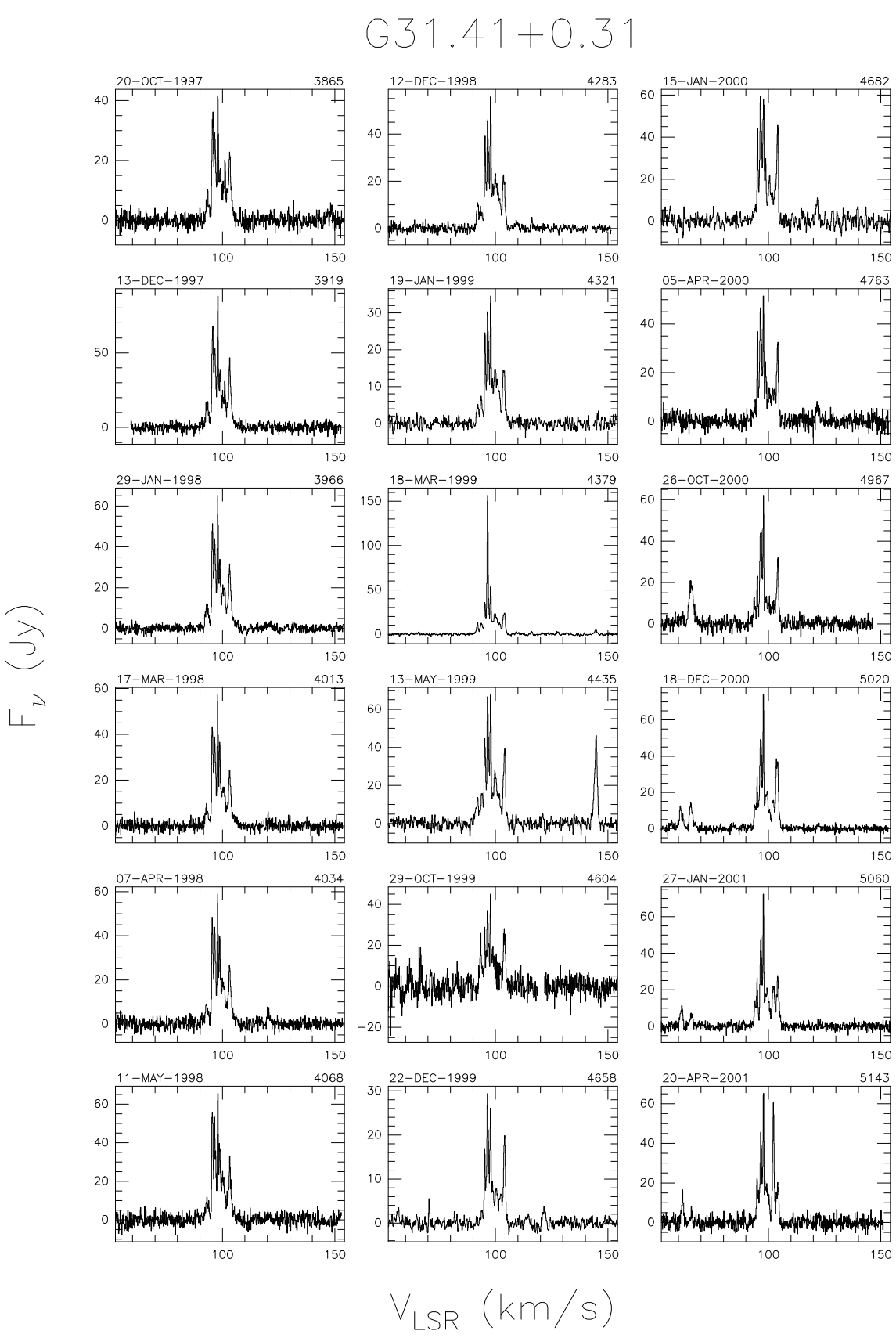

Fig. A.20. a continued

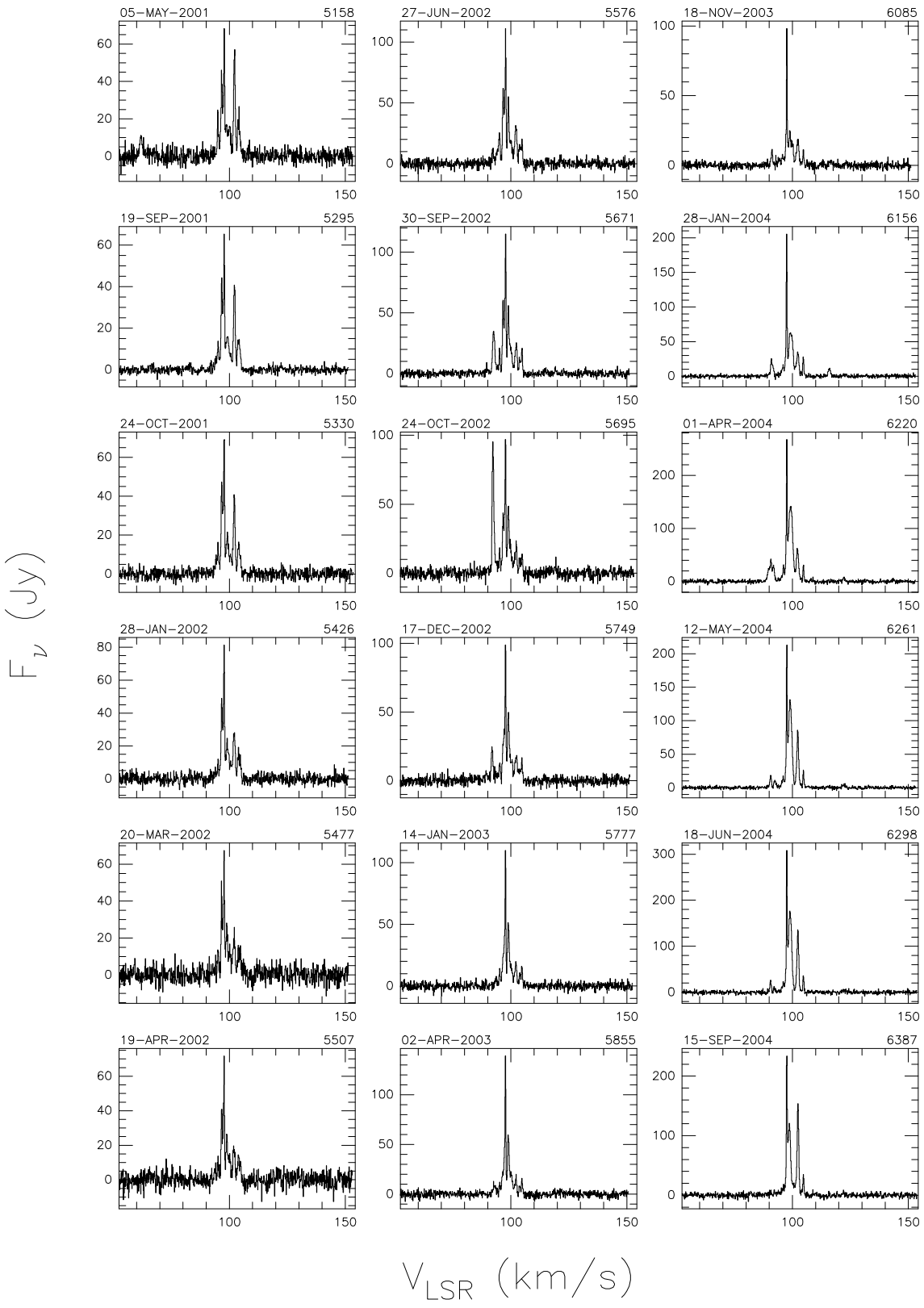

Fig. A.20. a continued

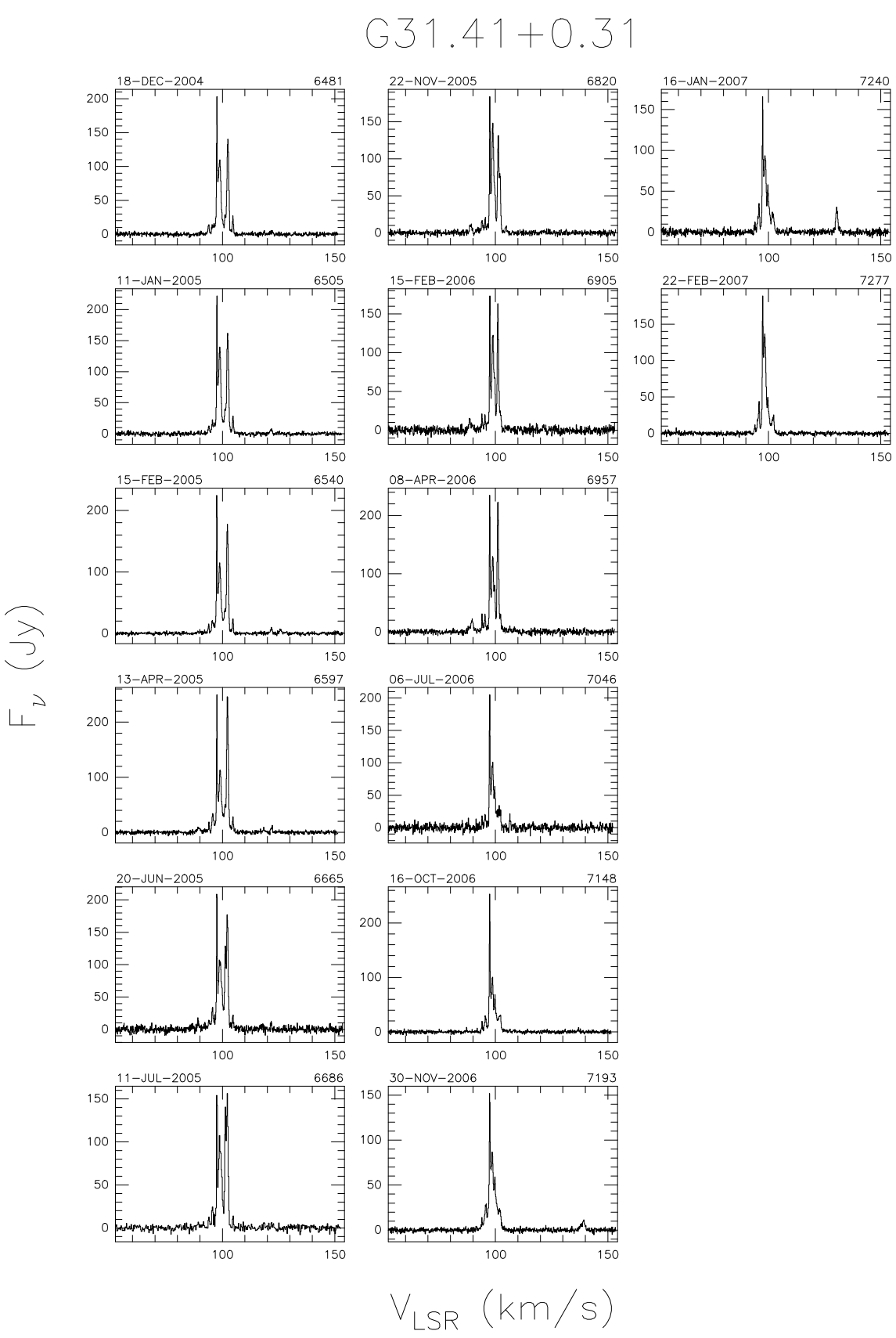

Fig. A.20. a continued

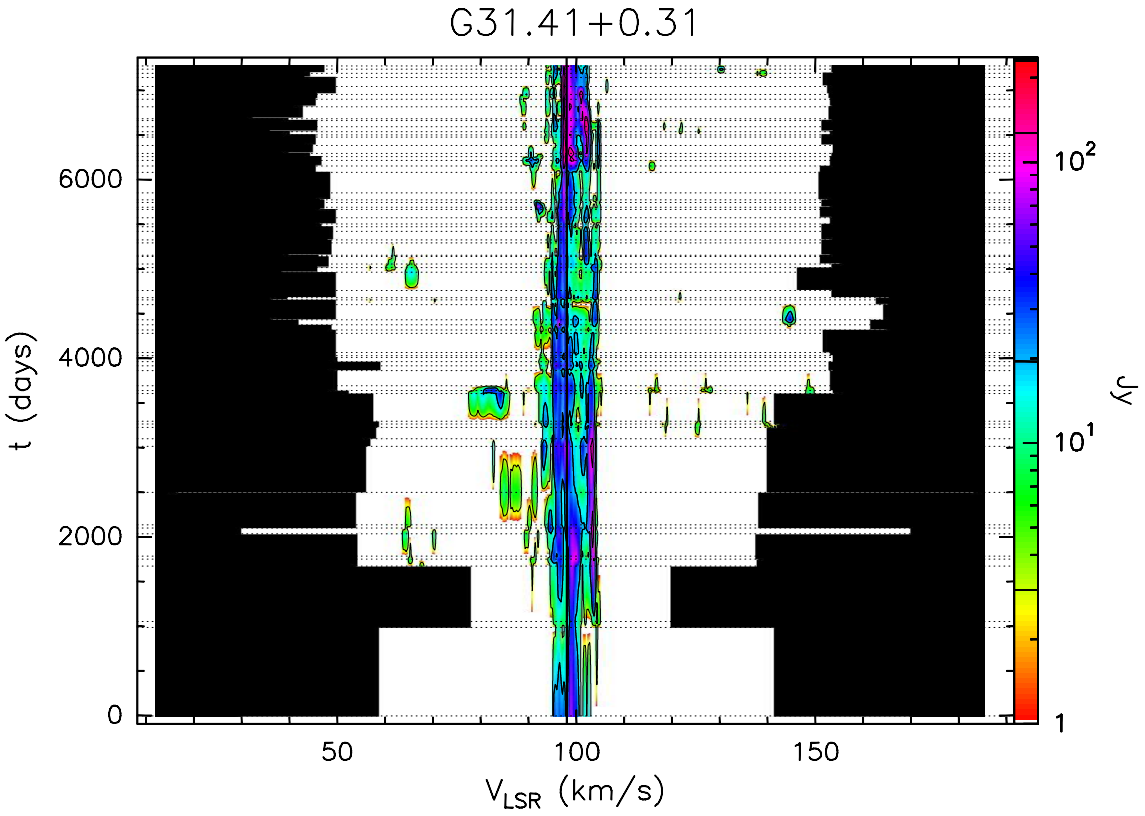

Fig. A.20. b Velocity–time–flux density *full* plot for source G31.41+0.31. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

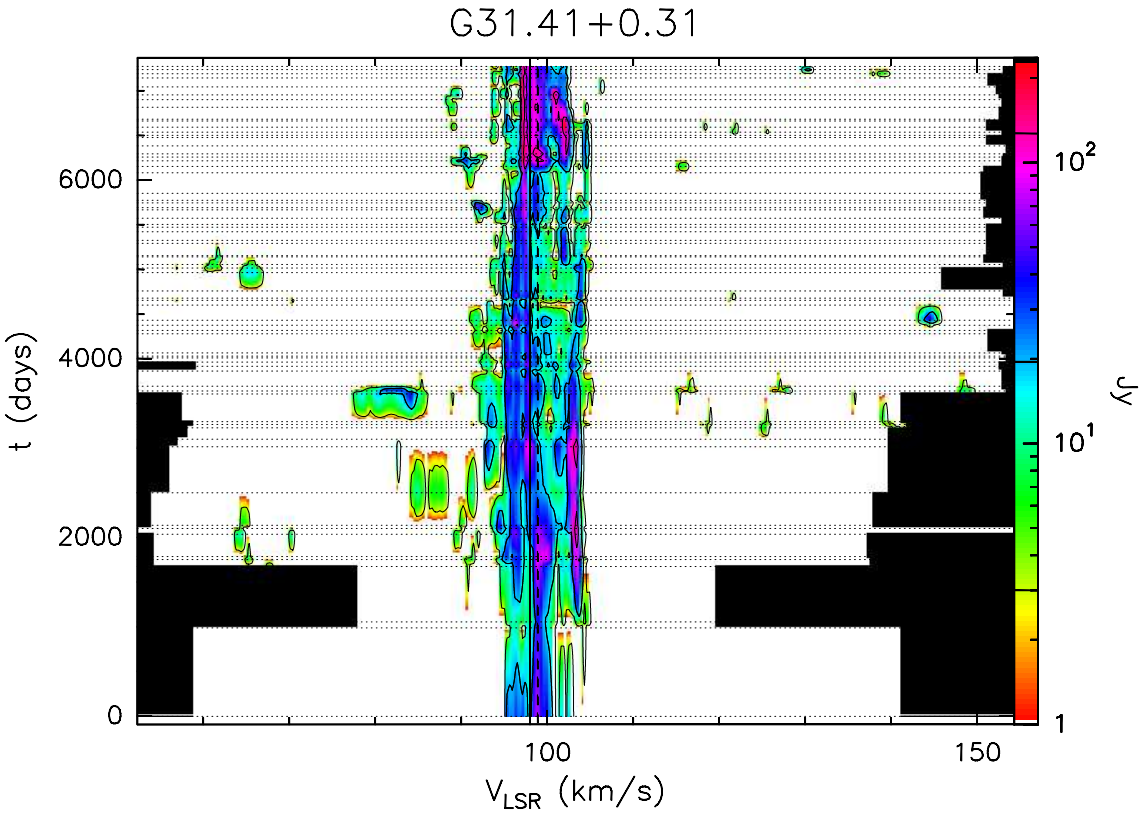

Fig. A.20. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

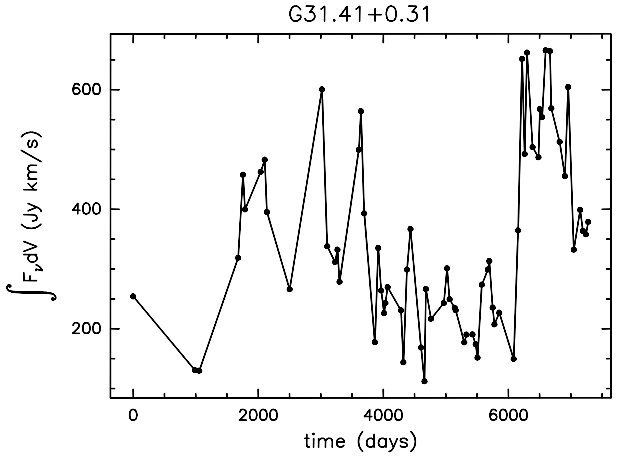

Fig. A.20. d Integral of the flux density over the observed velocity range as a function of time for source G31.41+0.31.

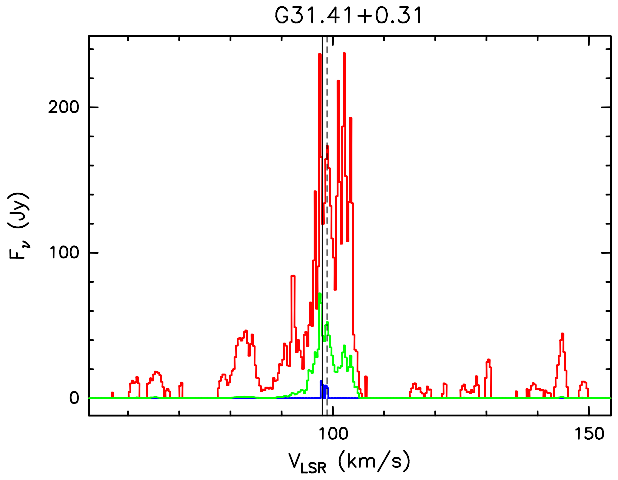

Fig. A.20. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source G31.41+0.31 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

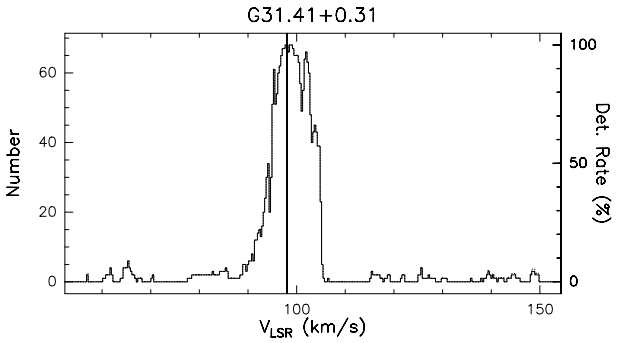

Fig. A.20. f Rate-of-occurrence plot for source G31.41+0.31. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

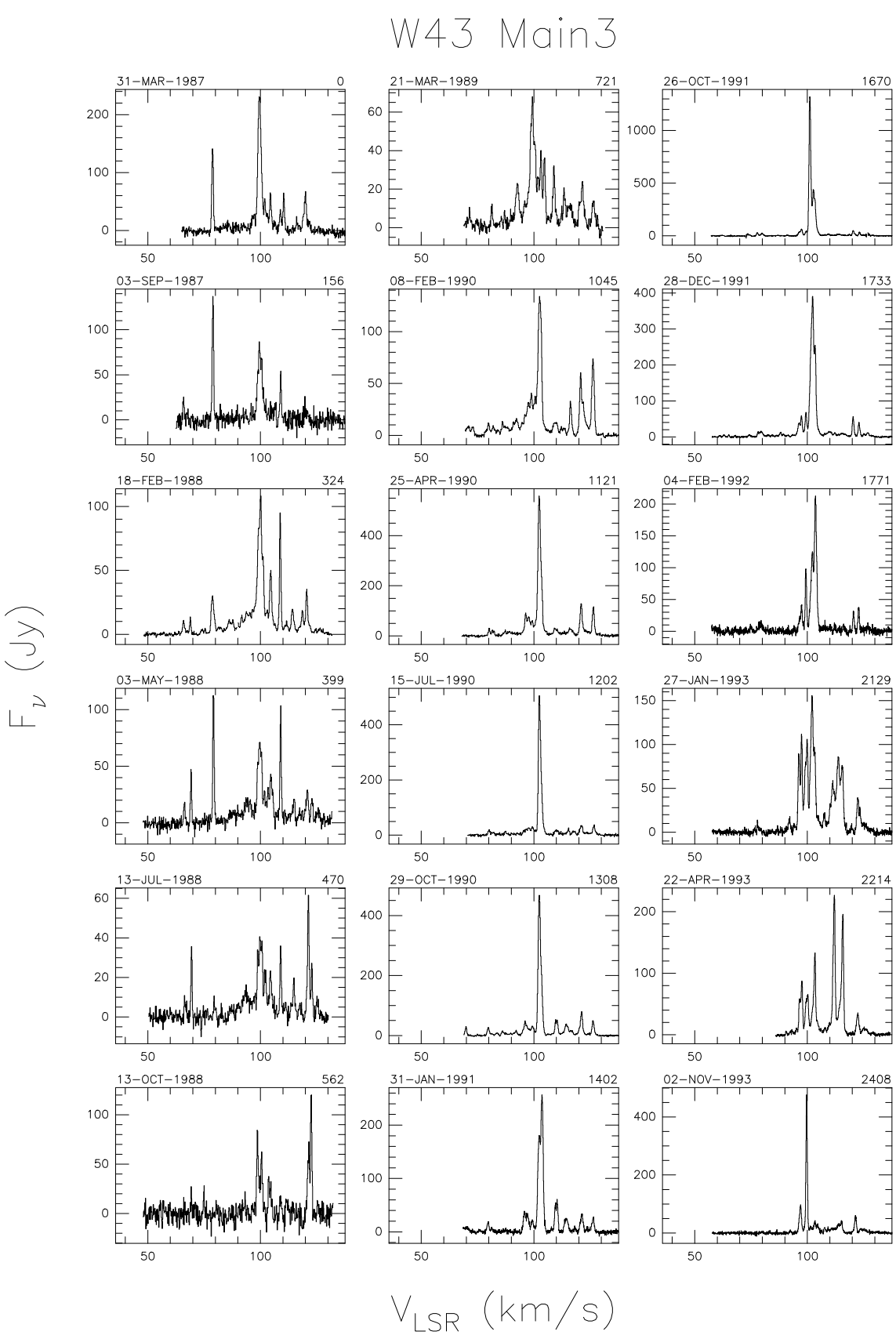

Fig. A.21. a Spectra of source W43 Main3 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

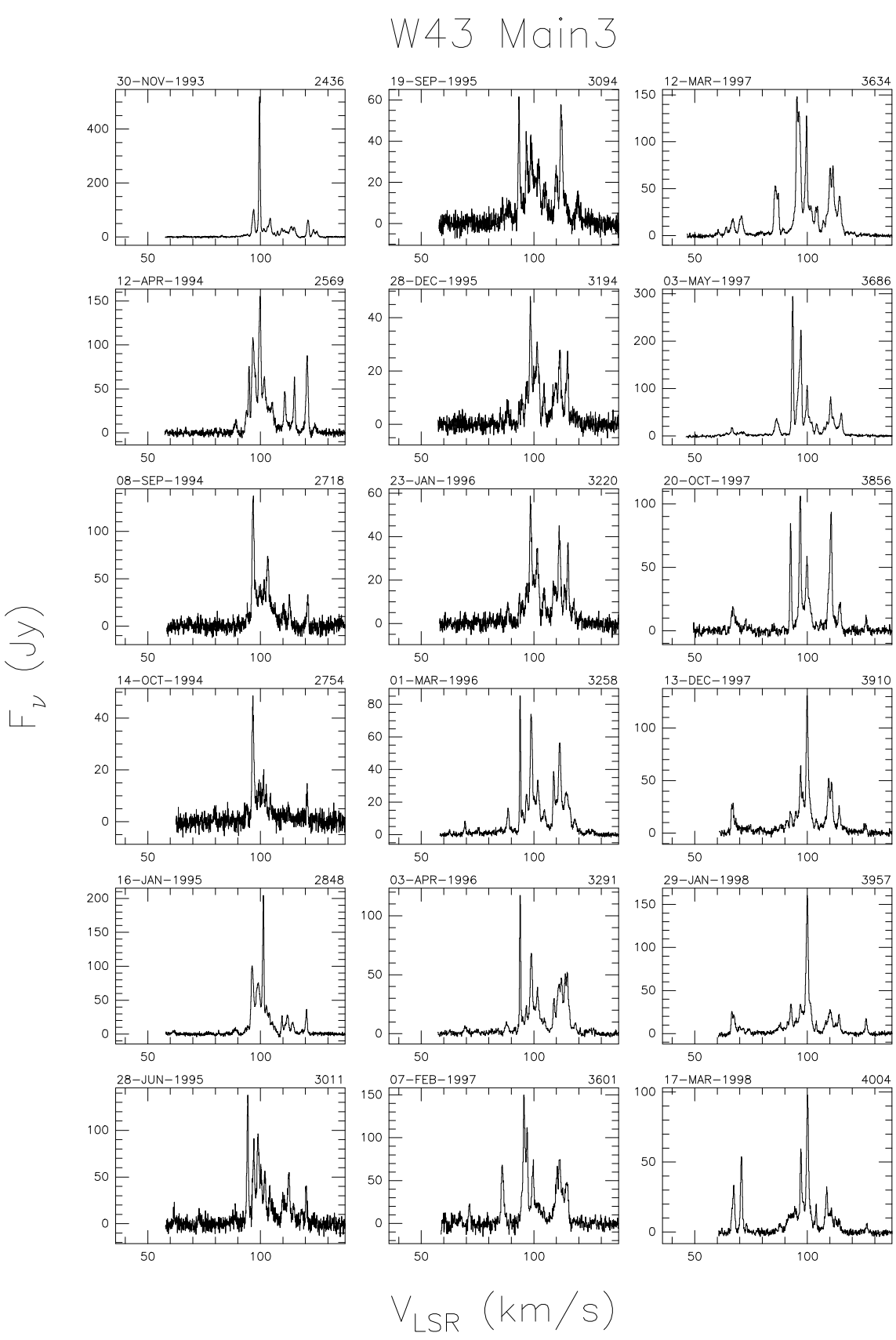

Fig. A.21. a continued

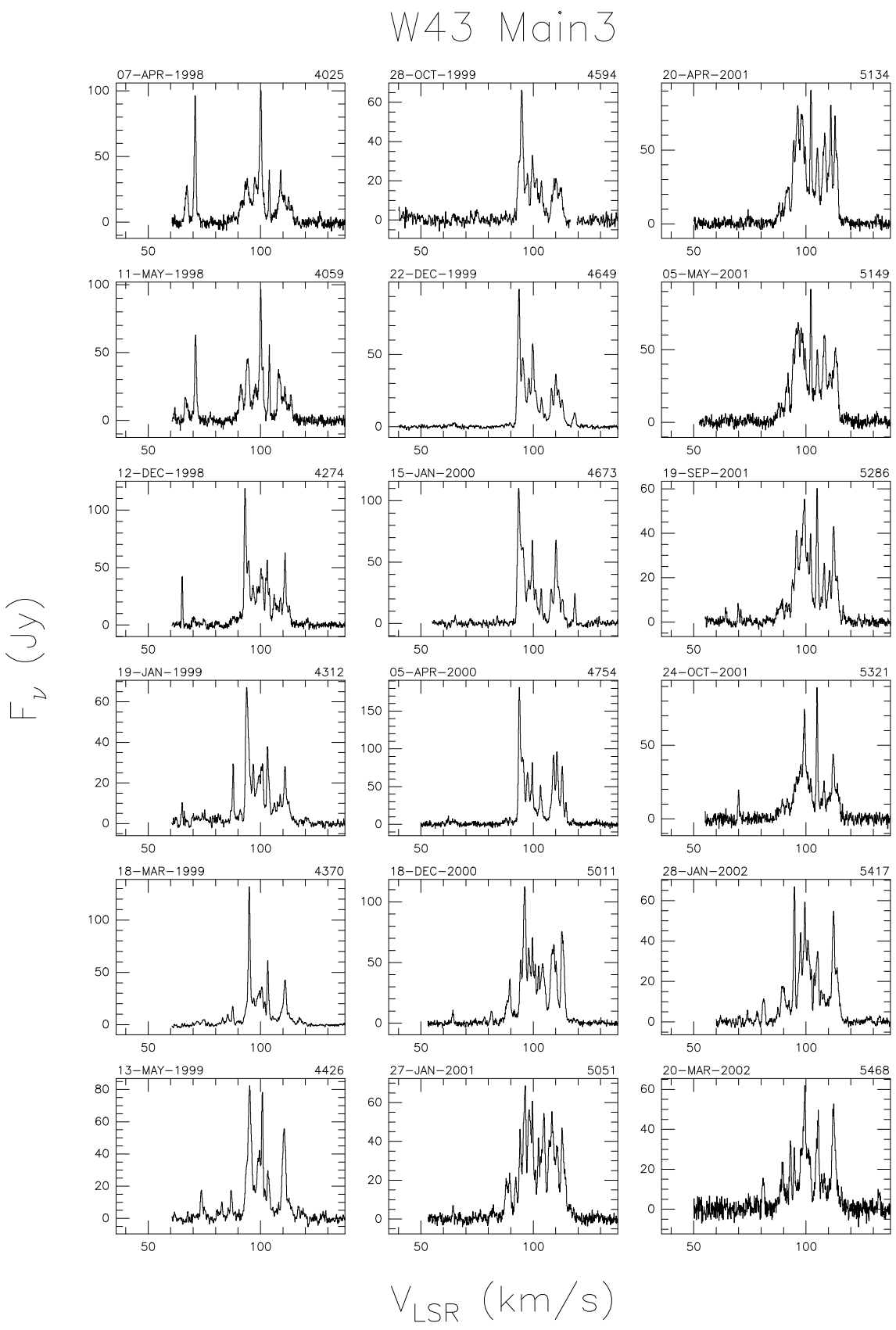

Fig. A.21. a continued

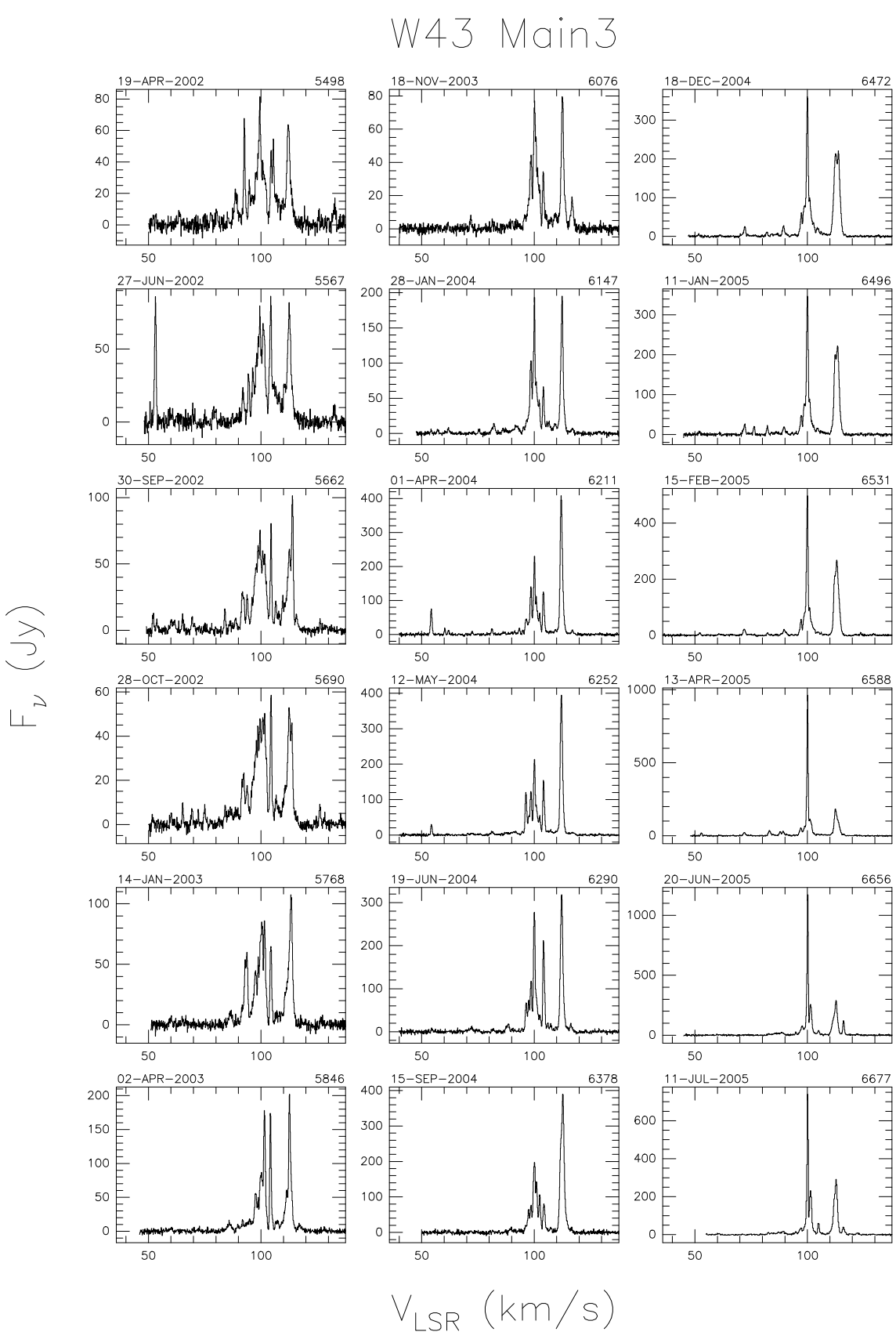

Fig. A.21. a continued

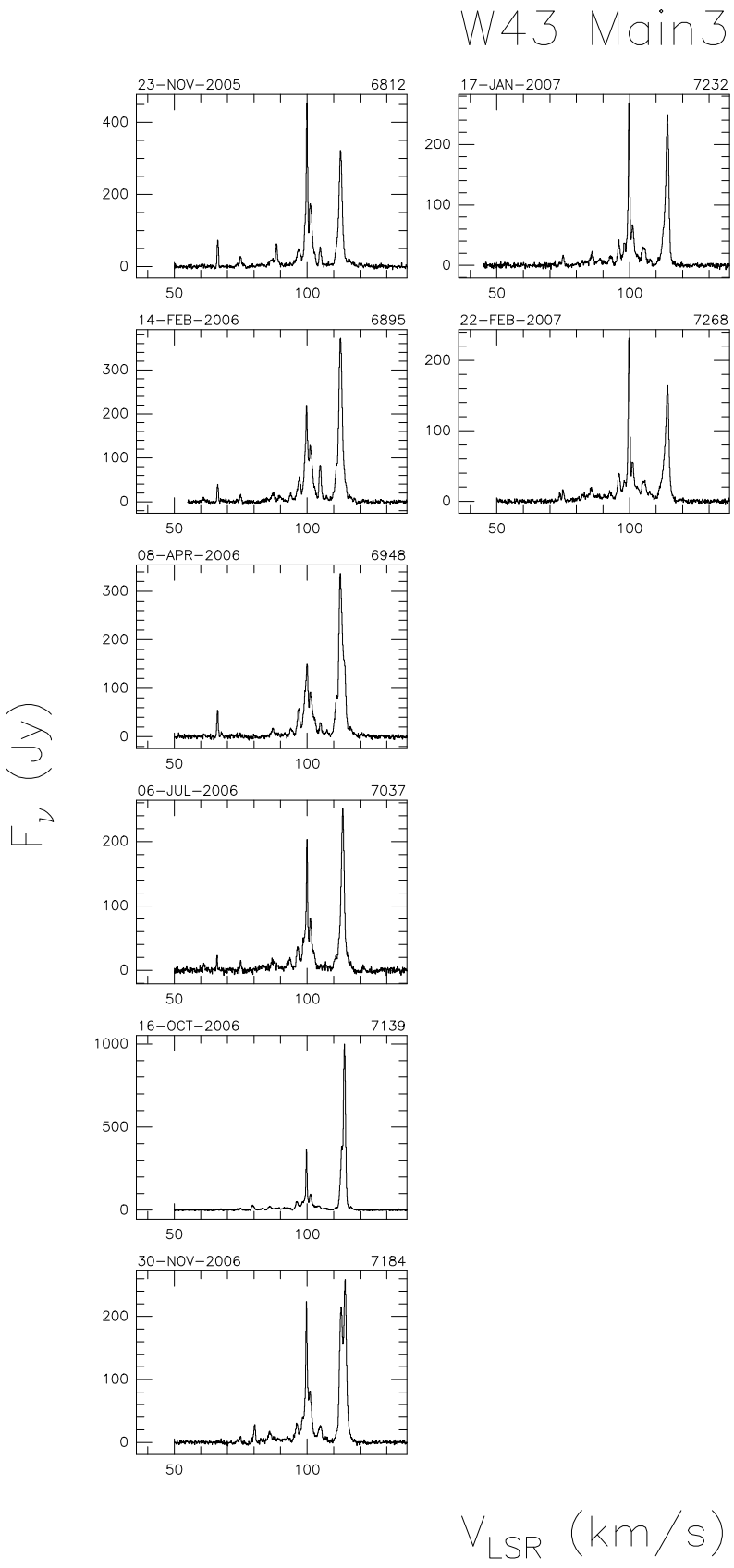

Fig. A.21. a continued

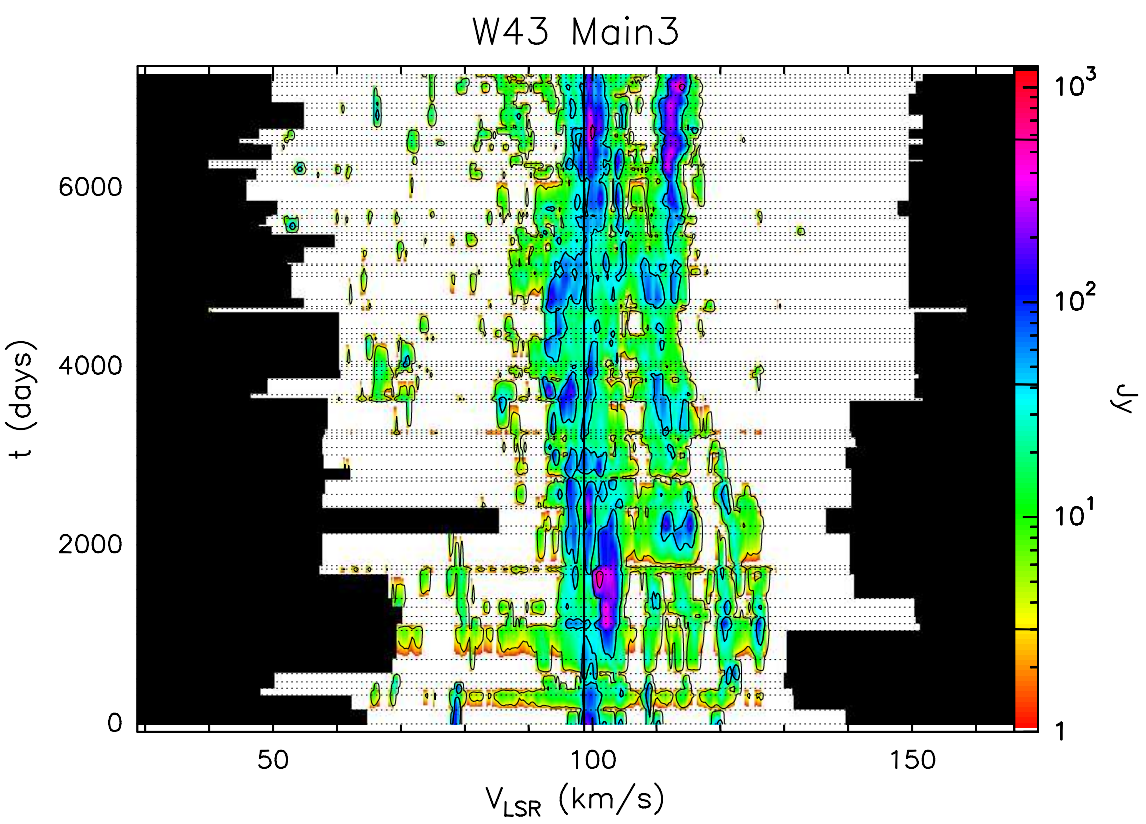

Fig. A.21. b Velocity–time–flux density *full* plot for source W43 Main3. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

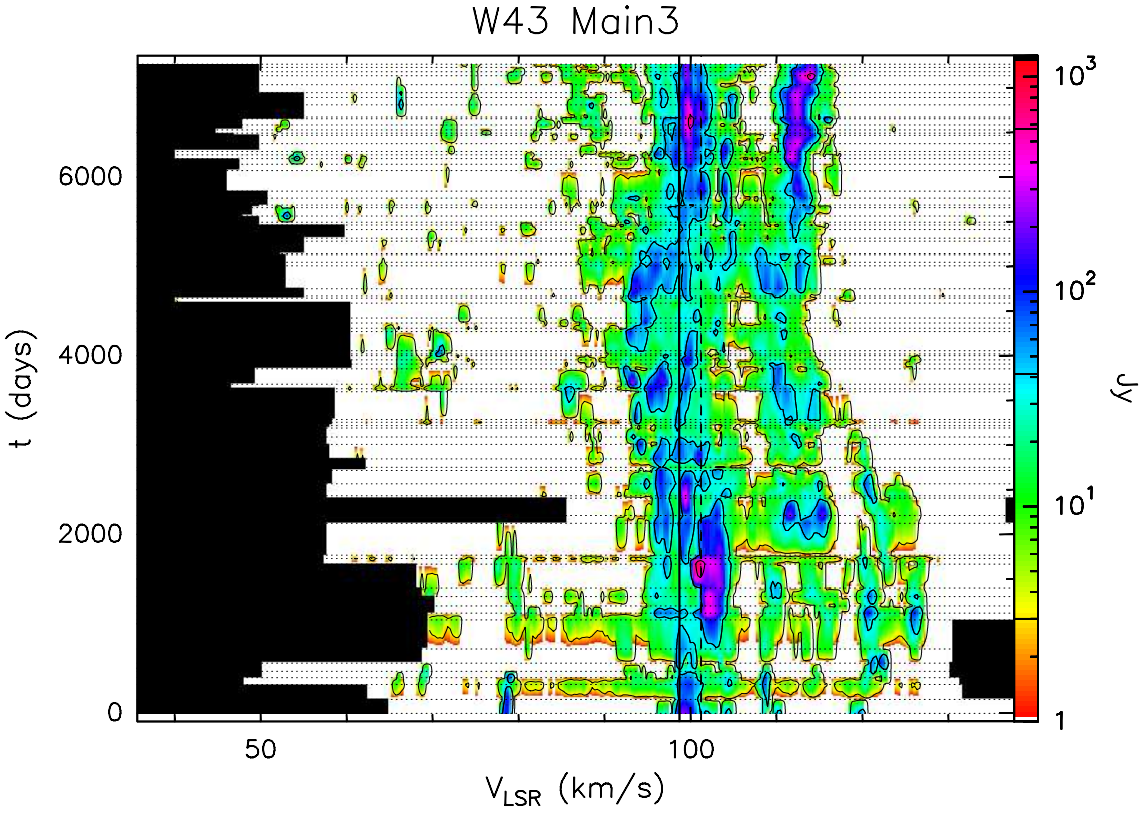

Fig. A.21. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

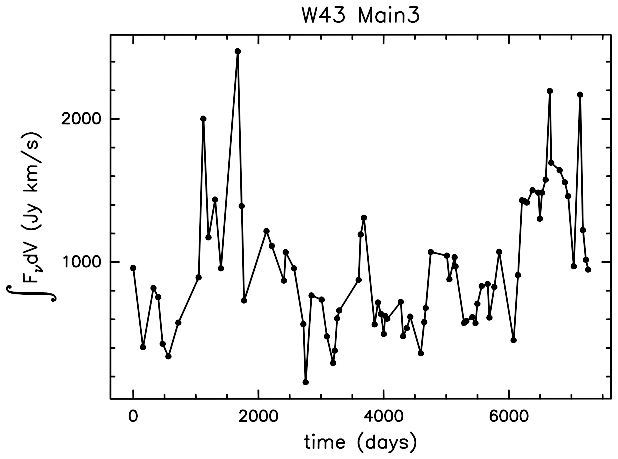

Fig. A.21. d Integral of the flux density over the observed velocity range as a function of time for source W43 Main3.

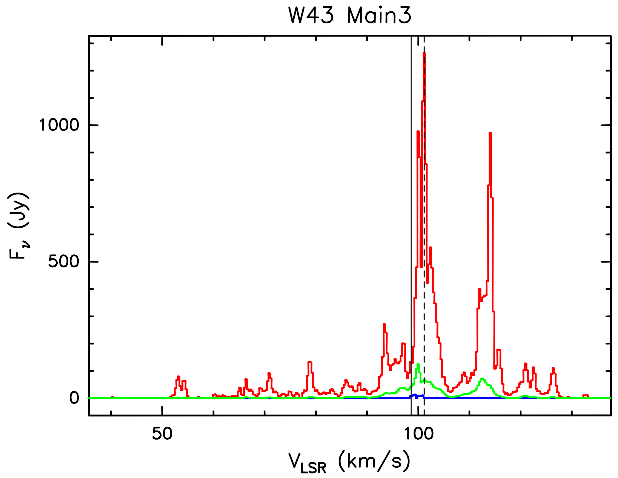

Fig. A.21. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source W43 Main3 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

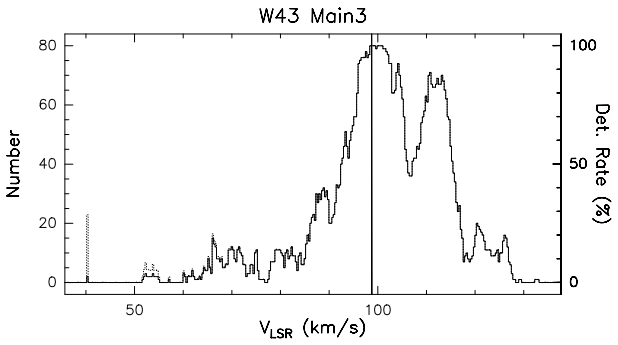

Fig. A.21. f Rate-of-occurrence plot for source W43 Main3. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

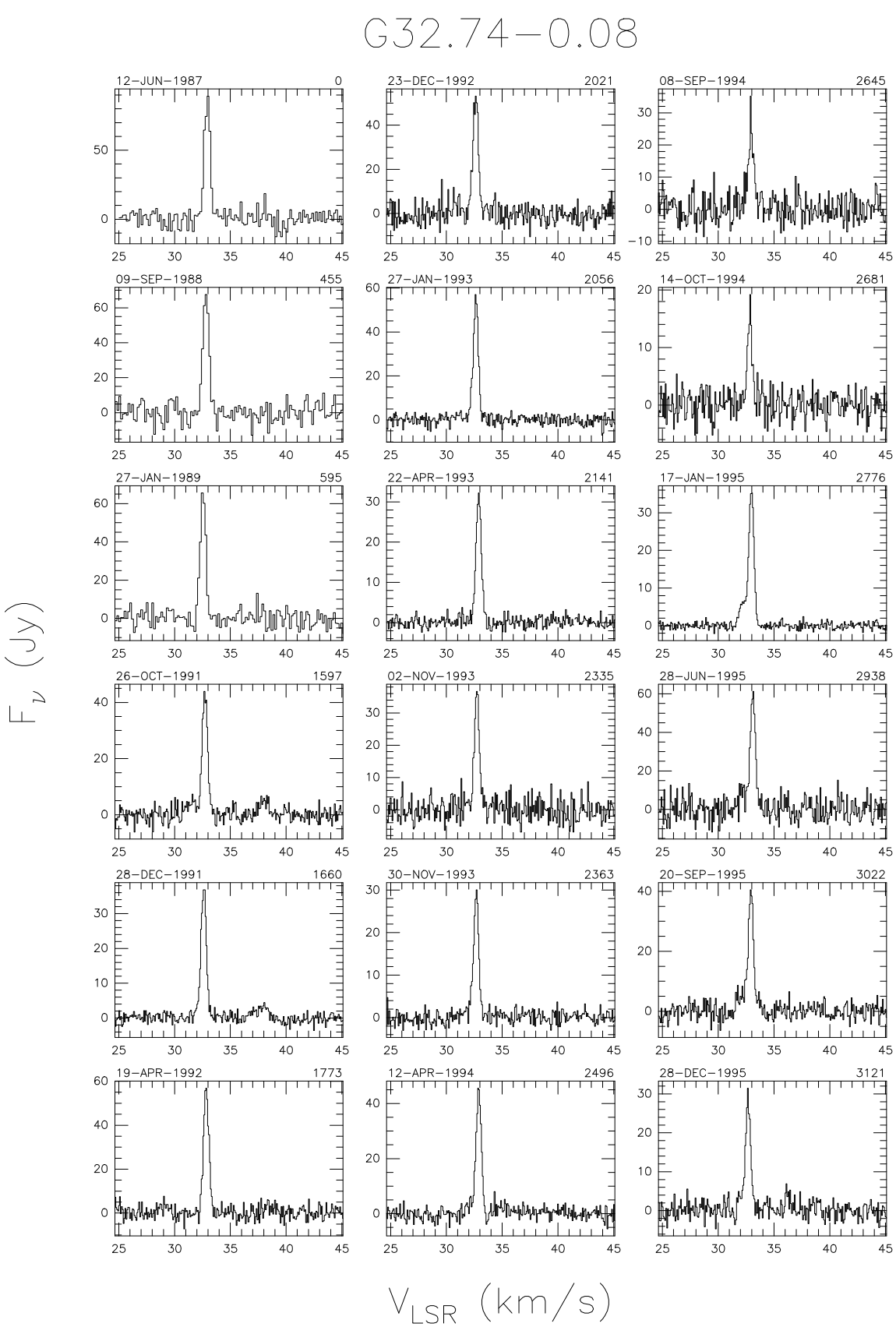

Fig. A.22. a Spectra of source G32.74-0.08 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

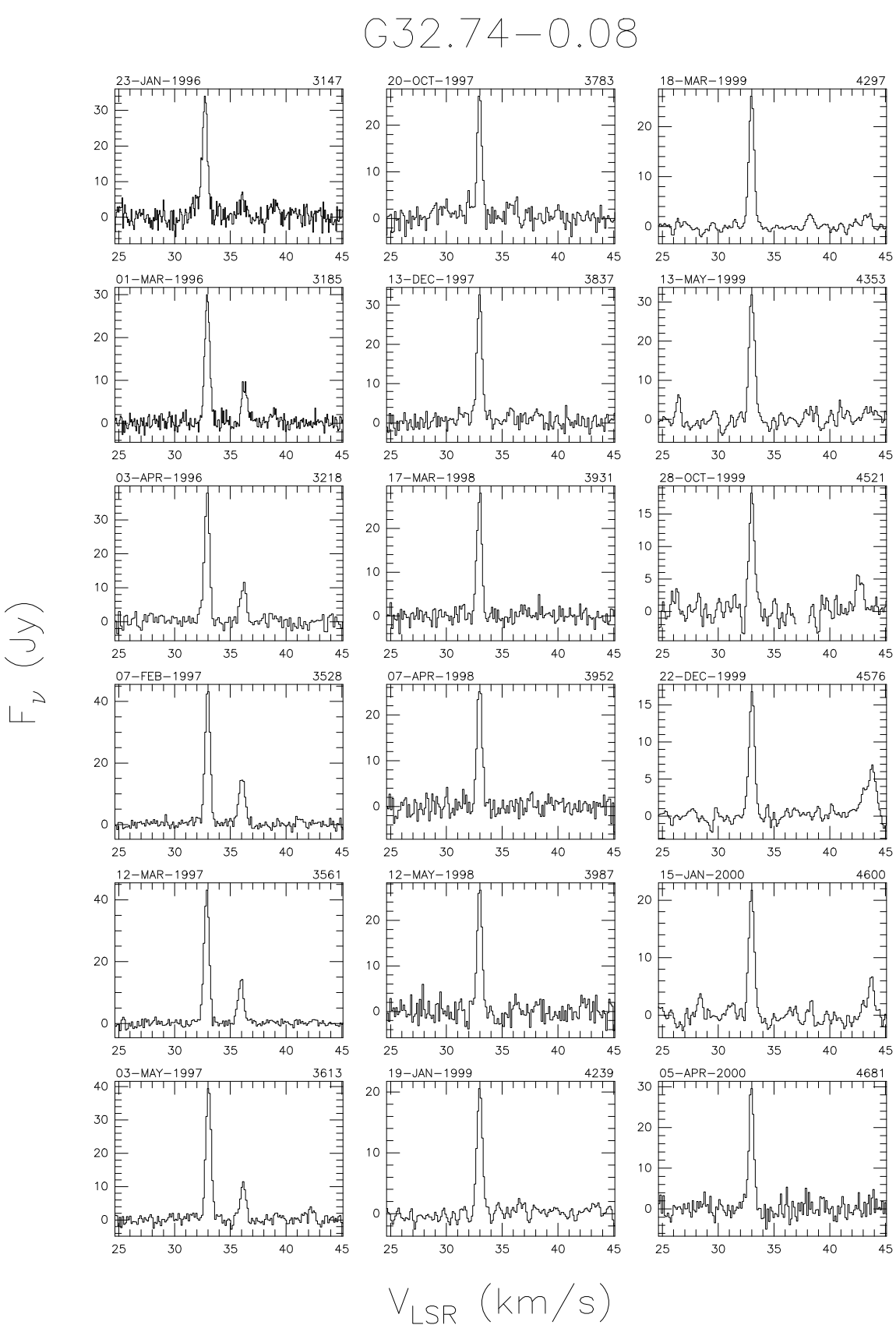

Fig. A.22. a continued

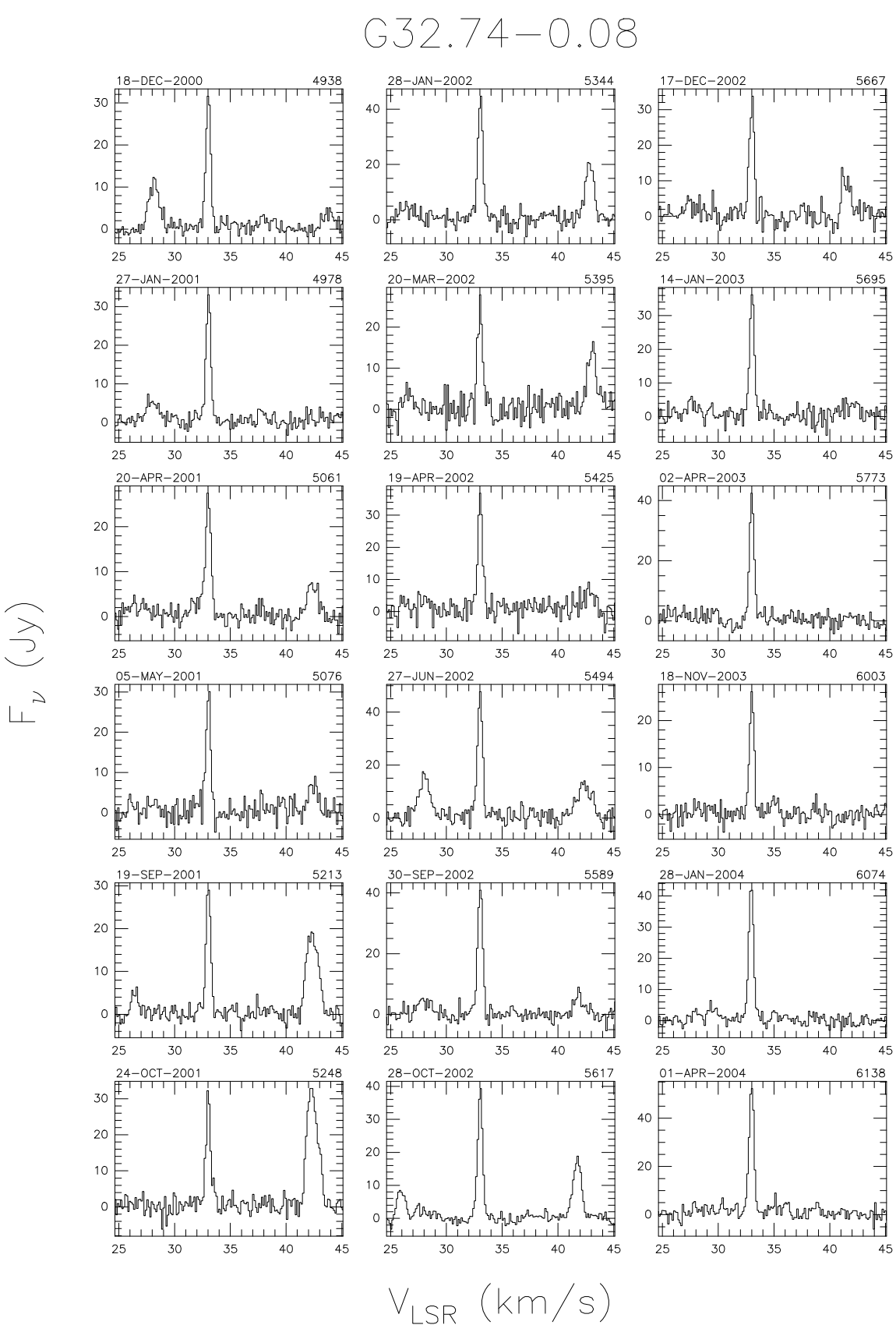

Fig. A.22. a continued

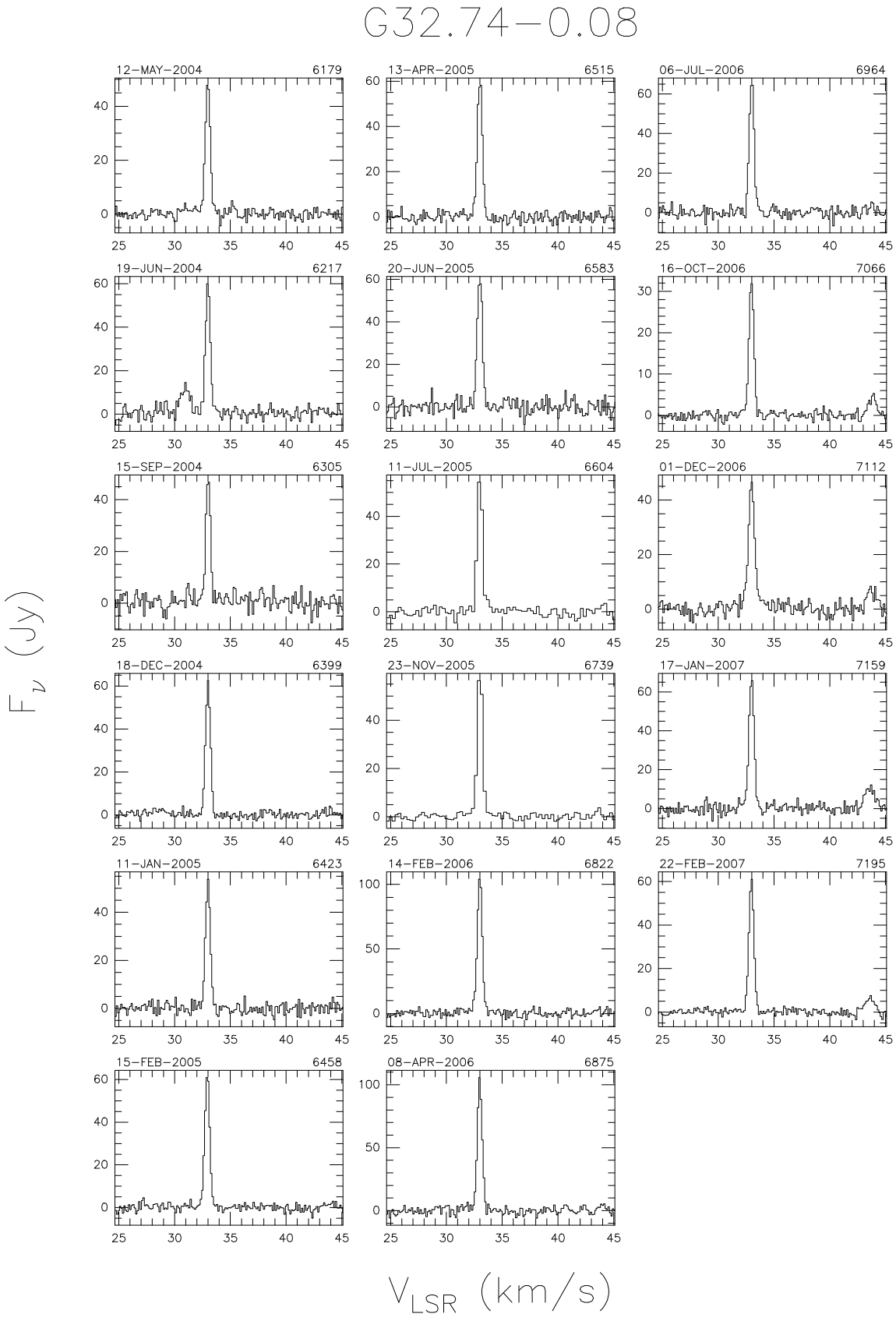

Fig. A.22. a continued

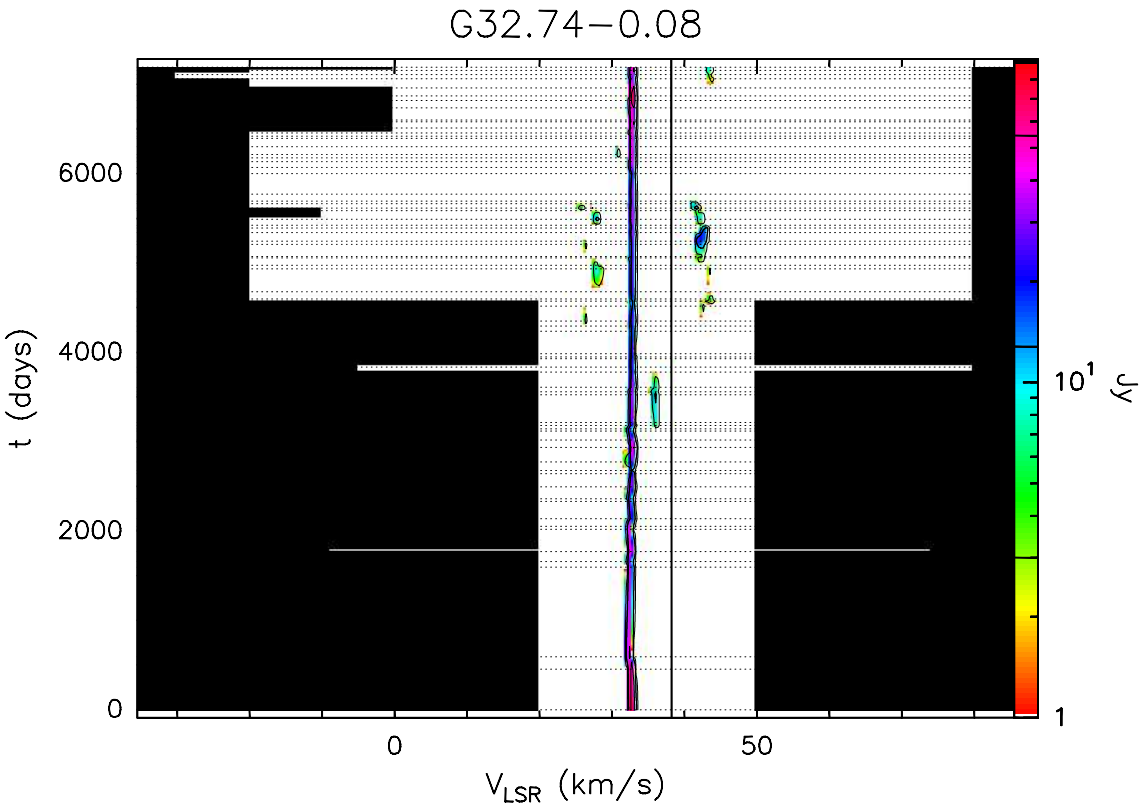

Fig. A.22. b Velocity–time–flux density *full* plot for source G32.74-0.08. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

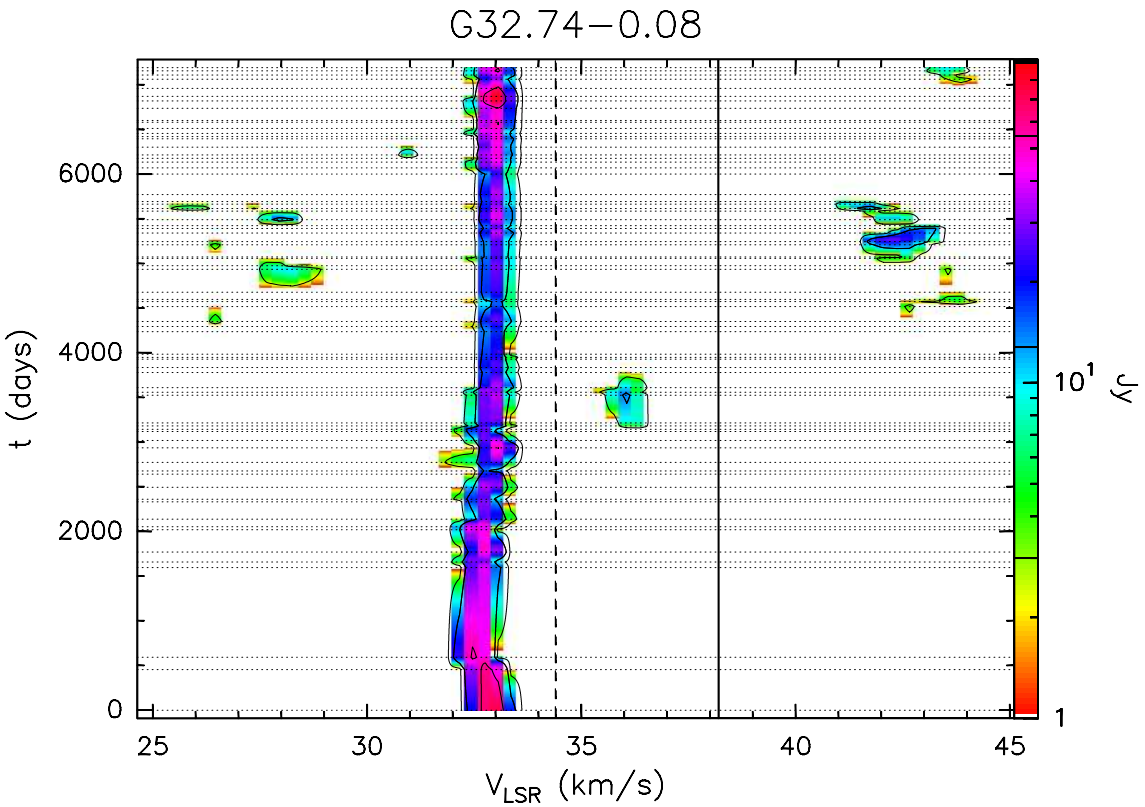

Fig. A.22. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

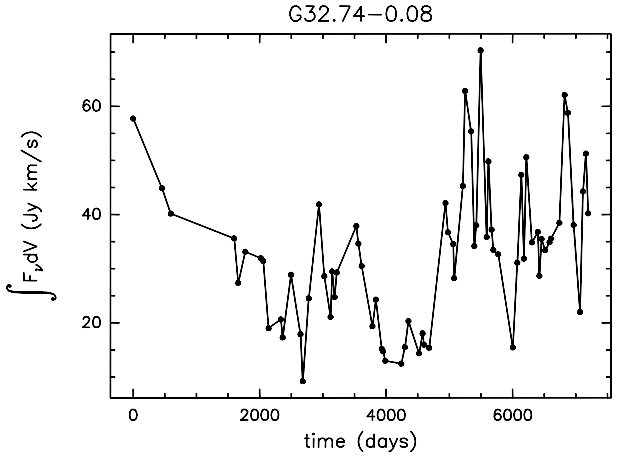

Fig. A.22. d Integral of the flux density over the observed velocity range as a function of time for source G32.74-0.08.

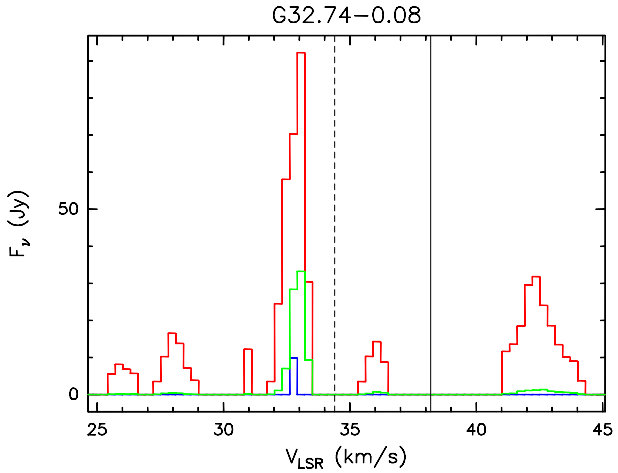

Fig. A.22. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source G32.74-0.08 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

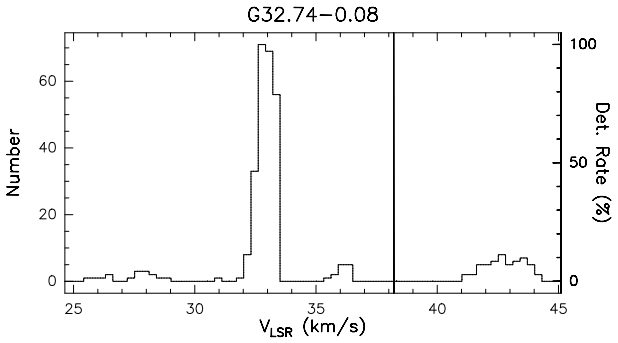

Fig. A.22. f Rate-of-occurrence plot for source G32.74-0.08. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

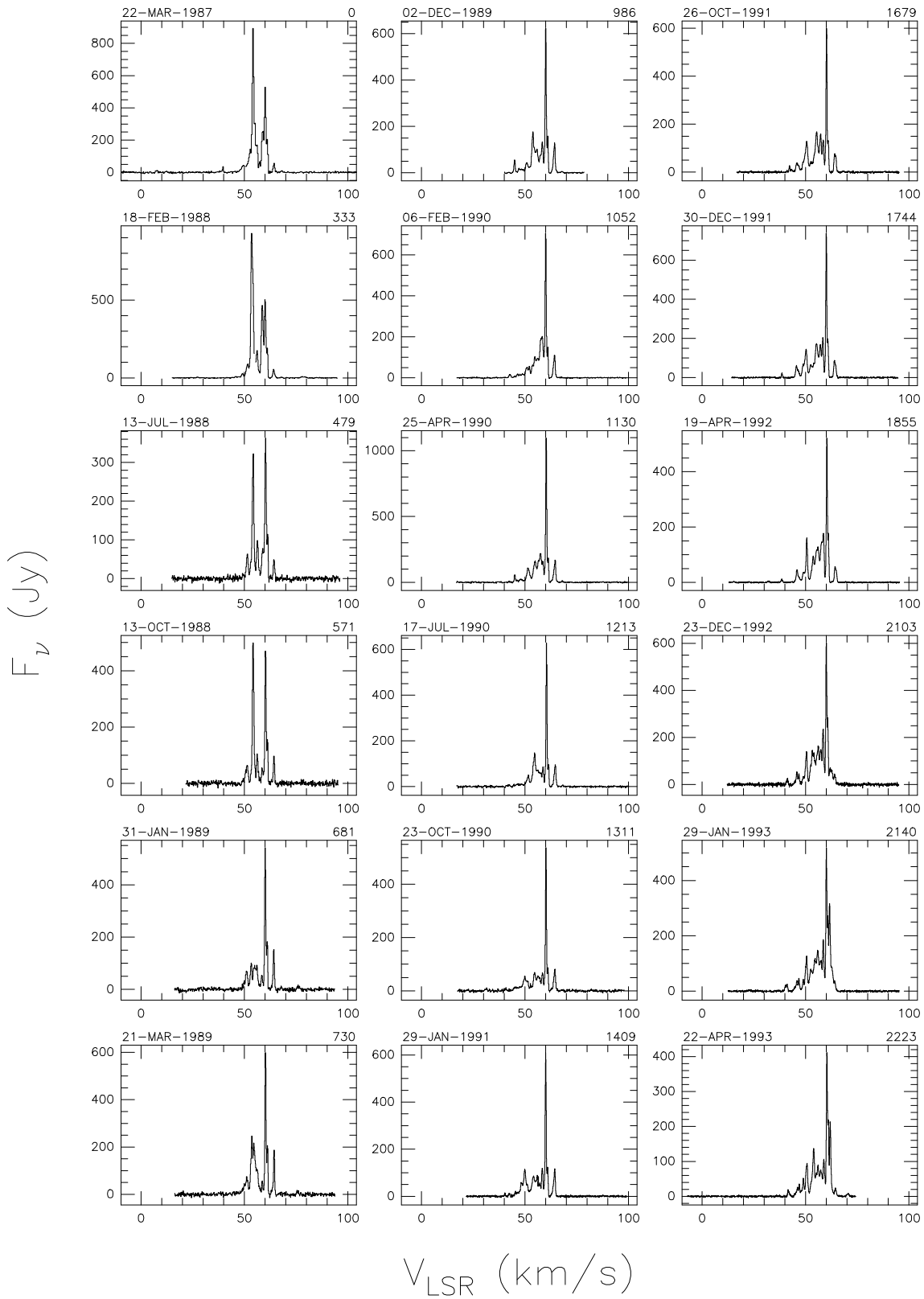

Fig. A.23. a Spectra of source G34.26+0.15 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

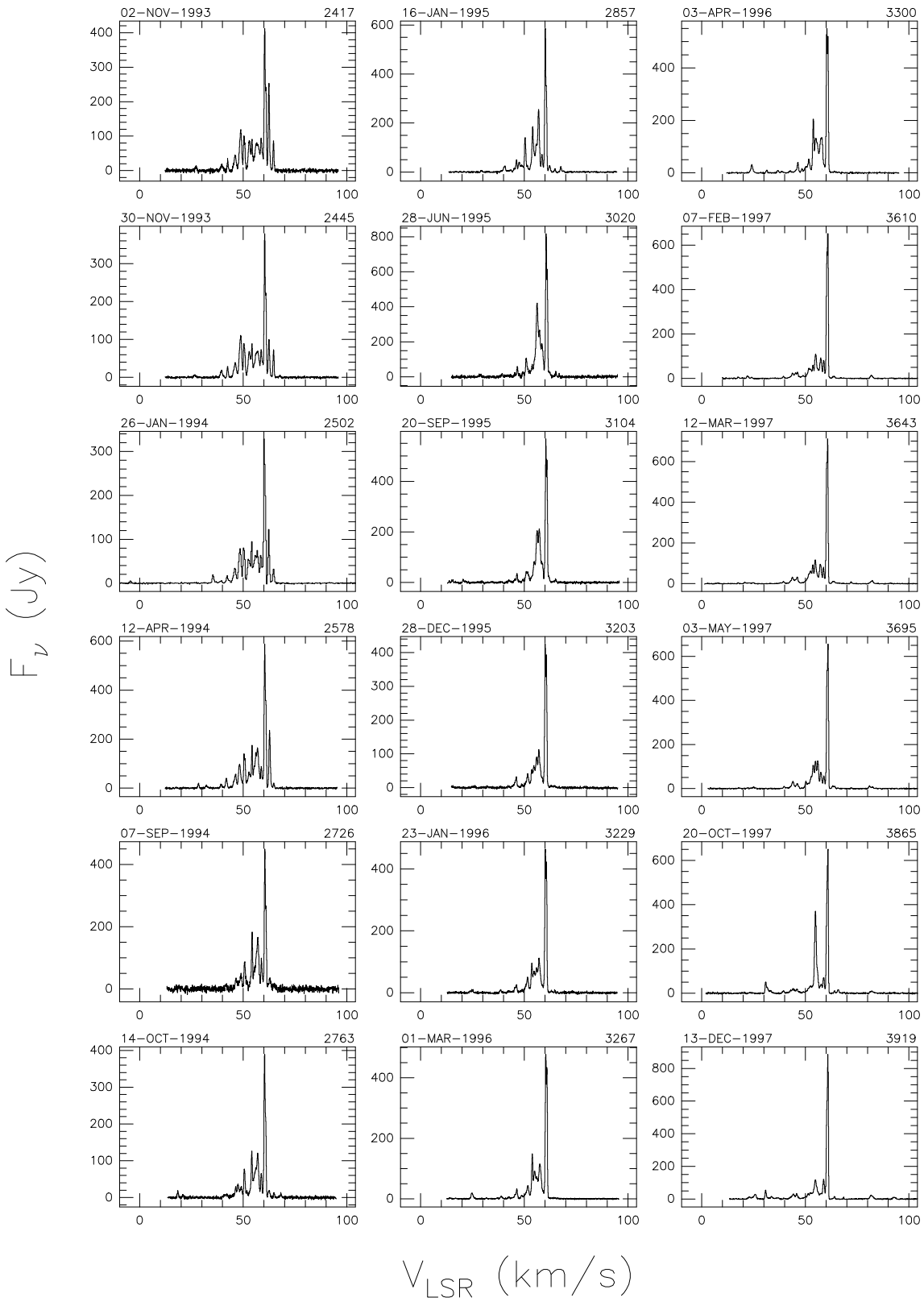

Fig. A.23. a continued

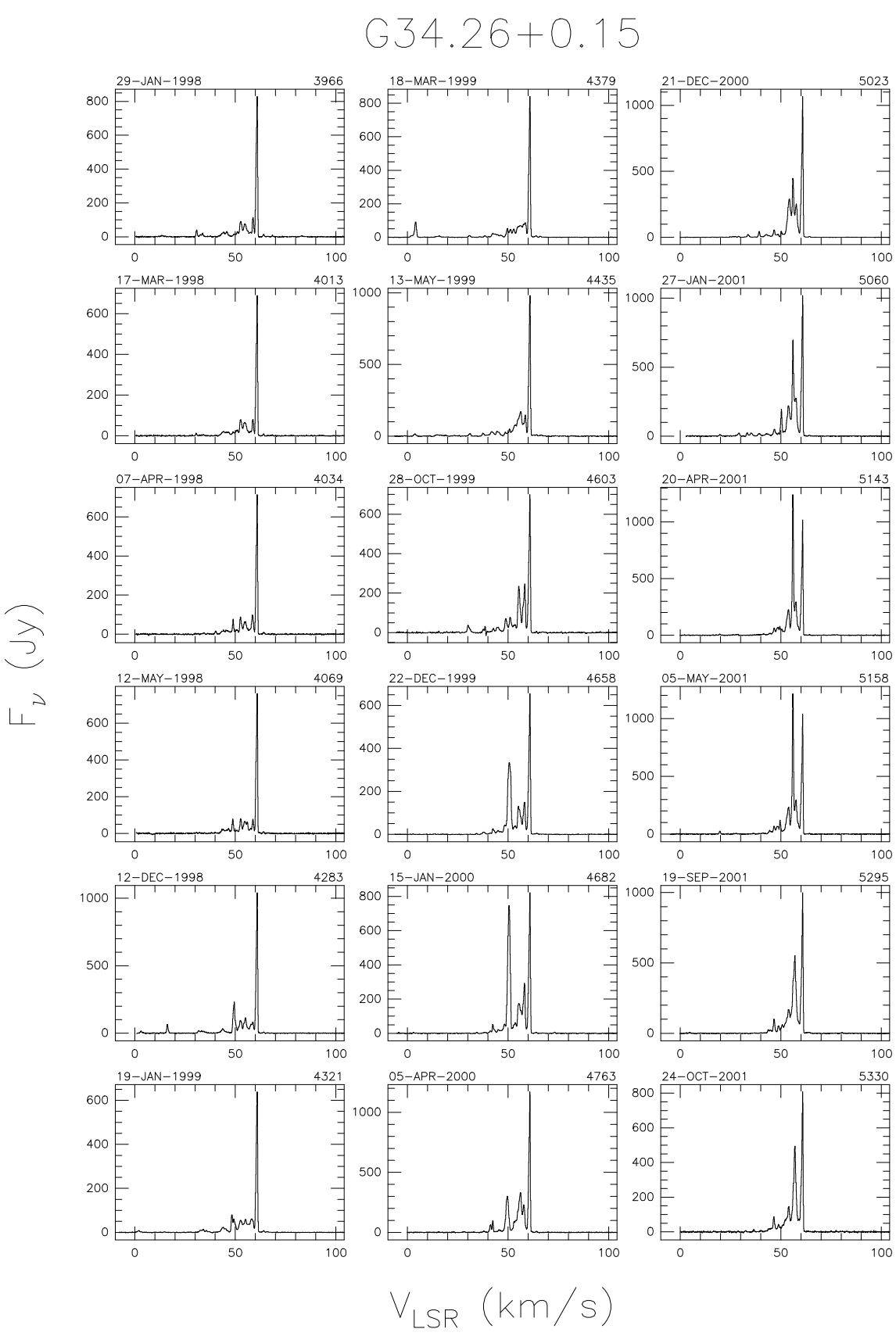

Fig. A.23. a continued

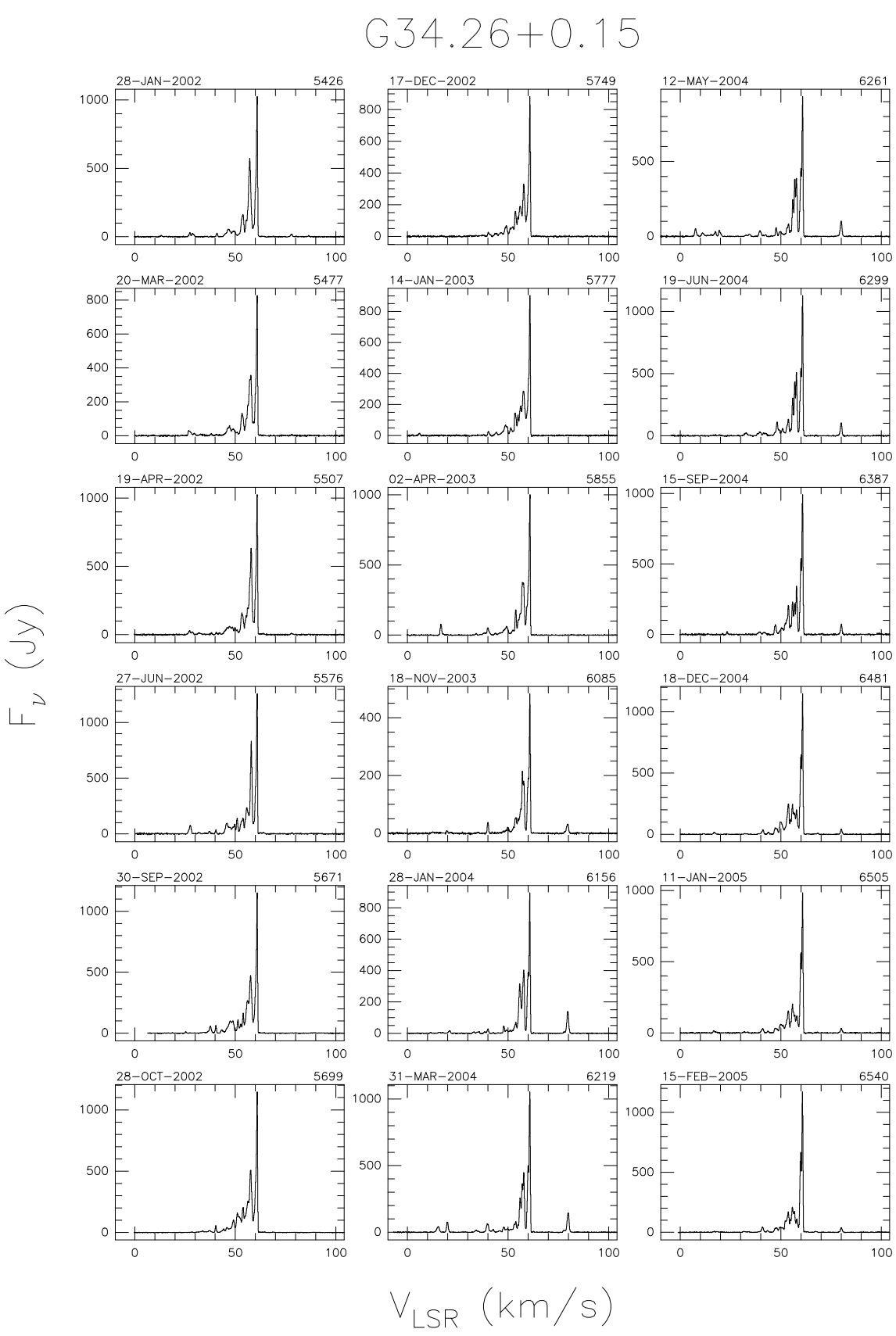

Fig. A.23. a continued

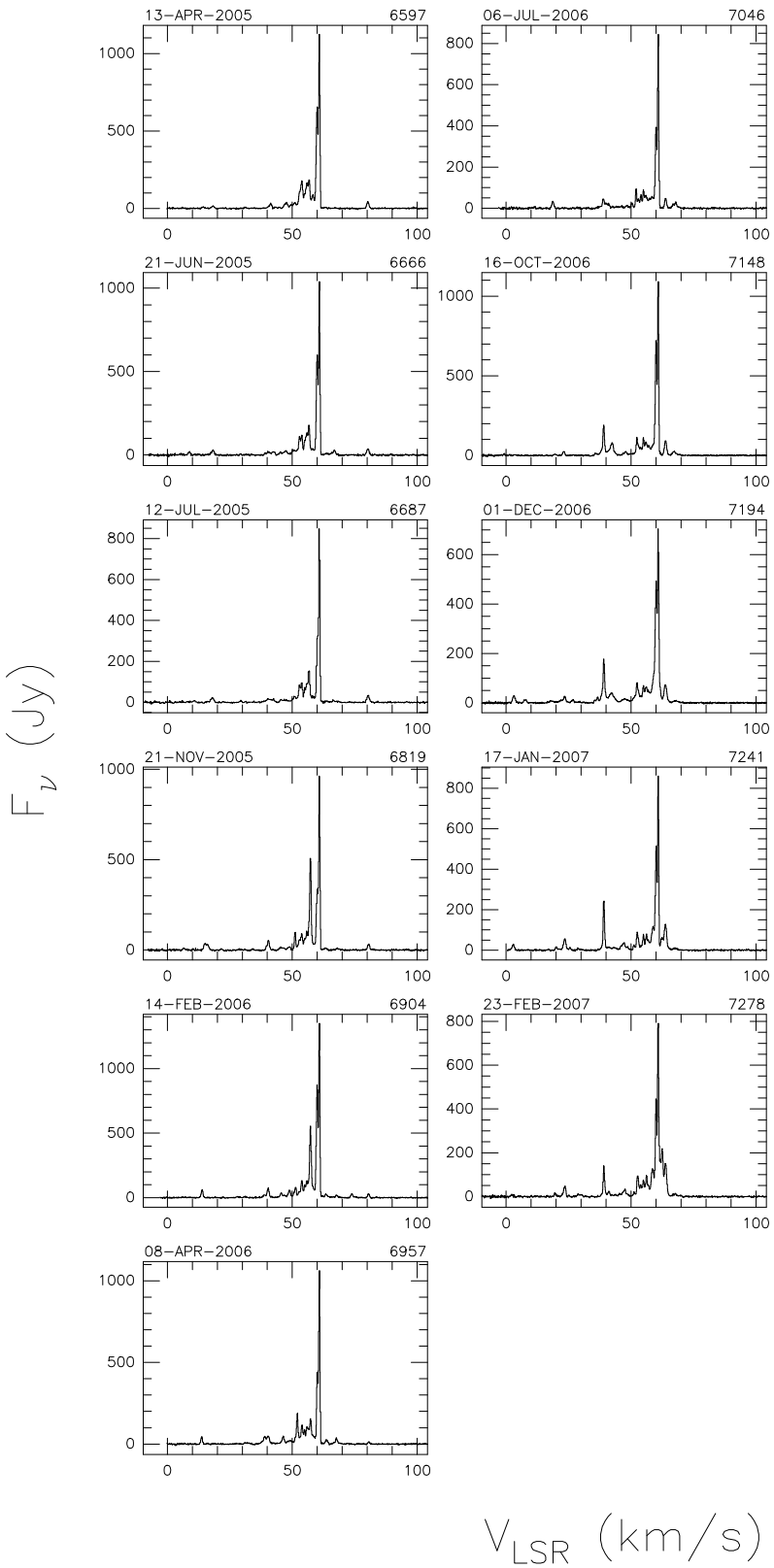

Fig. A.23. a continued

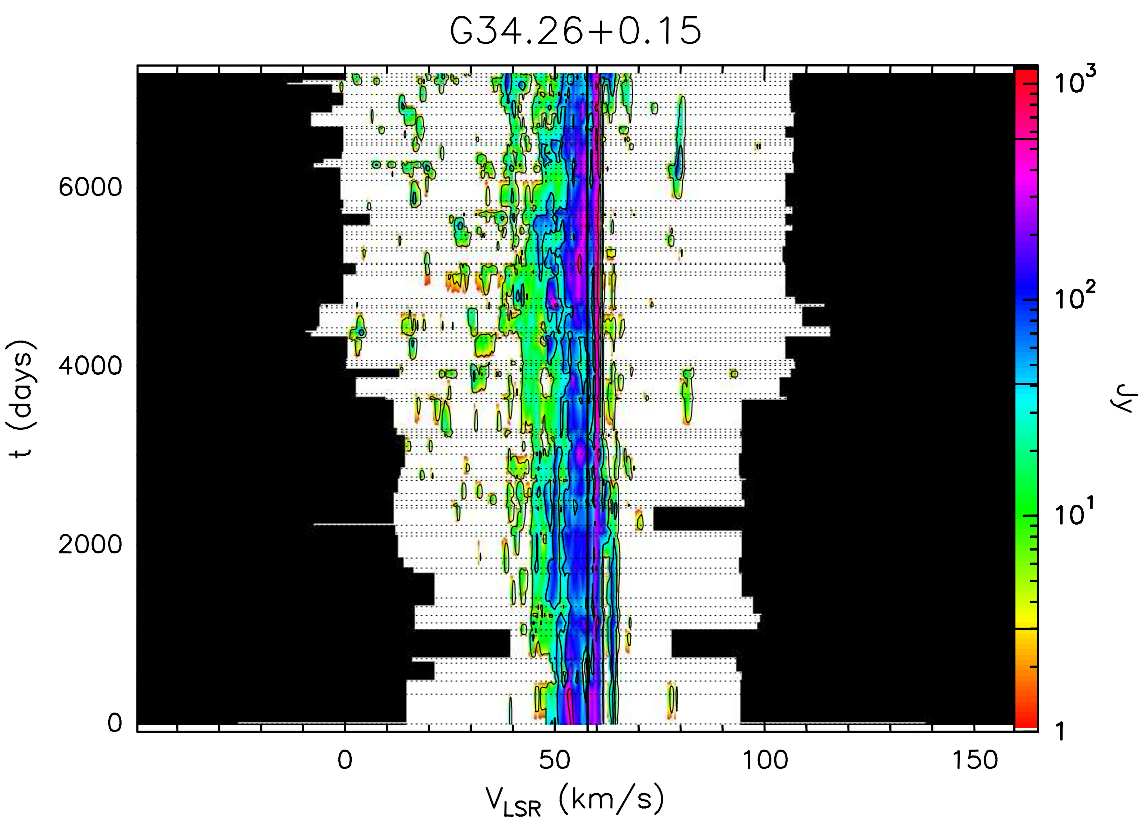

Fig. A.23. b Velocity–time–flux density *full* plot for source G34.26+0.15. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

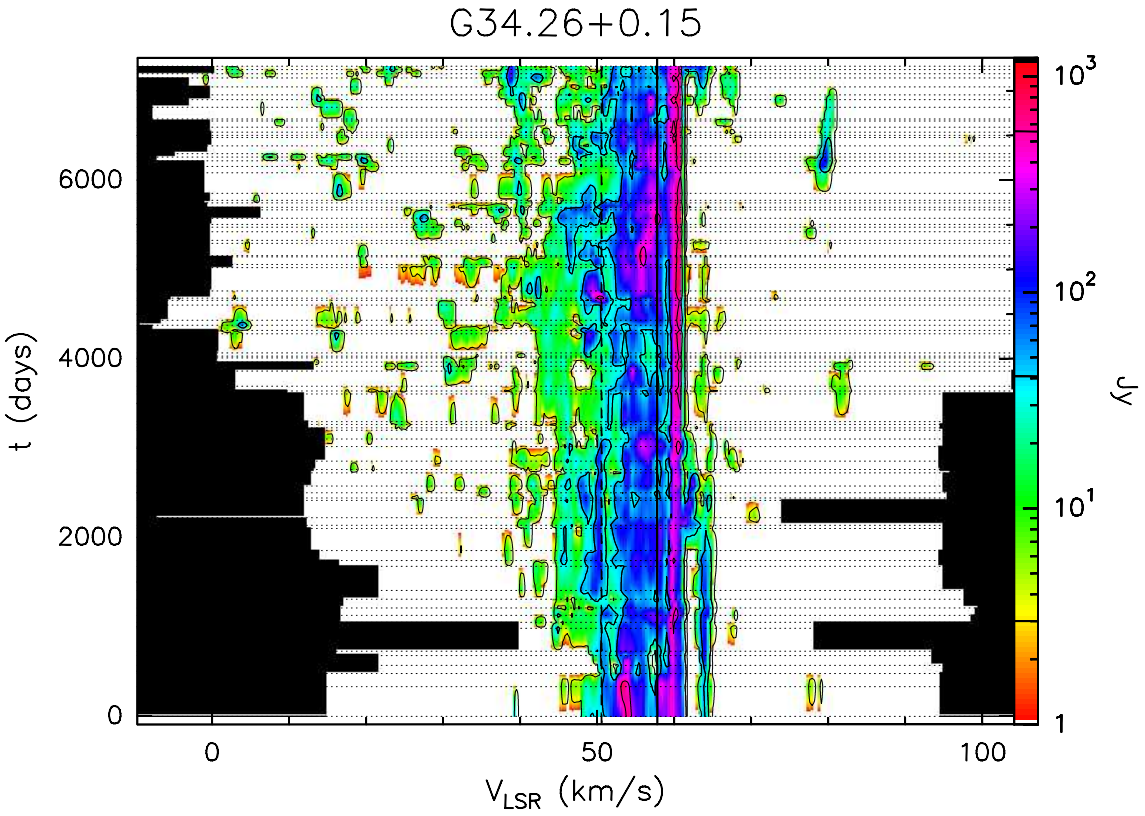

Fig. A.23. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

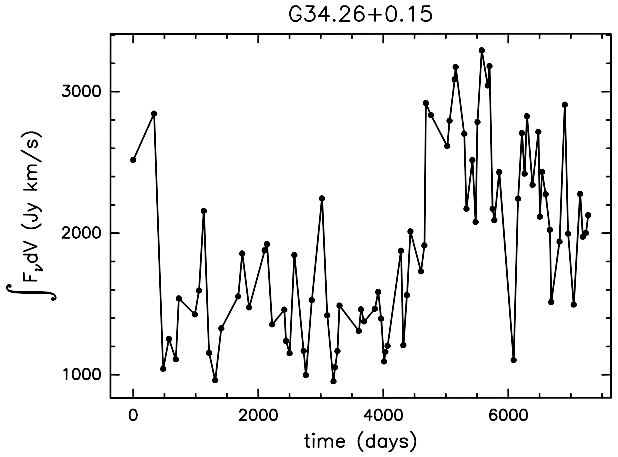

Fig. A.23. d Integral of the flux density over the observed velocity range as a function of time for source G34.26+0.15.

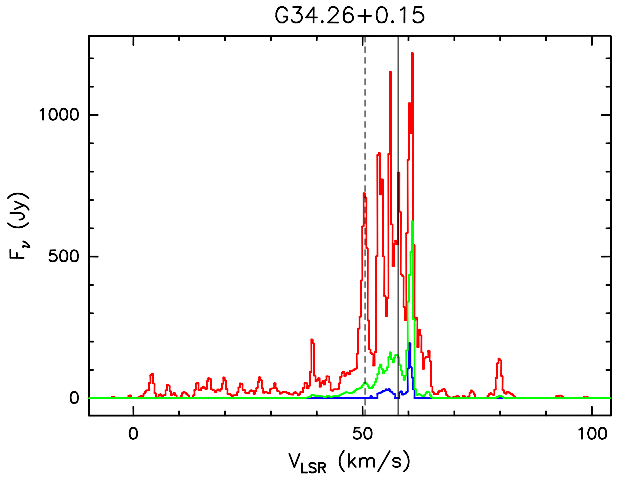

Fig. A.23. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source G34.26+0.15 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

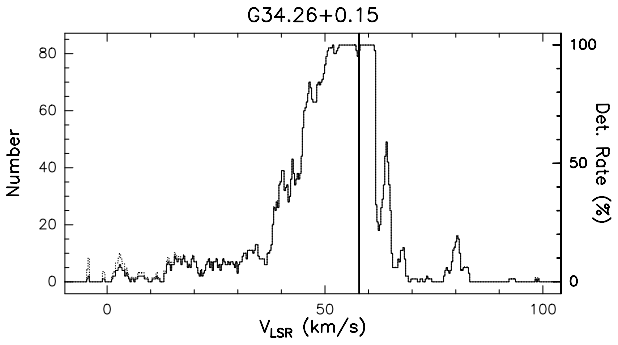

Fig. A.23. f Rate-of-occurrence plot for source G34.26+0.15. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

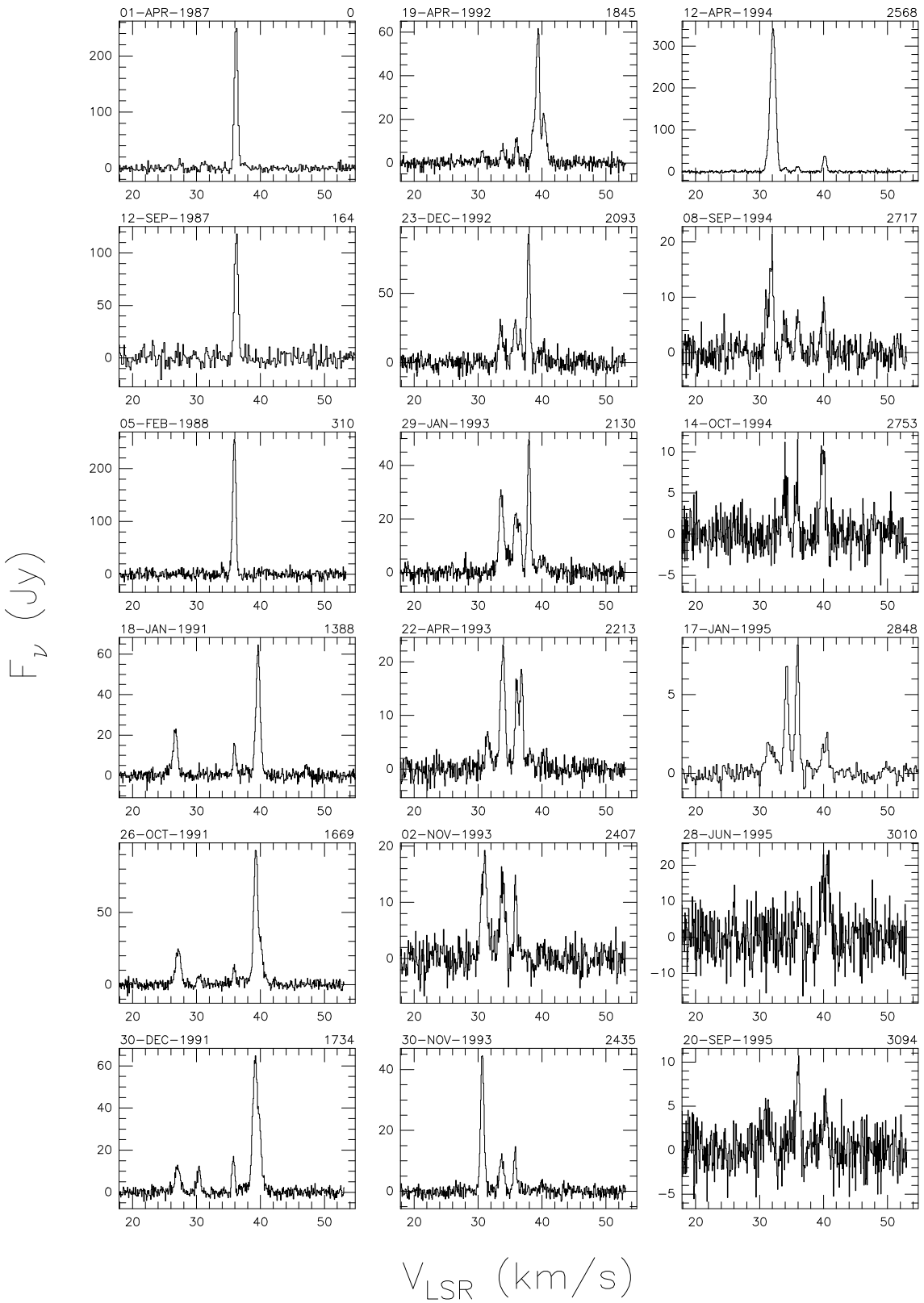

Fig. A.24. a Spectra of source G35.20-0.74 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

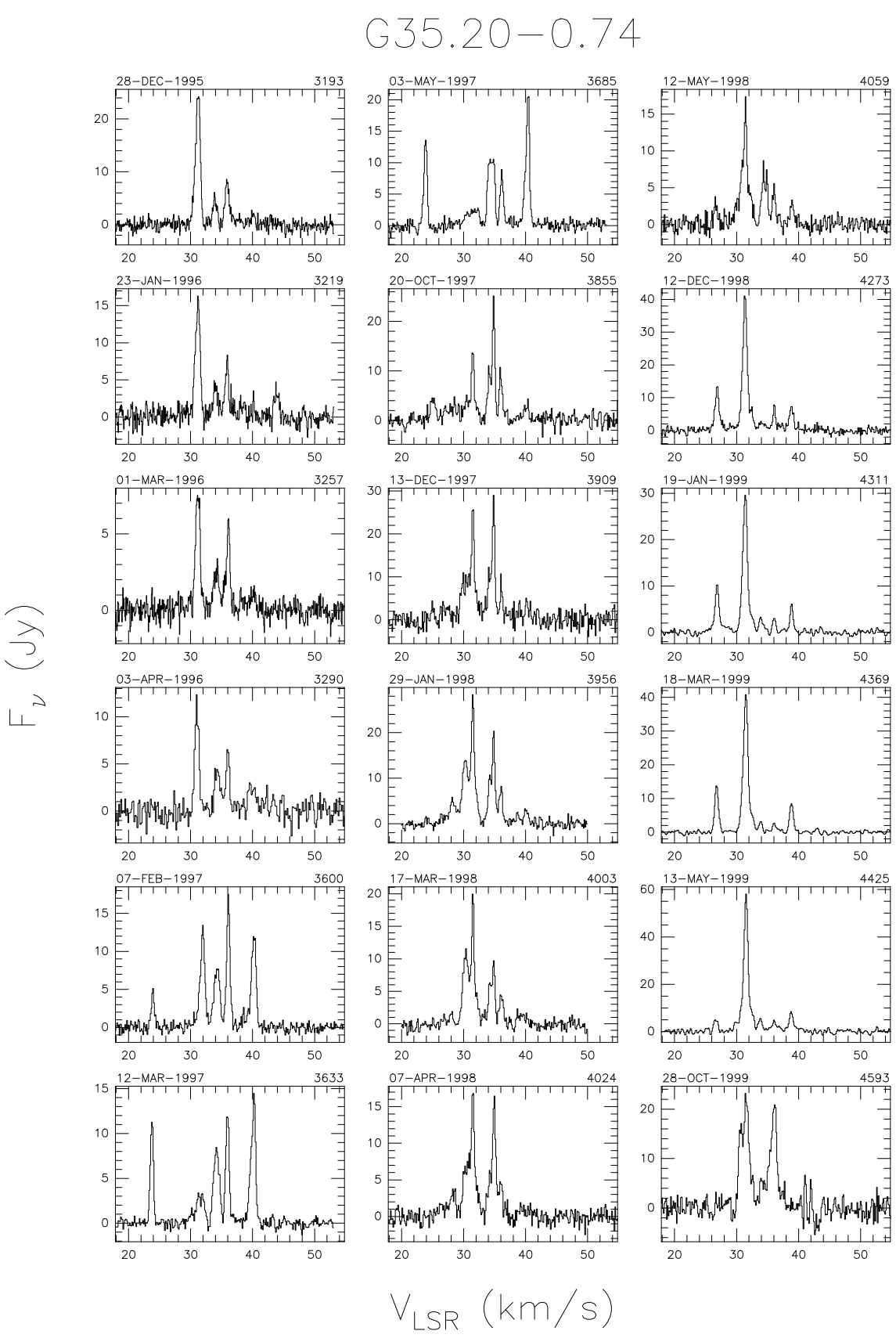

Fig. A.24. a continued

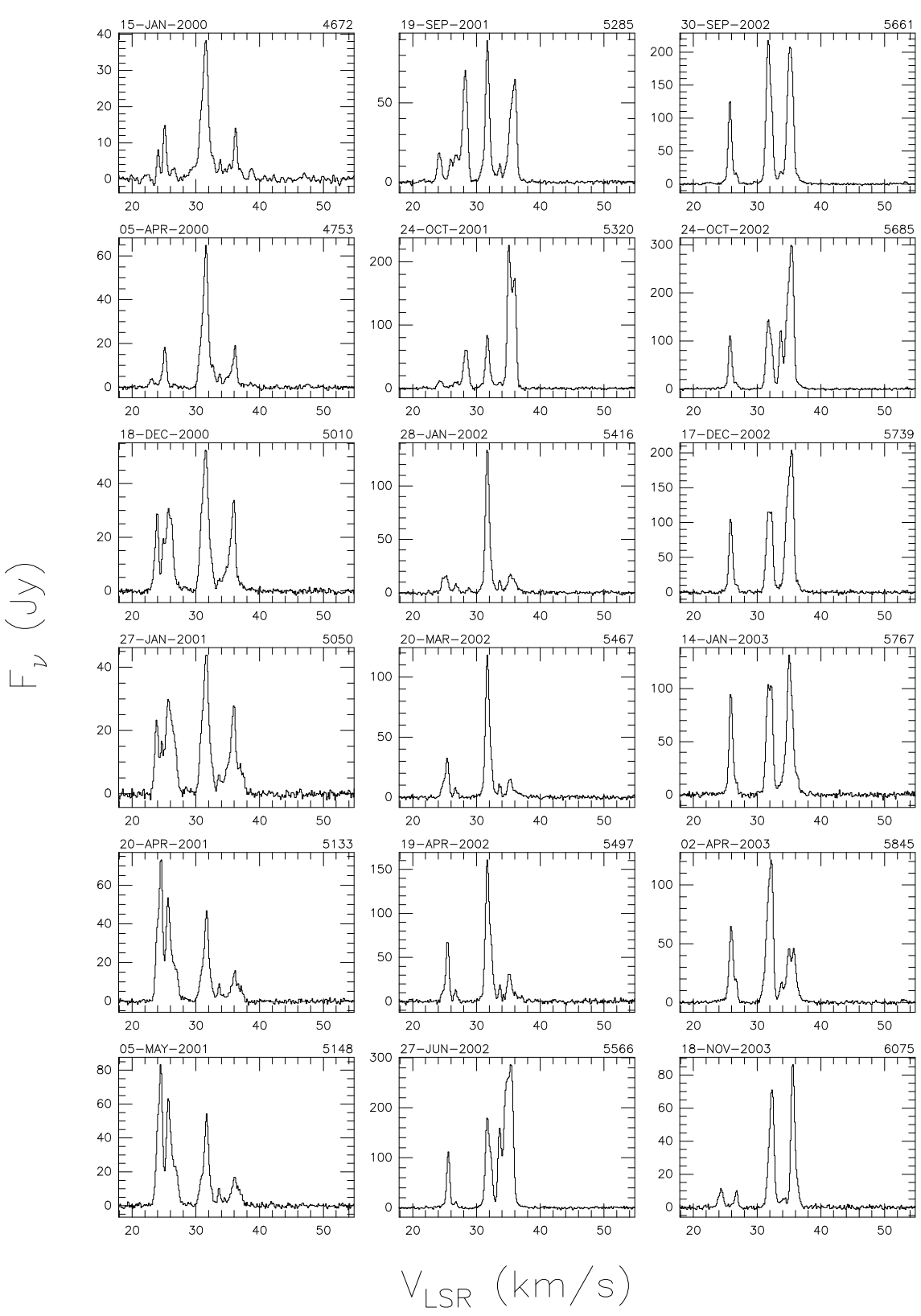

Fig. A.24. a continued

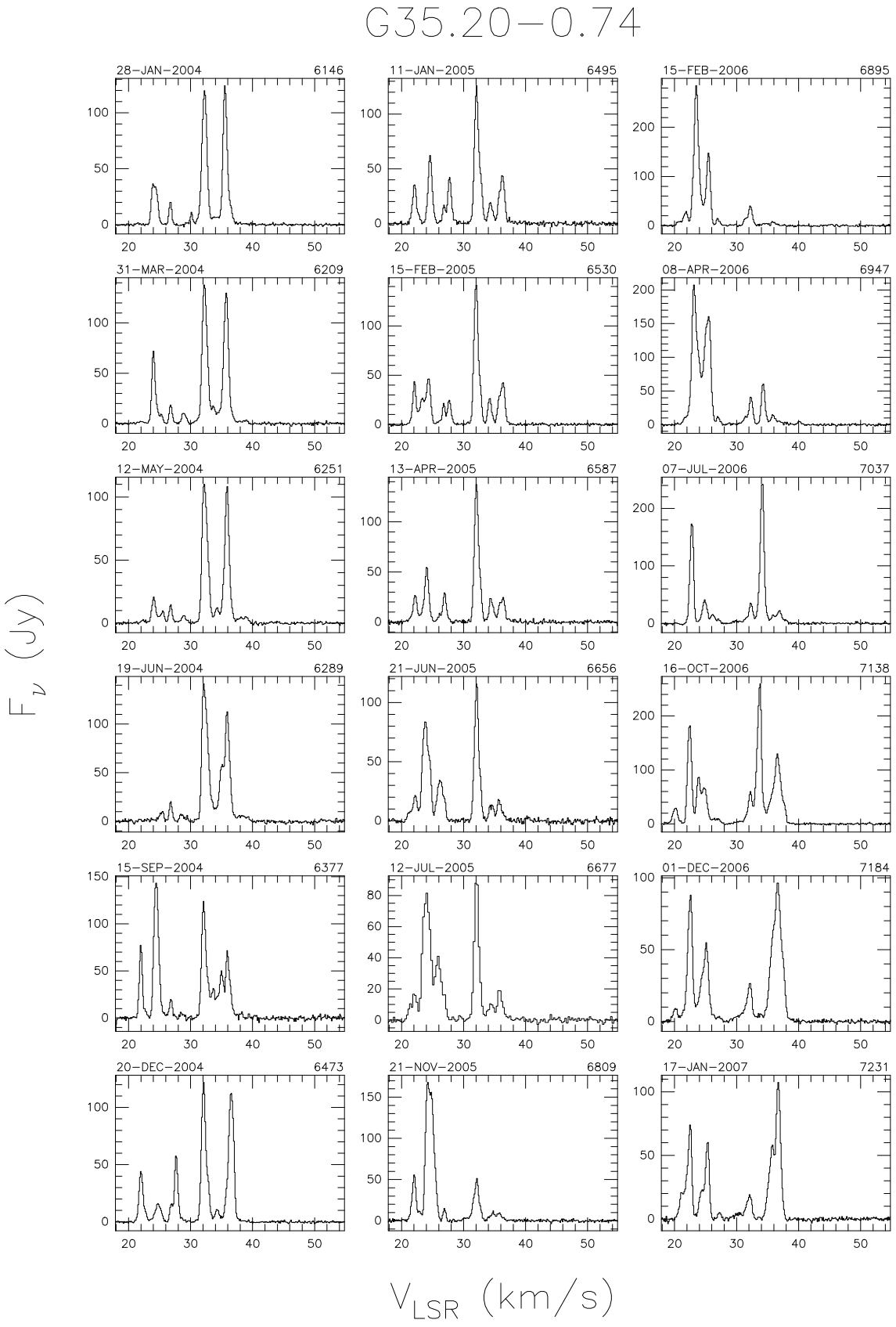

Fig. A.24. a continued

Fig. A.24. a continued

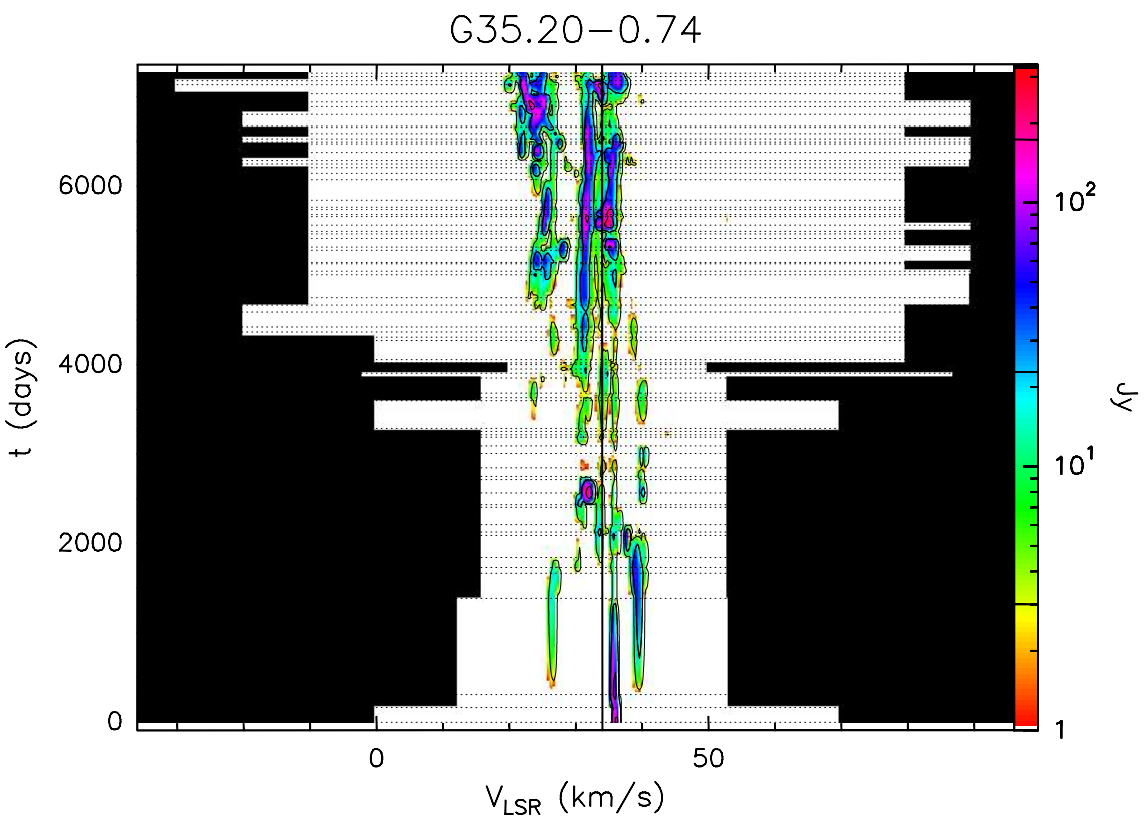

Fig. A.24. b Velocity–time–flux density *full* plot for source G35.20-0.74. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

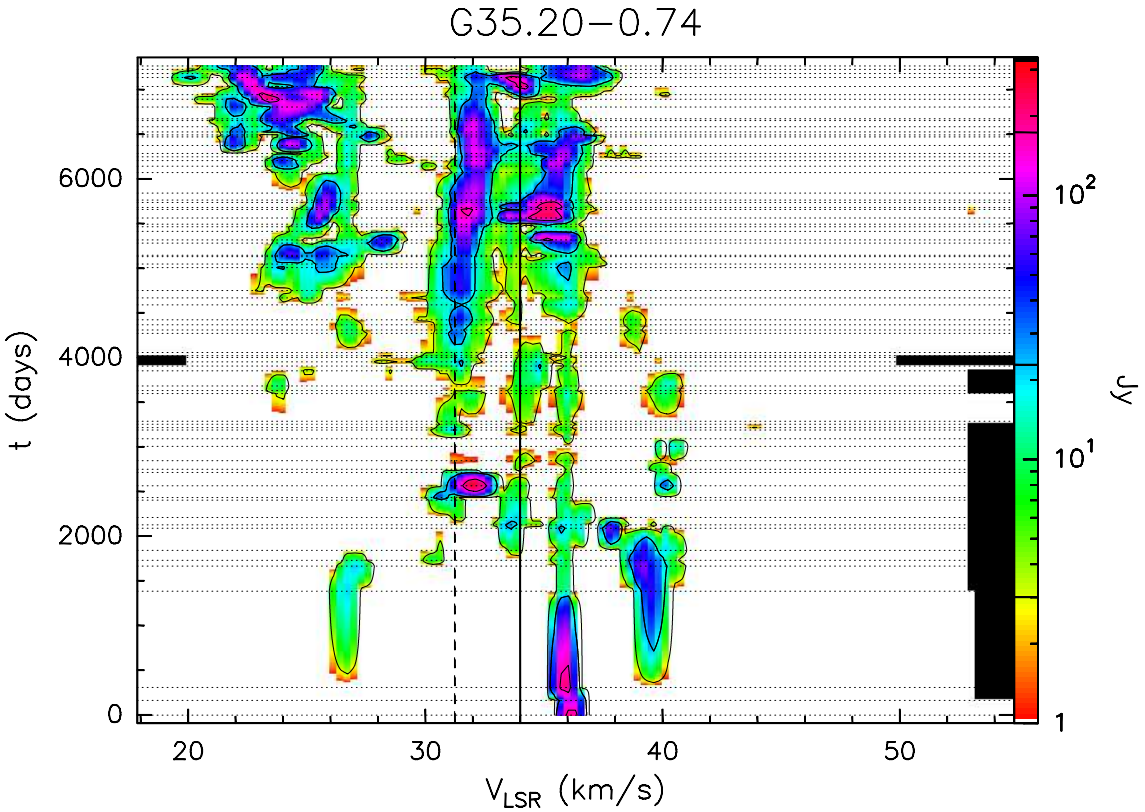

Fig. A.24. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

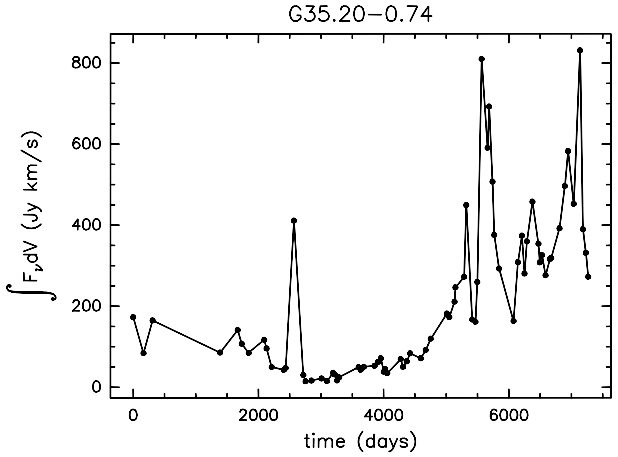

Fig. A.24. d Integral of the flux density over the observed velocity range as a function of time for source G35.20-0.74.

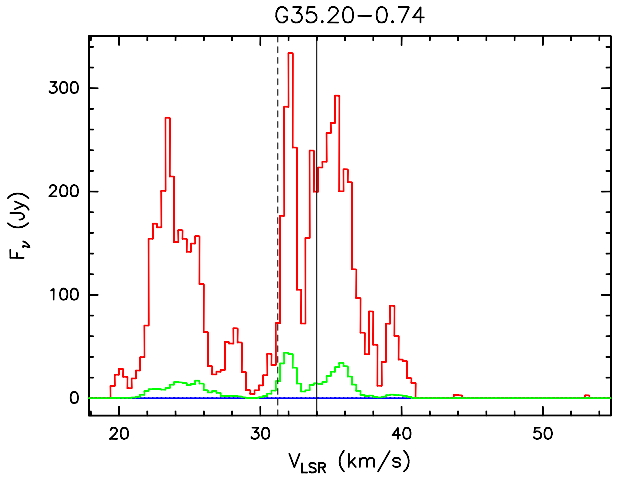

Fig. A.24. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source G35.20-0.74 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

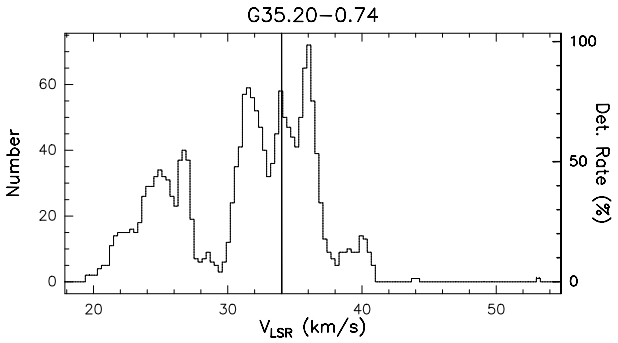

Fig. A.24. f Rate-of-occurrence plot for source G35.20-0.74. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

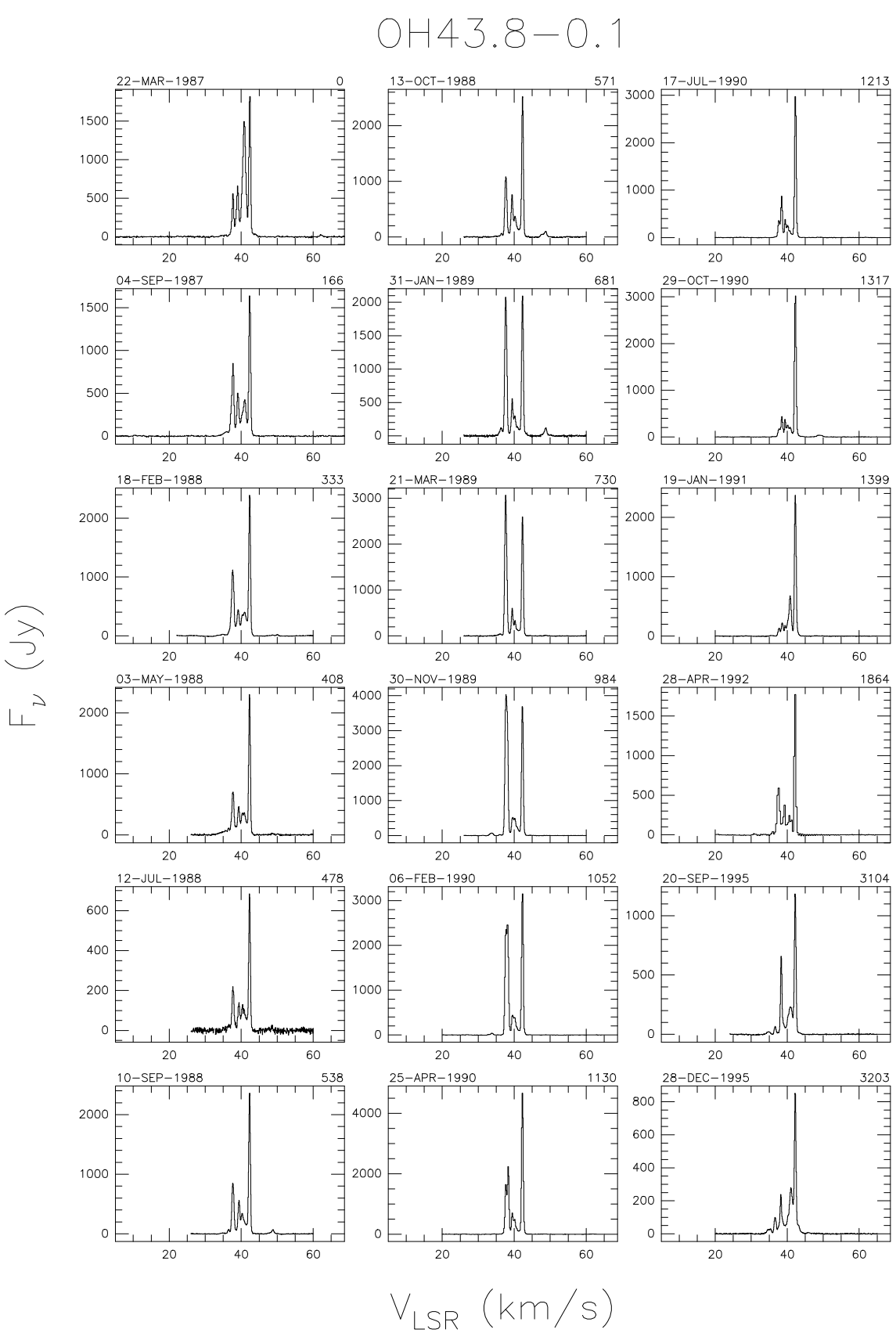

Fig. A.25. a Spectra of source OH43.8-0.1 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

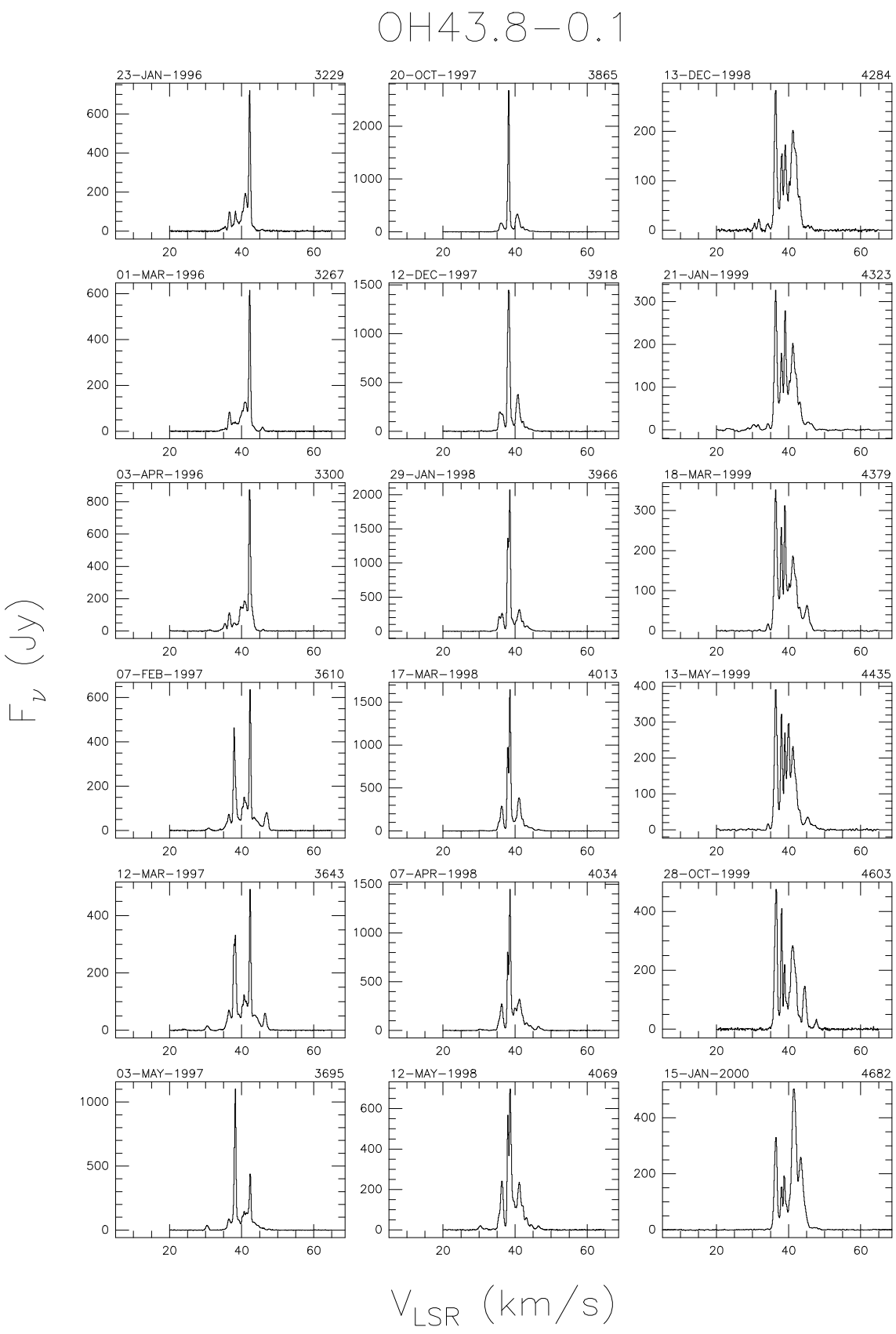

Fig. A.25. a continued

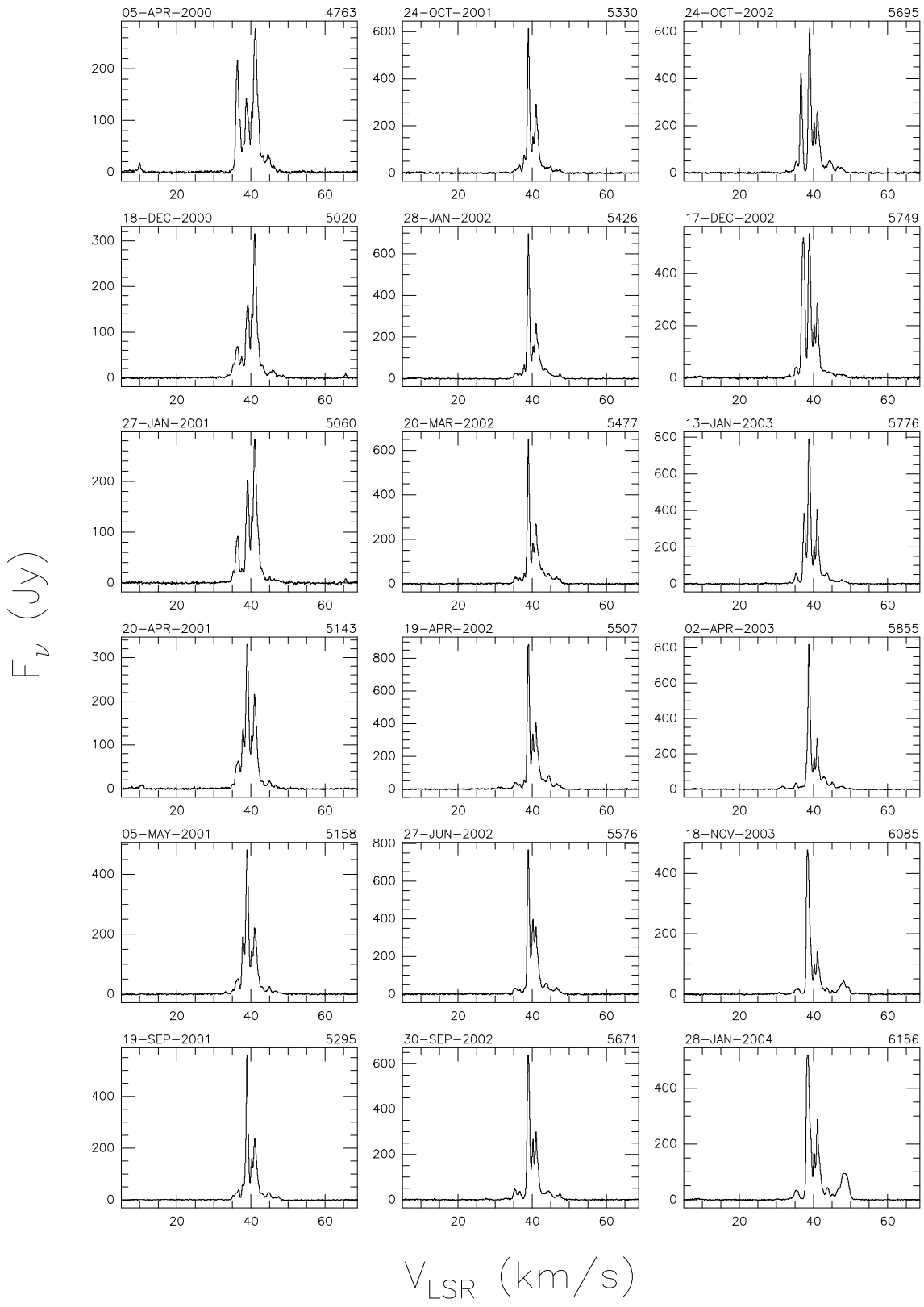

Fig. A.25. a continued

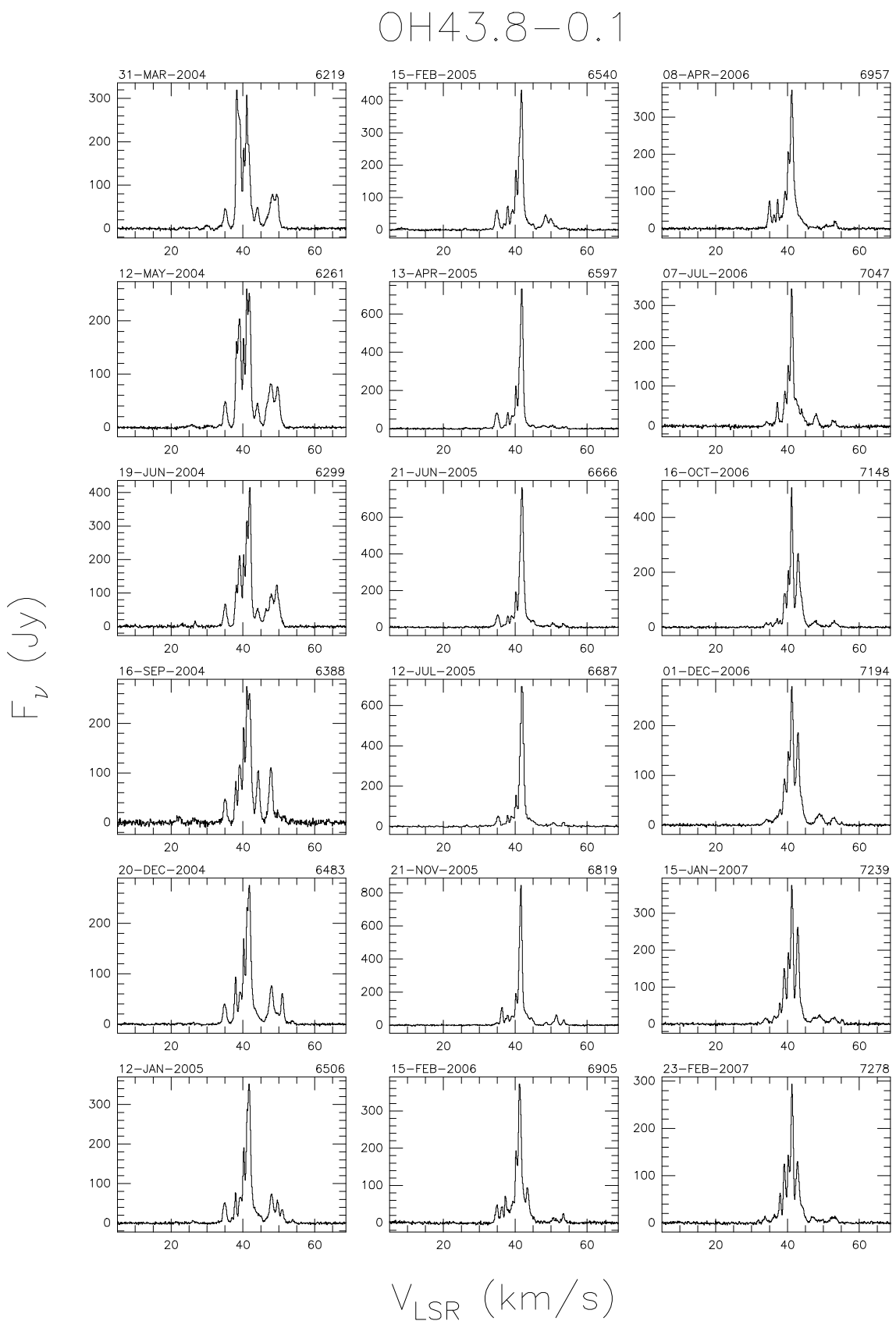

Fig. A.25. a continued

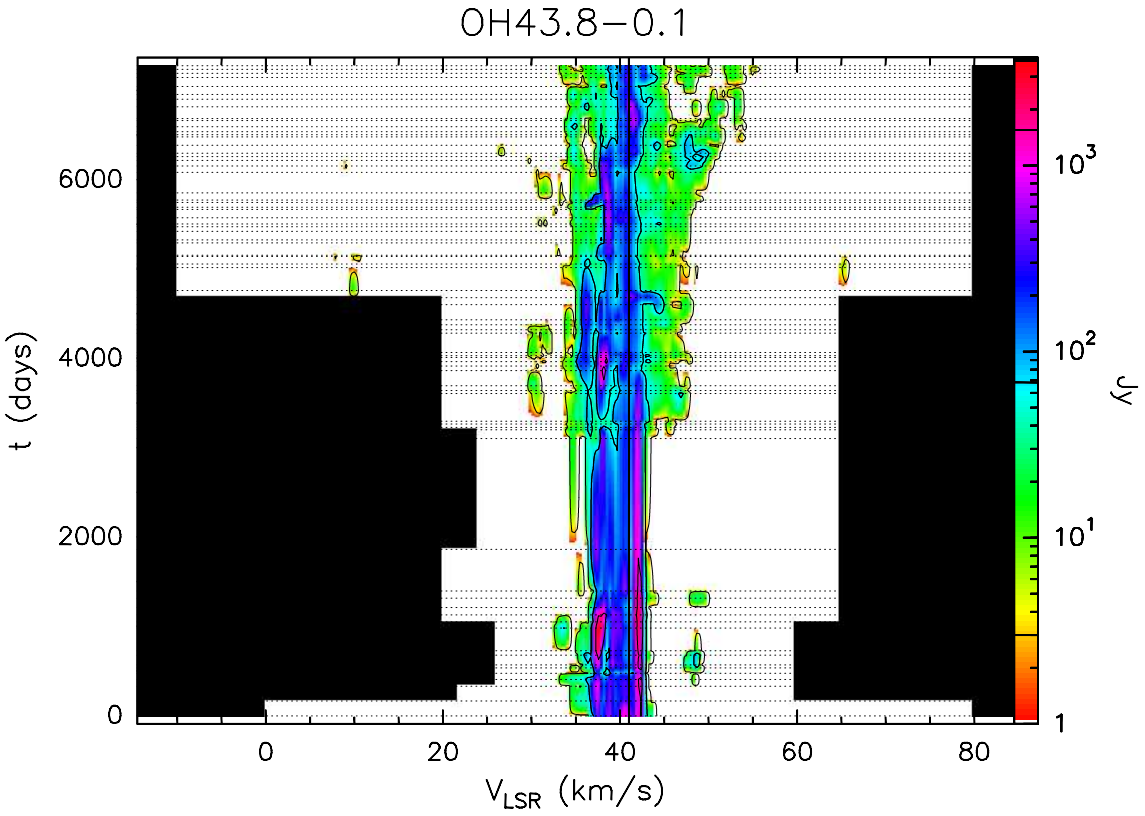

Fig. A.25. b Velocity–time–flux density *full* plot for source OH43.8-0.1. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

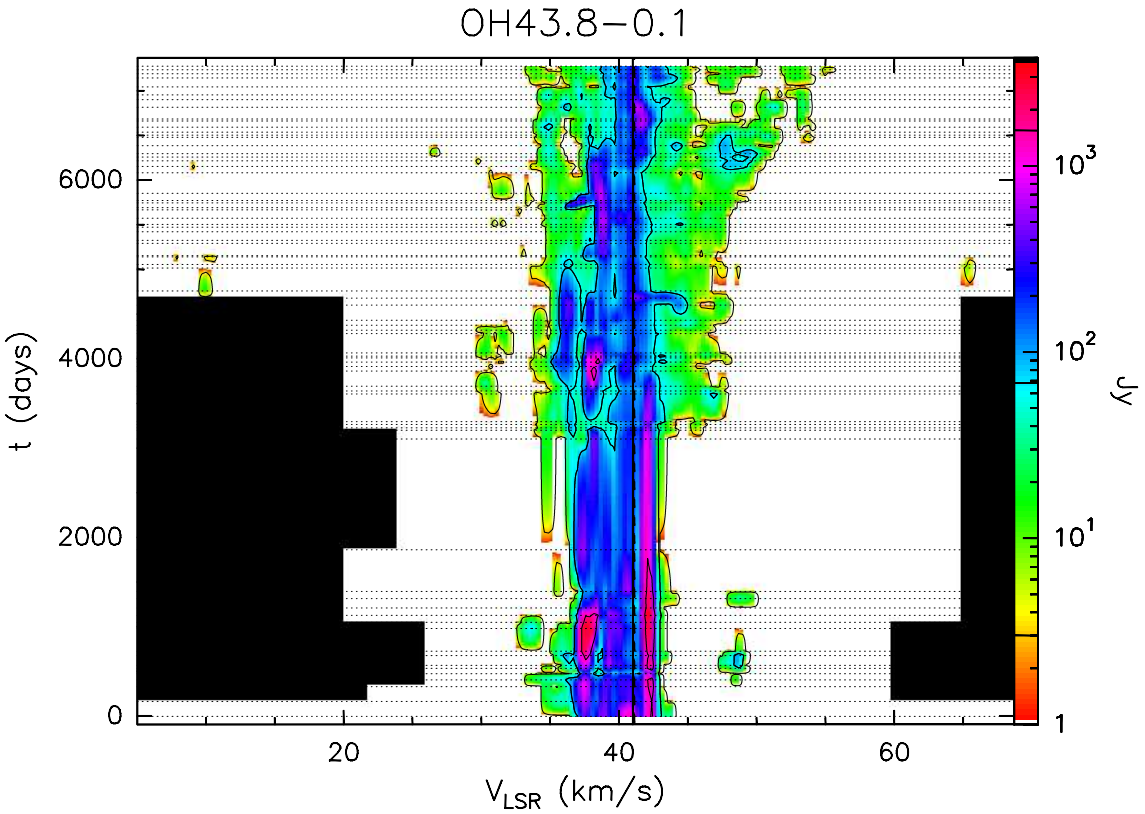

Fig. A.25. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

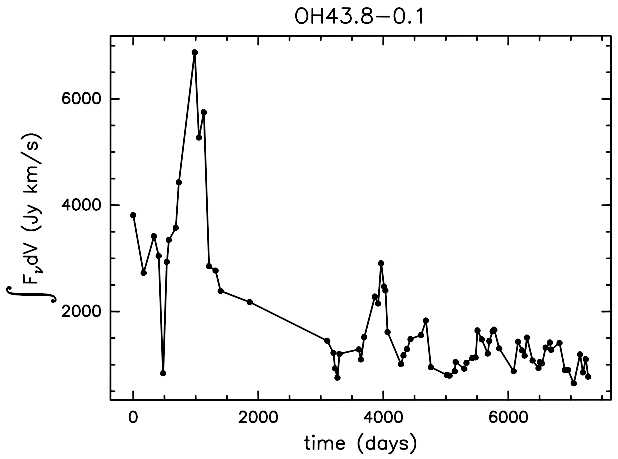

Fig. A.25. d Integral of the flux density over the observed velocity range as a function of time for source OH43.8-0.1.

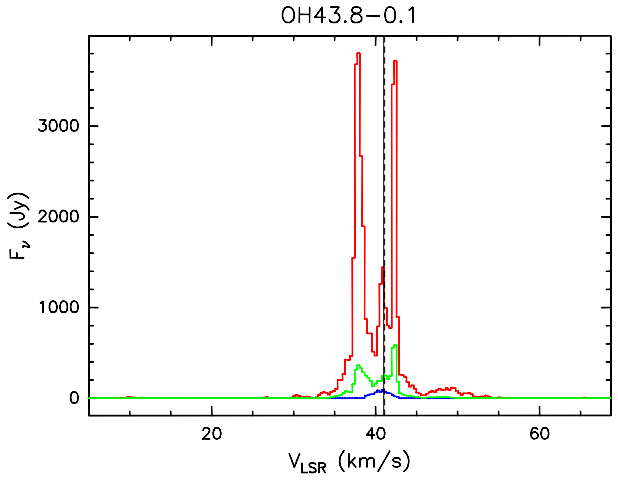

Fig. A.25. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source OH43.8-0.1 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

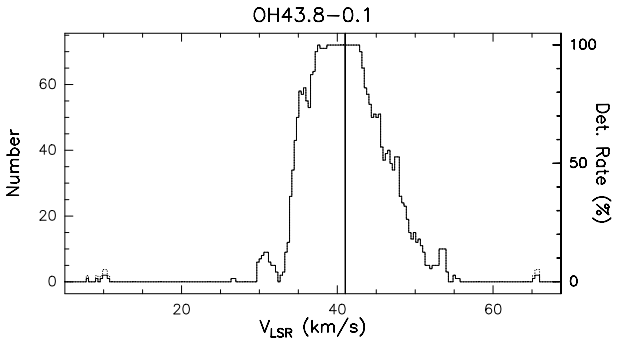

Fig. A.25. f Rate-of-occurrence plot for source OH43.8-0.1. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

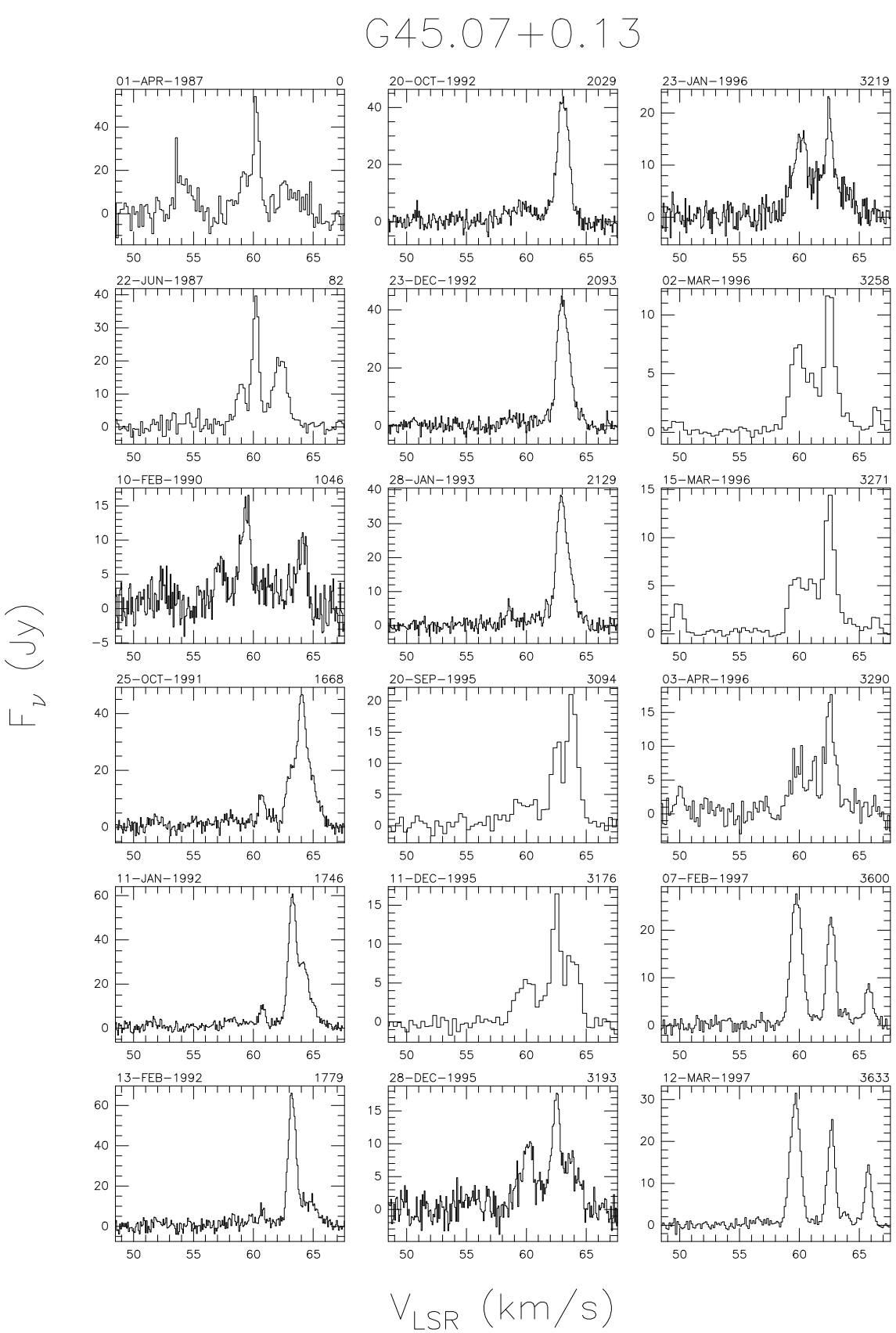

Fig. A.26. a Spectra of source G45.07+0.13 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

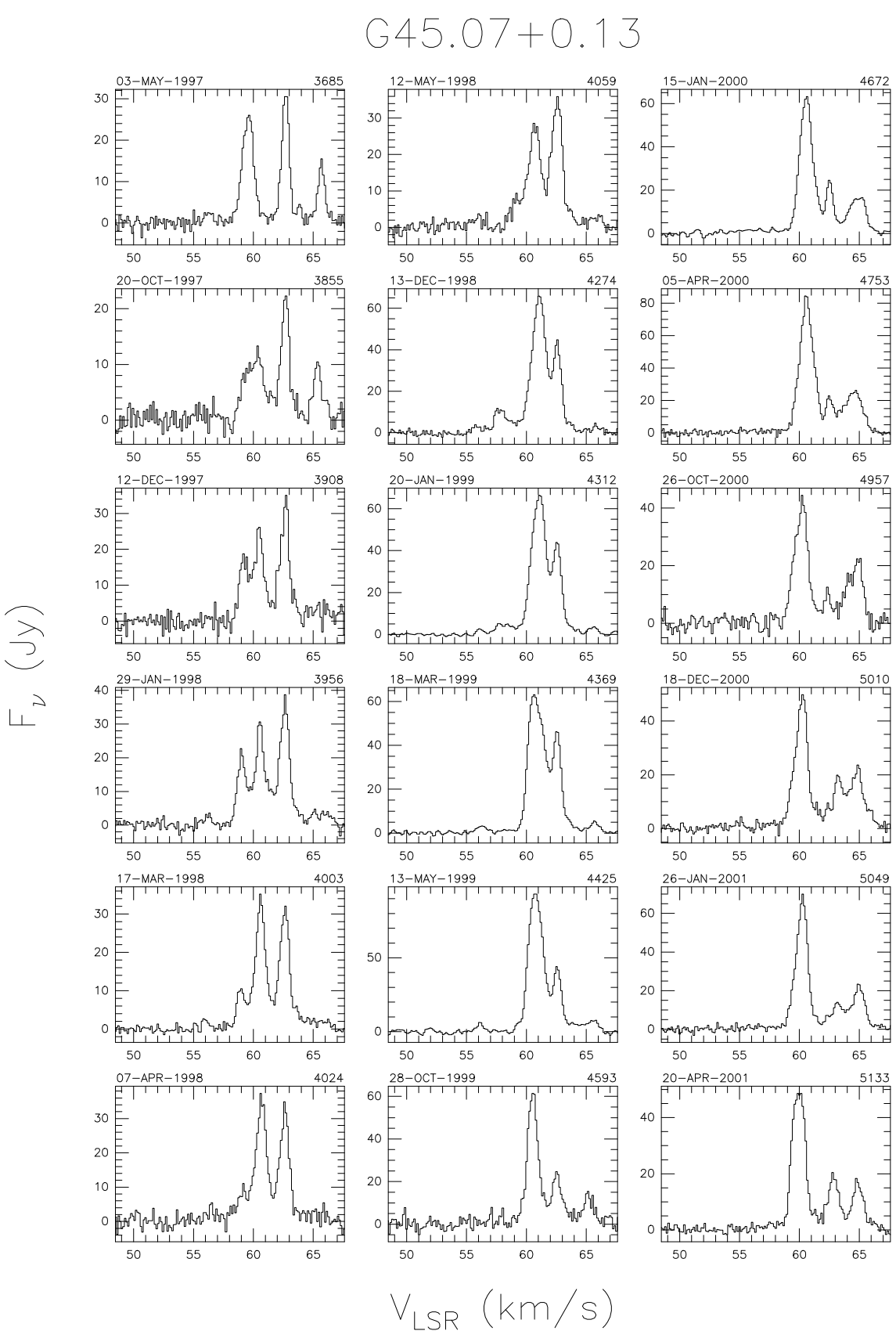

Fig. A.26. a continued

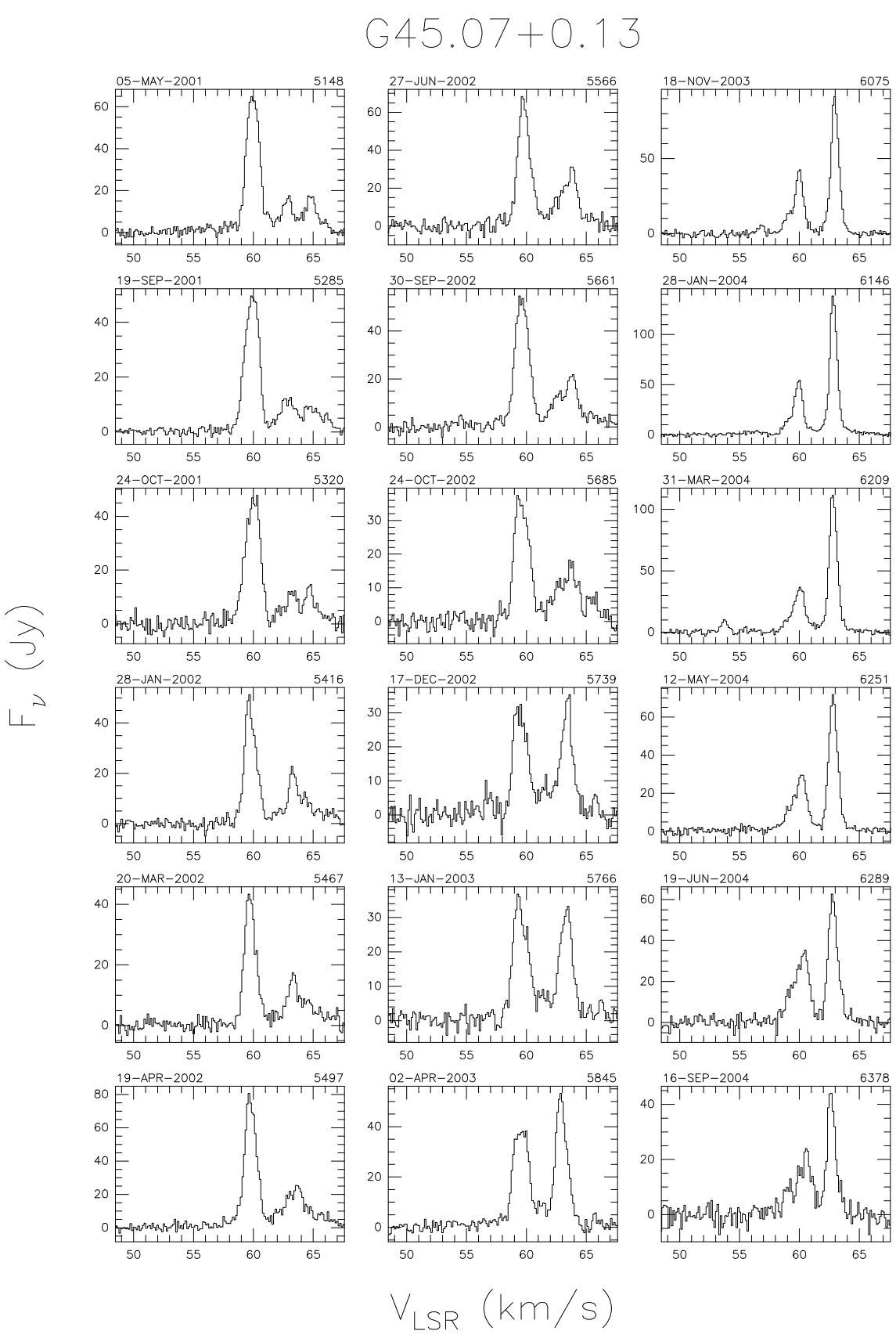

Fig. A.26. a continued

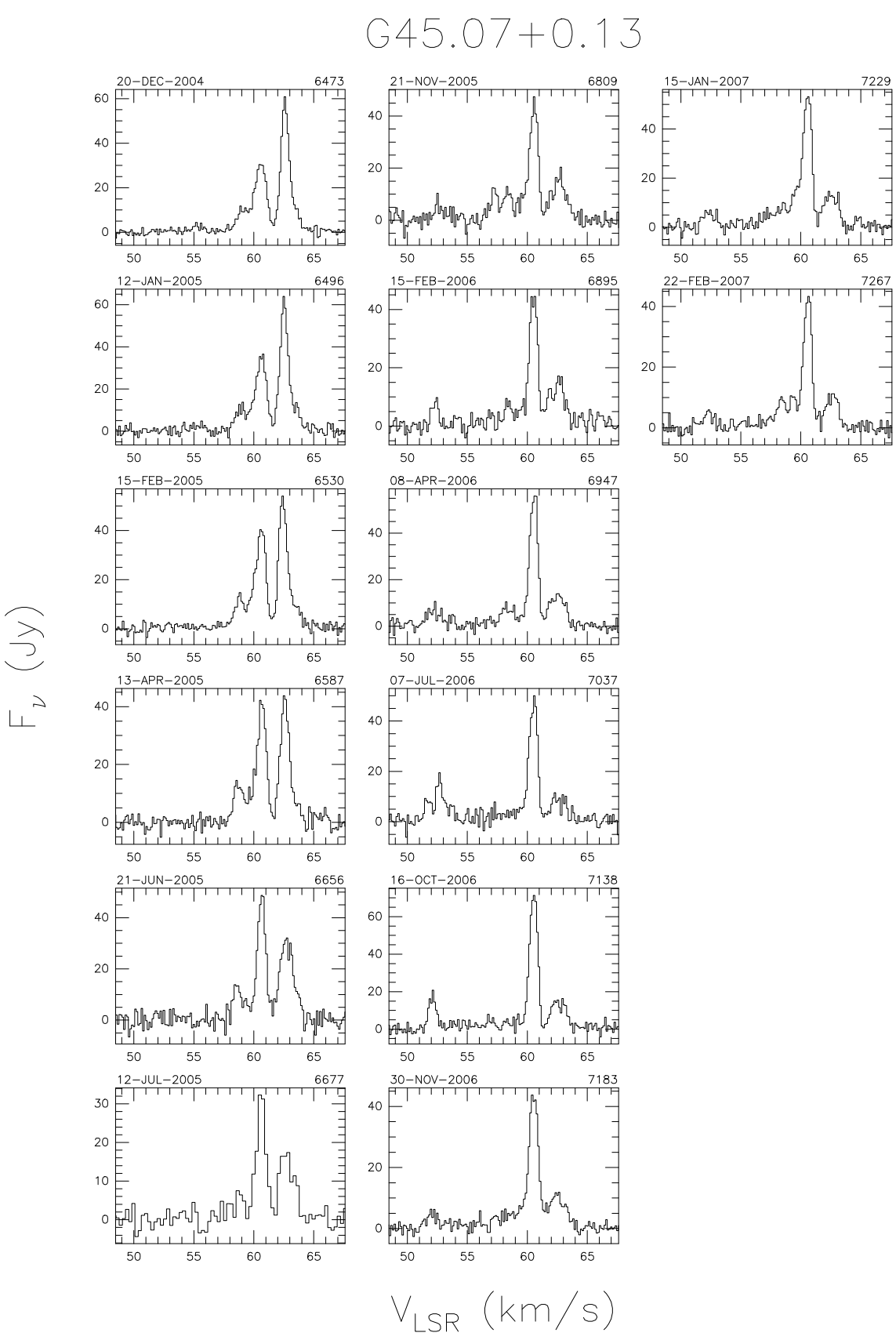

Fig. A.26. a continued

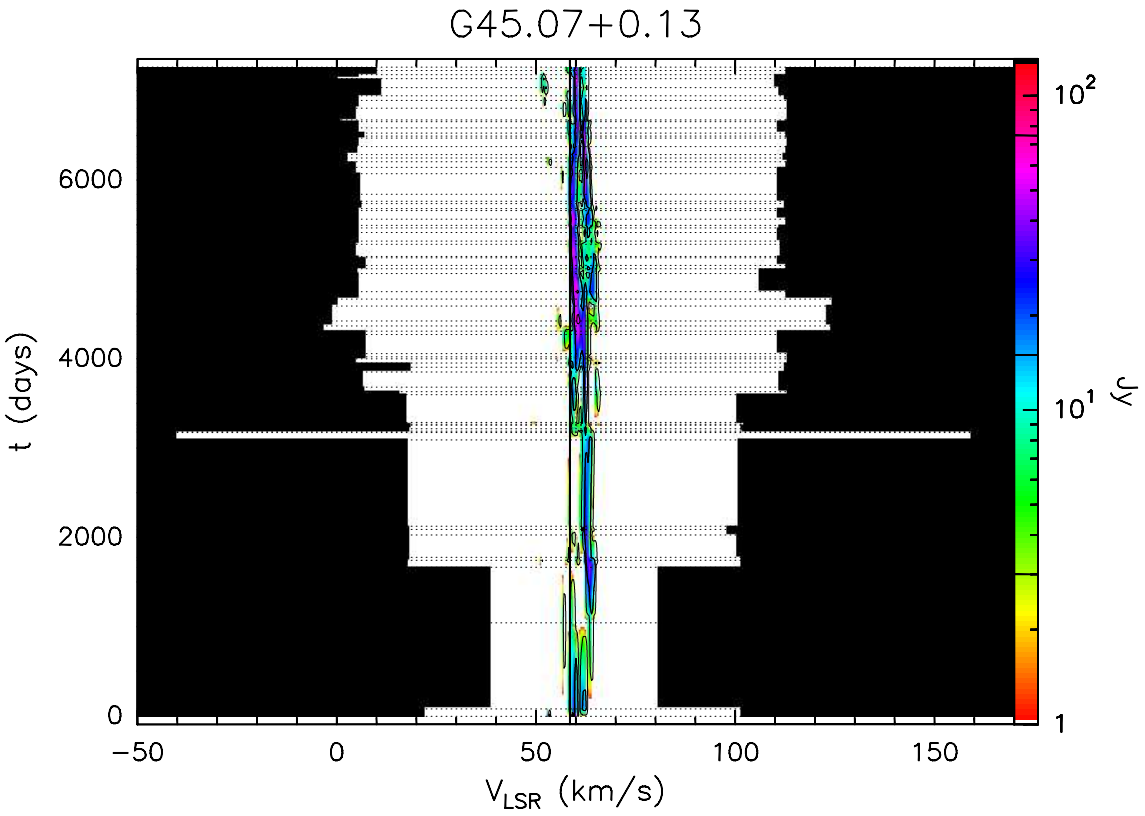

Fig. A.26. b Velocity–time–flux density *full* plot for source G45.07+0.13. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

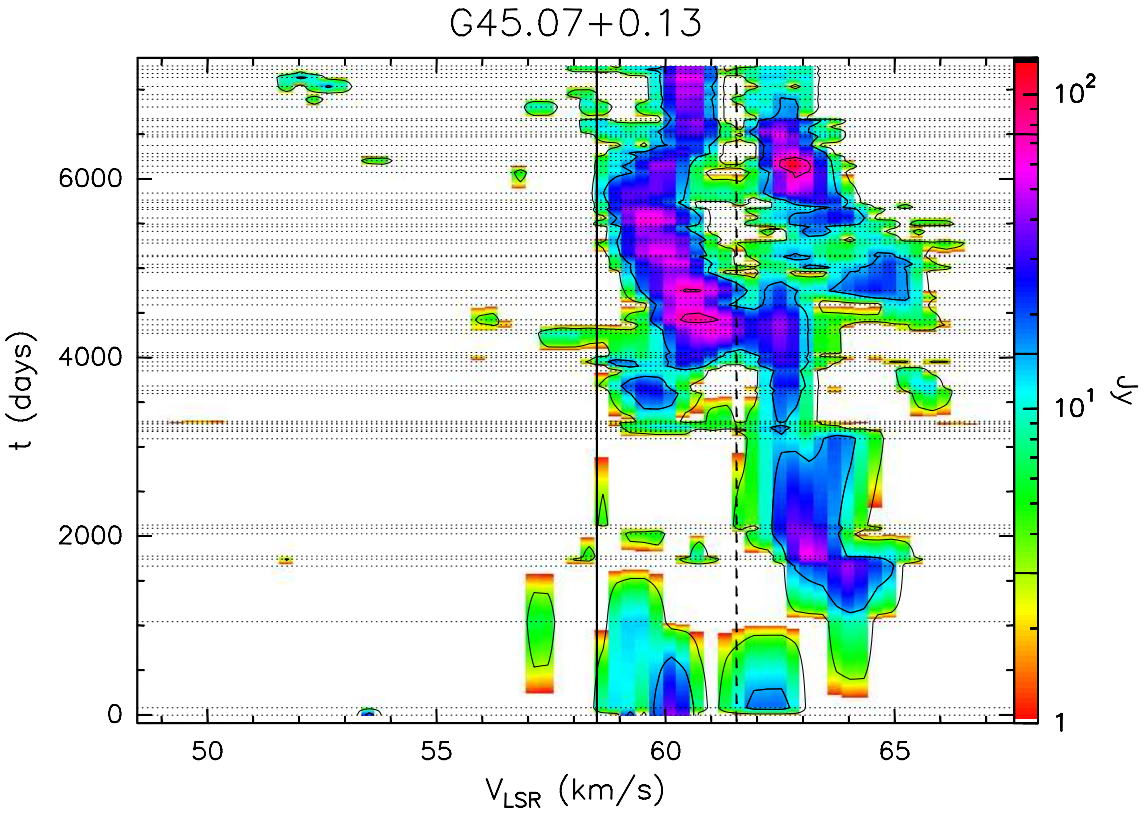

Fig. A.26. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

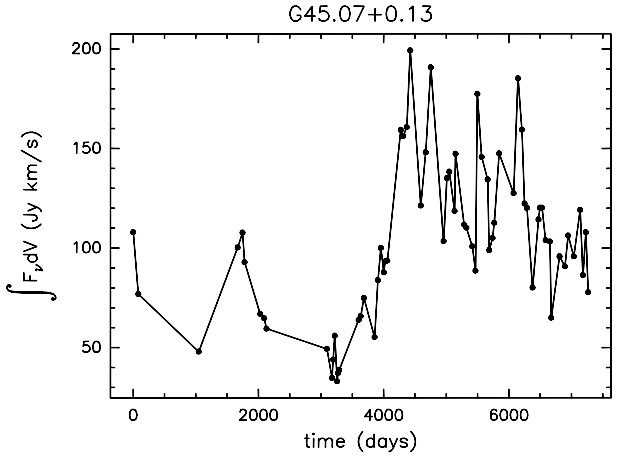

Fig. A.26. d Integral of the flux density over the observed velocity range as a function of time for source G45.07+0.13.

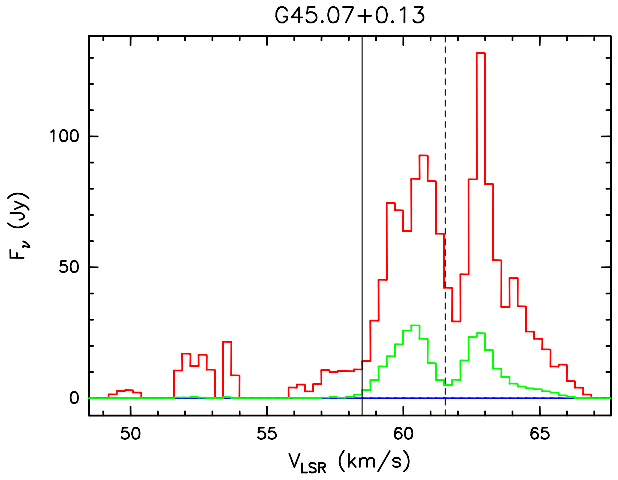

Fig. A.26. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source G45.07+0.13 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

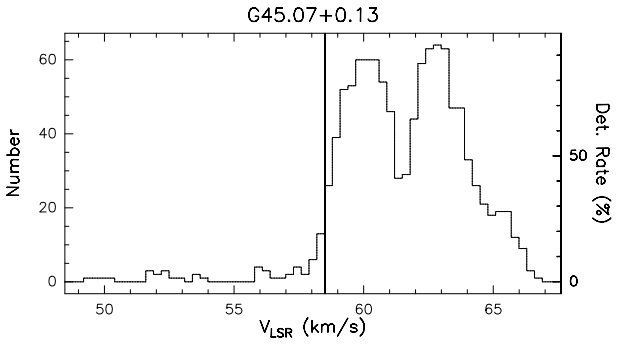

Fig. A.26. f Rate-of-occurrence plot for source G45.07+0.13. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

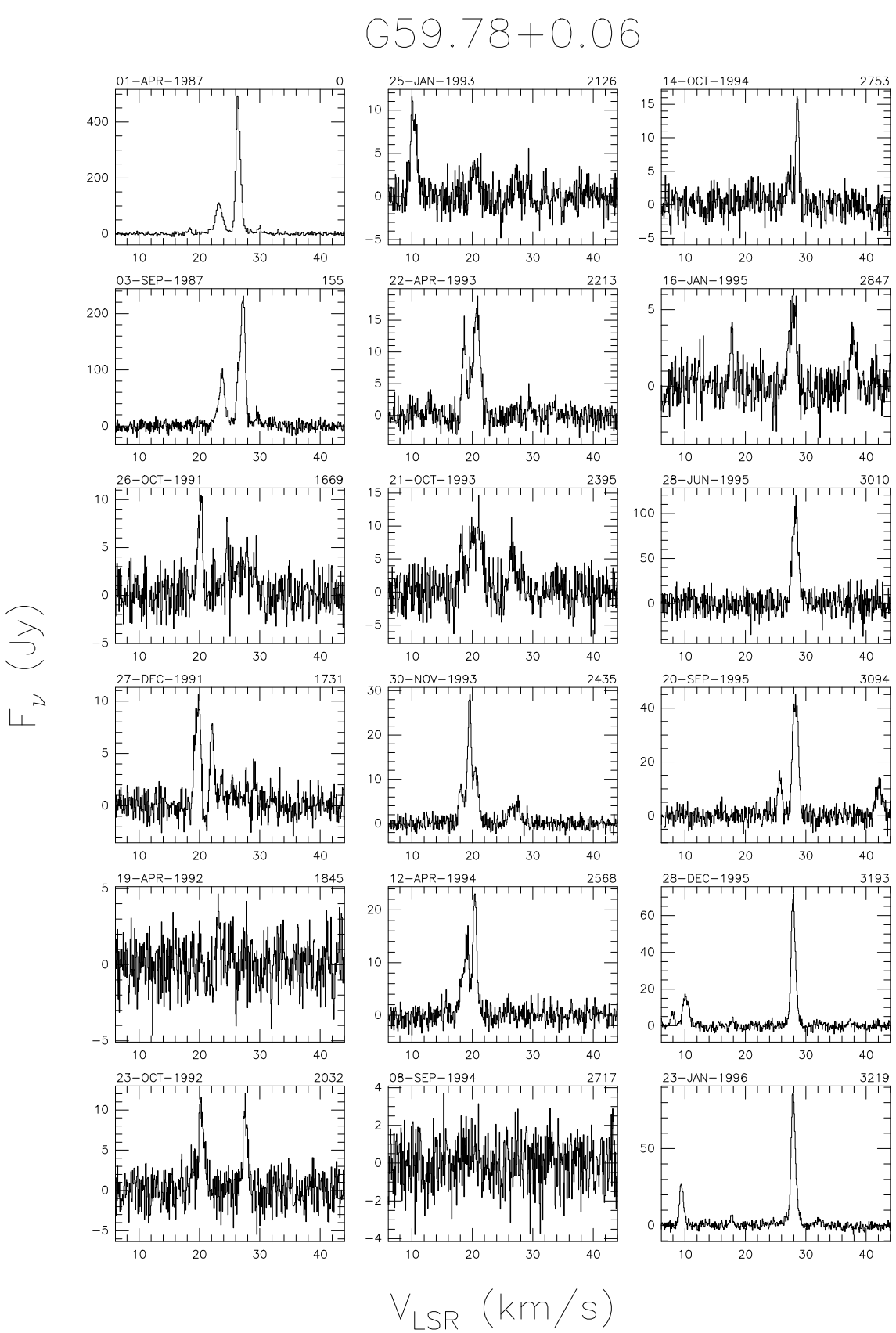

Fig. A.27. a Spectra of source G59.78+0.06 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

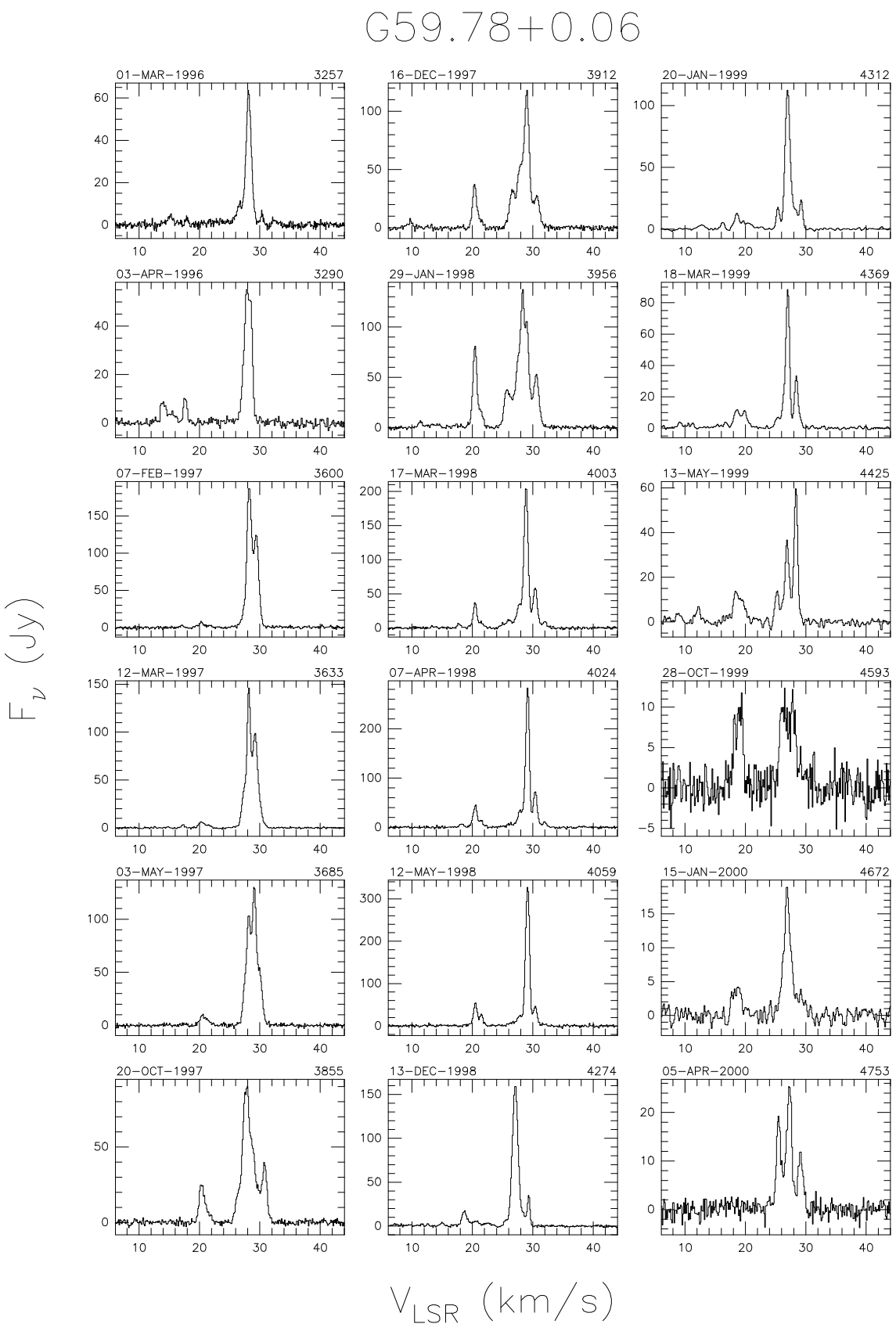

Fig. A.27. a continued

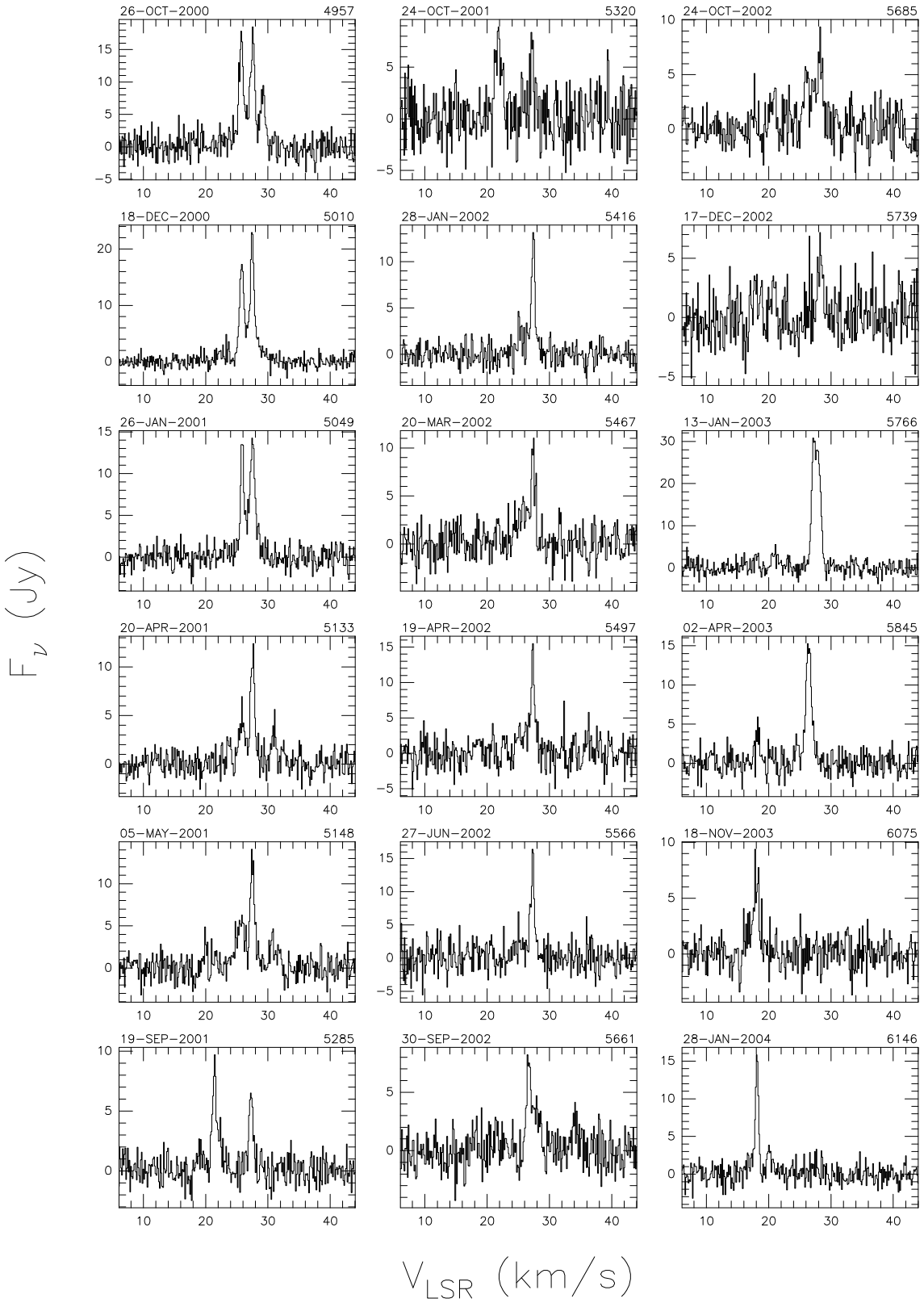

Fig. A.27. a continued

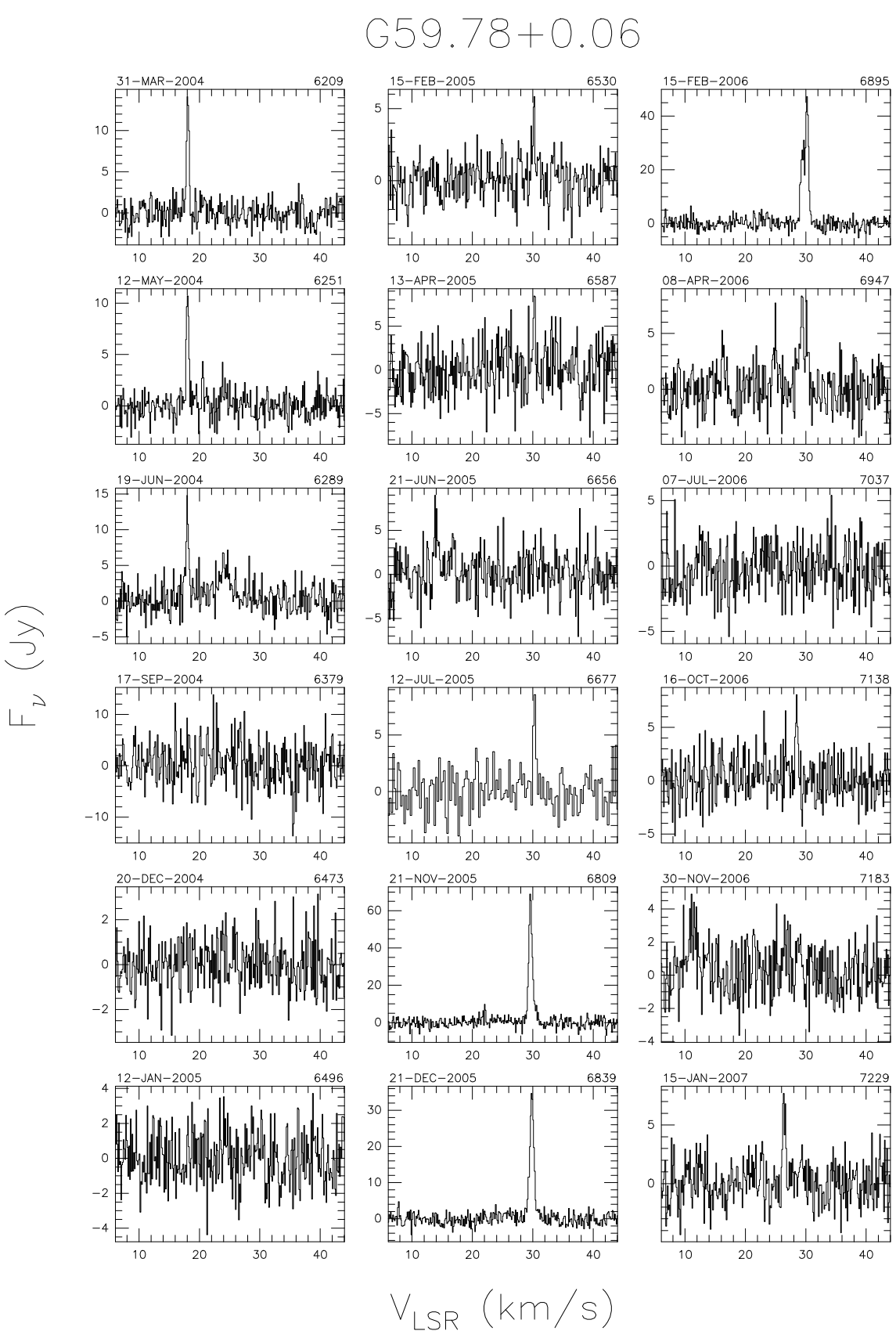

Fig. A.27. a continued

Fig. A.27. a continued

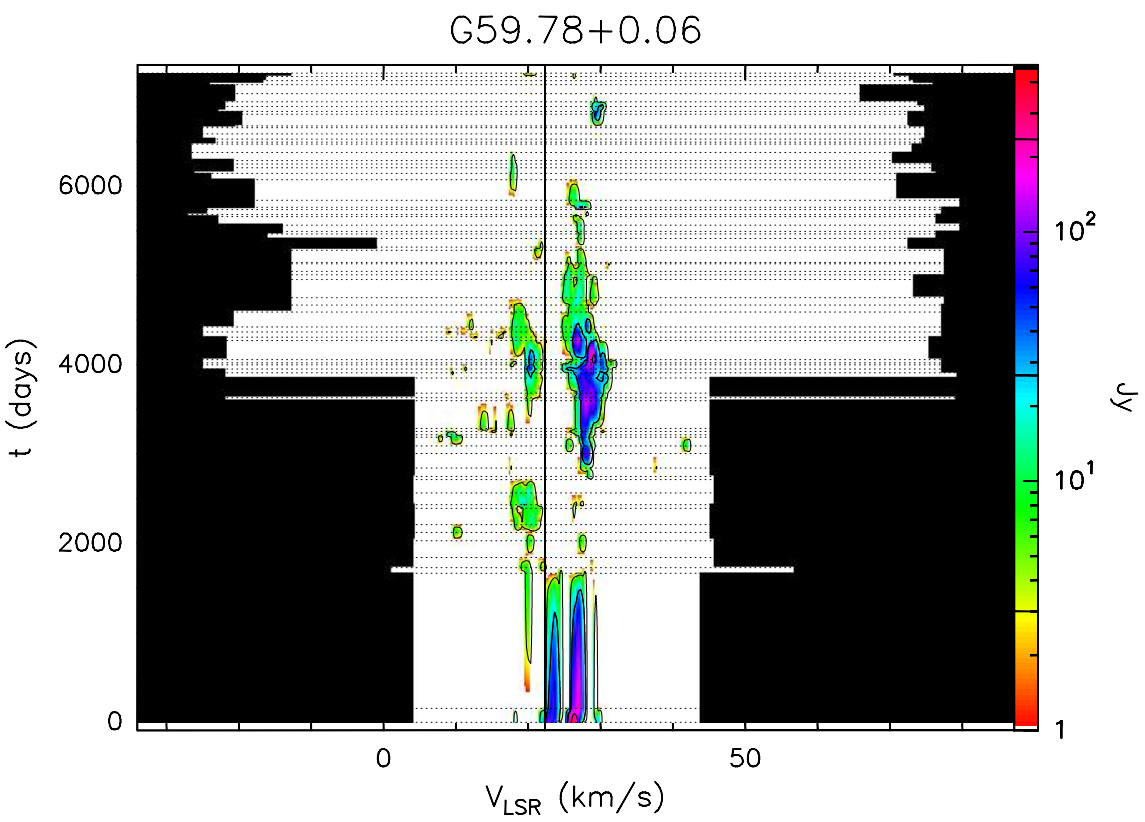

Fig. A.27. b Velocity–time–flux density *full* plot for source G59.78+0.06. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

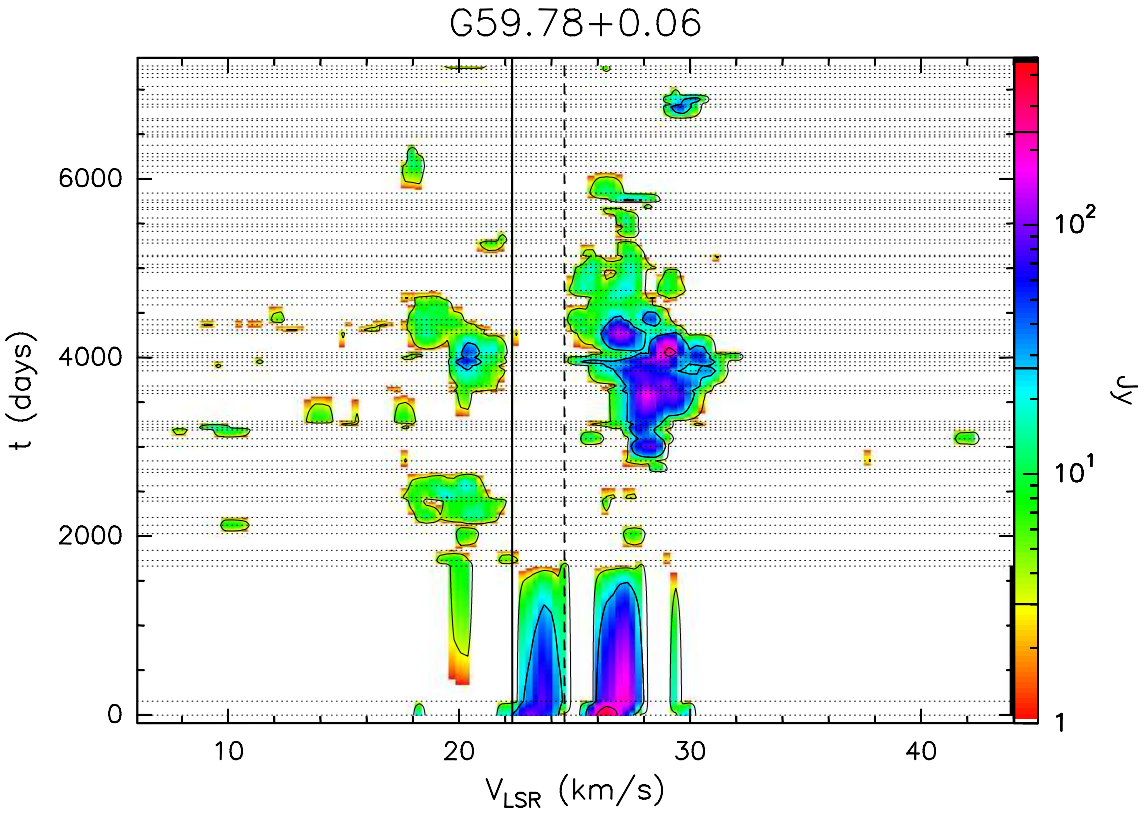

Fig. A.27. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

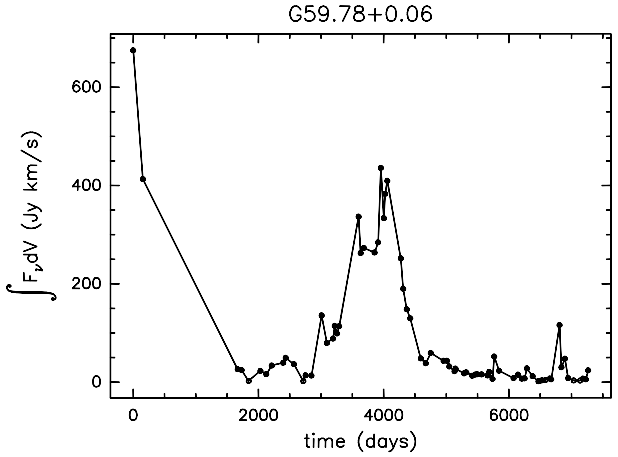

Fig. A.27. d Integral of the flux density over the observed velocity range as a function of time for source G59.78+0.06.

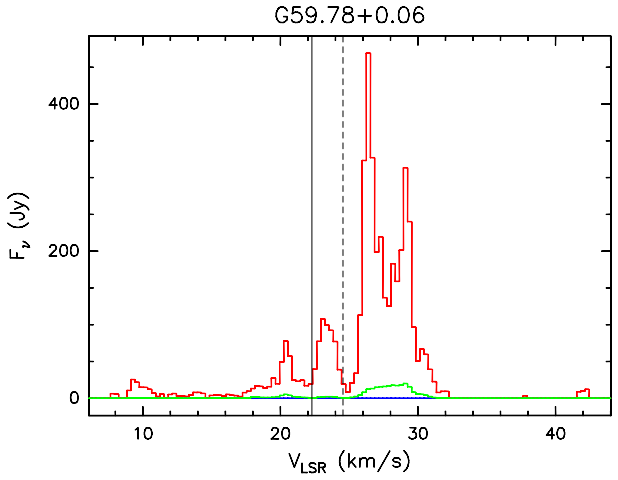

Fig. A.27. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source G59.78+0.06 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

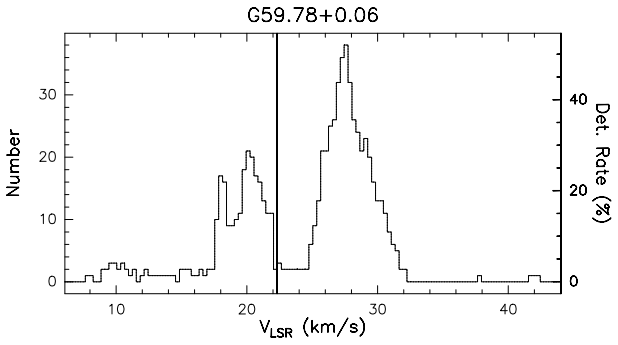

Fig. A.27. f Rate-of-occurrence plot for source G59.78+0.06. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

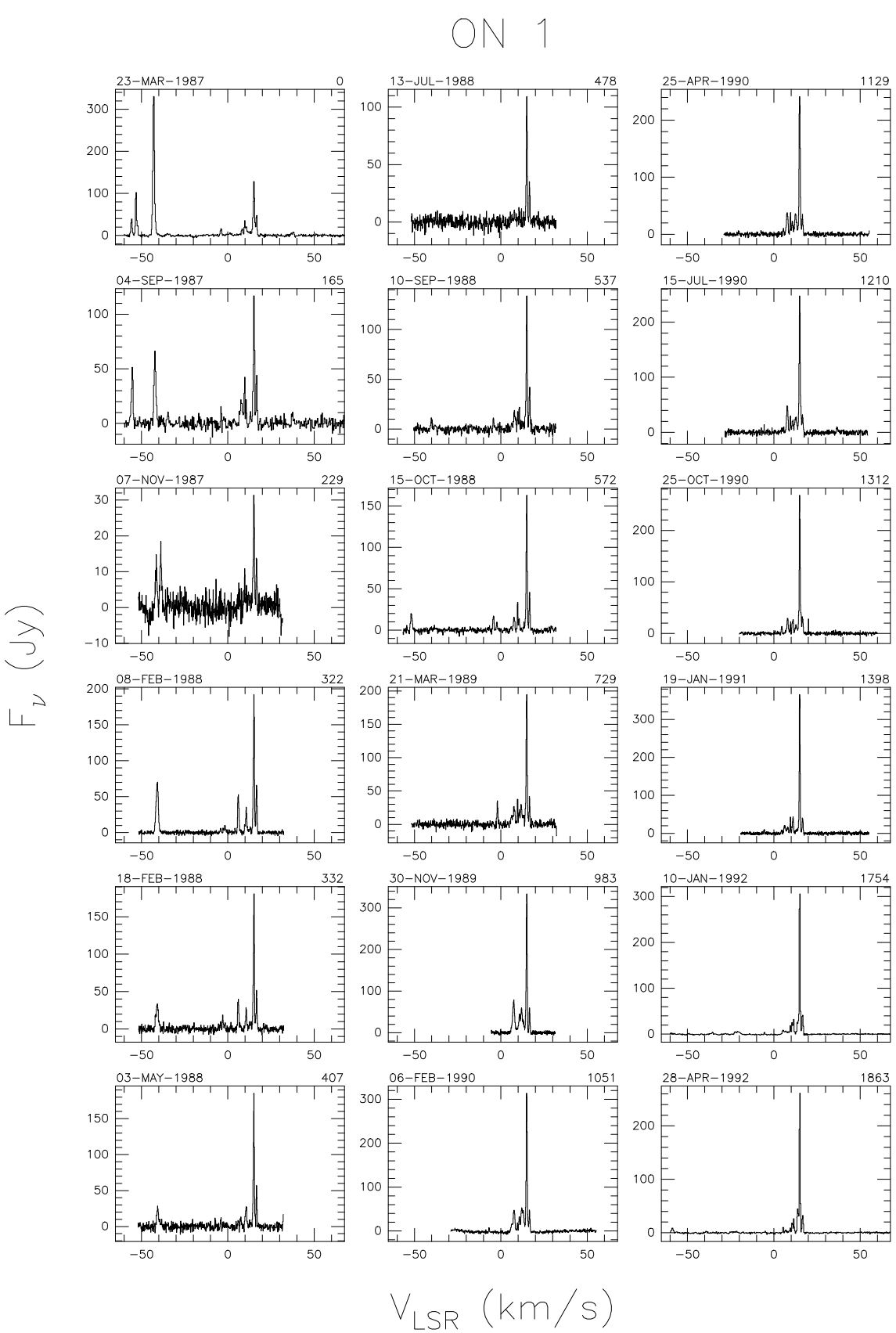

Fig. A.28. a Spectra of source ON 1 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

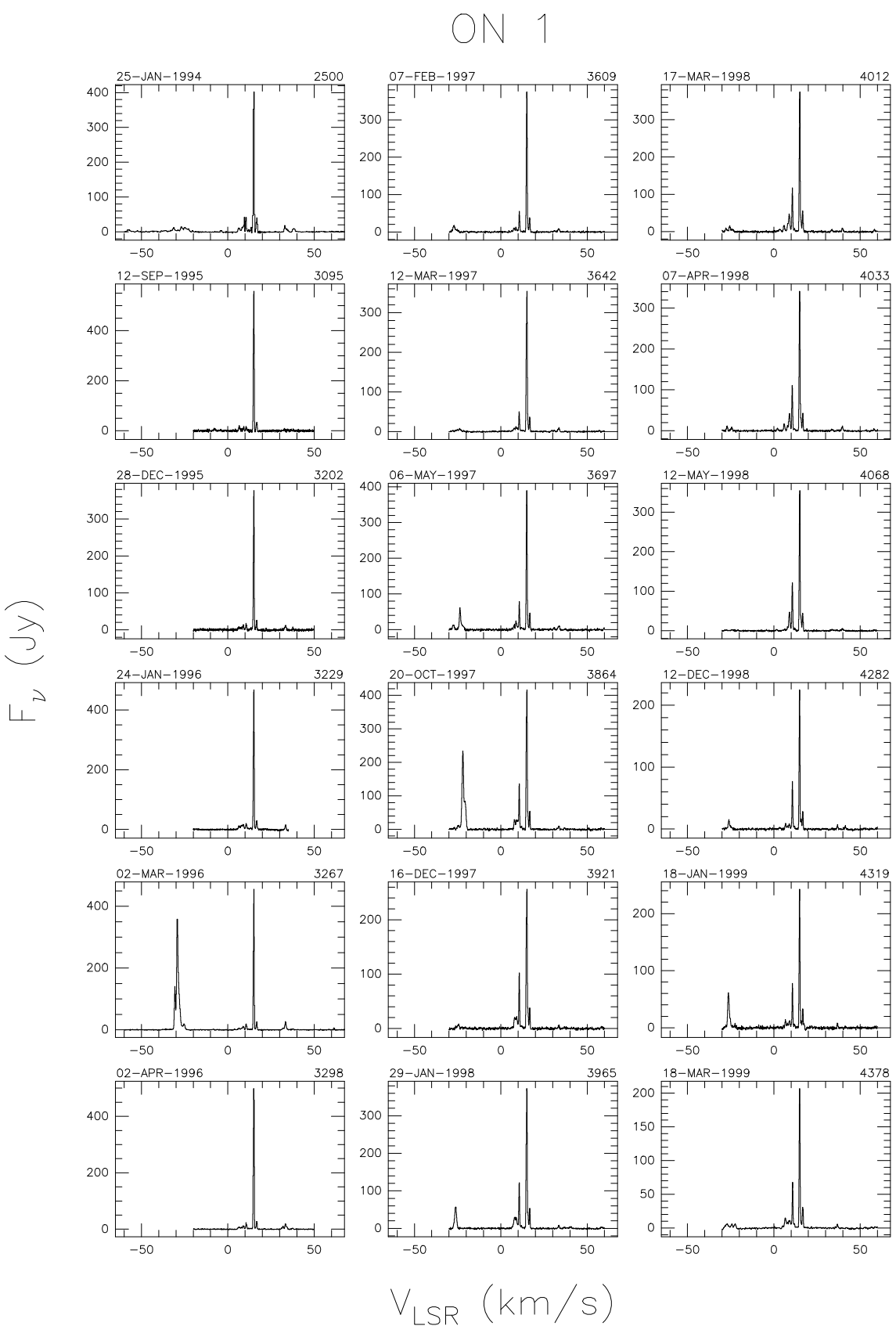

Fig. A.28. a continued

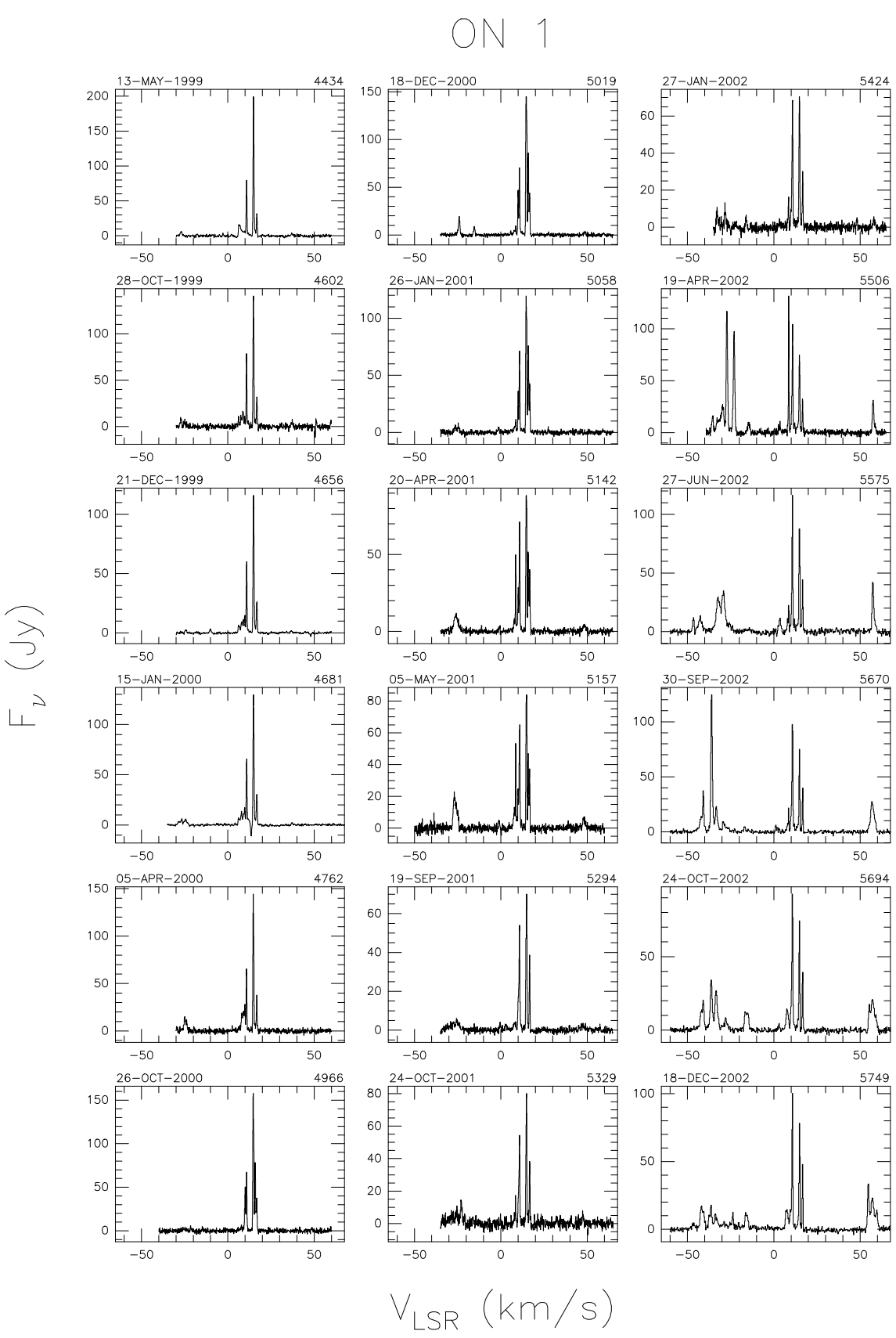

Fig. A.28. a continued

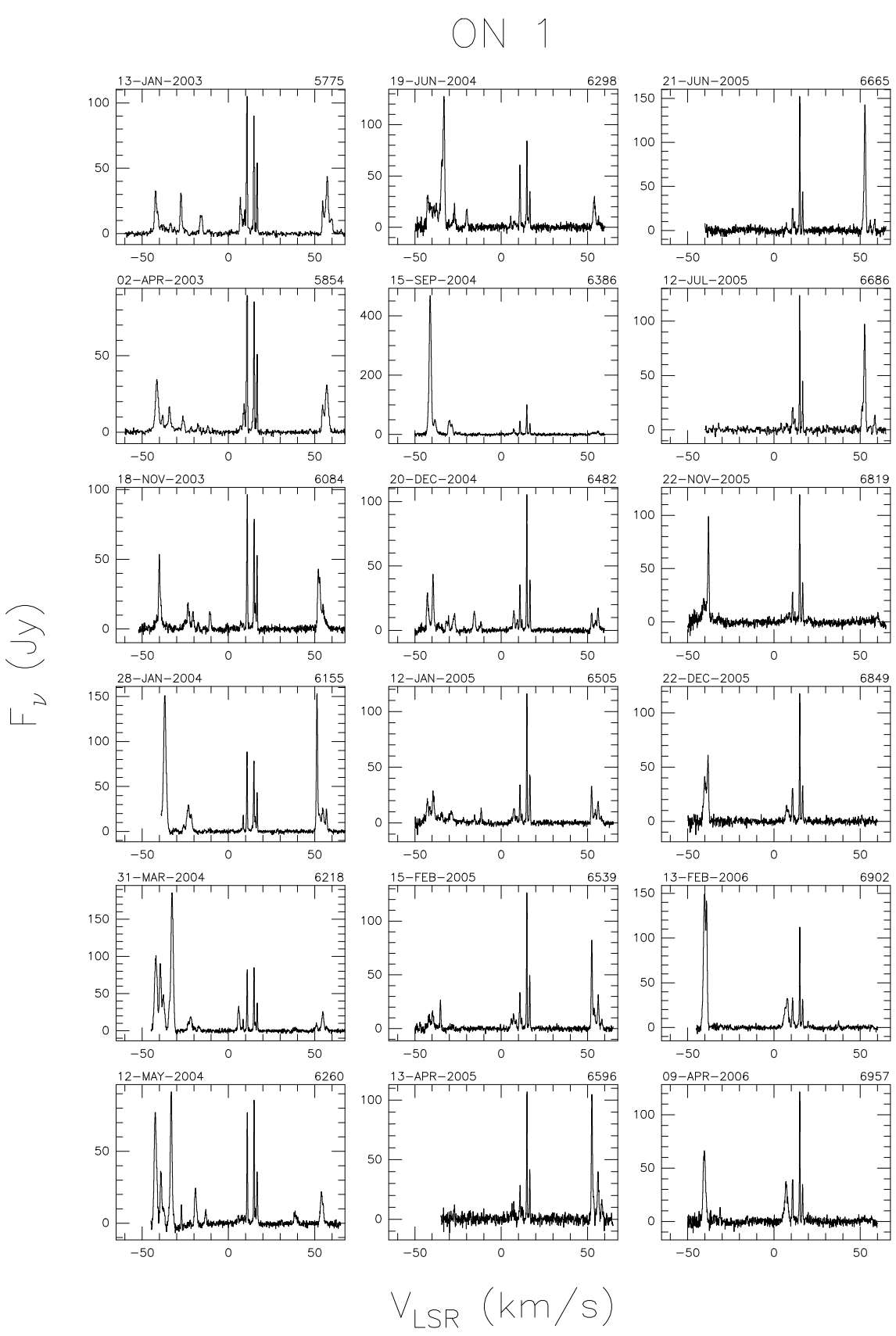

Fig. A.28. a continued

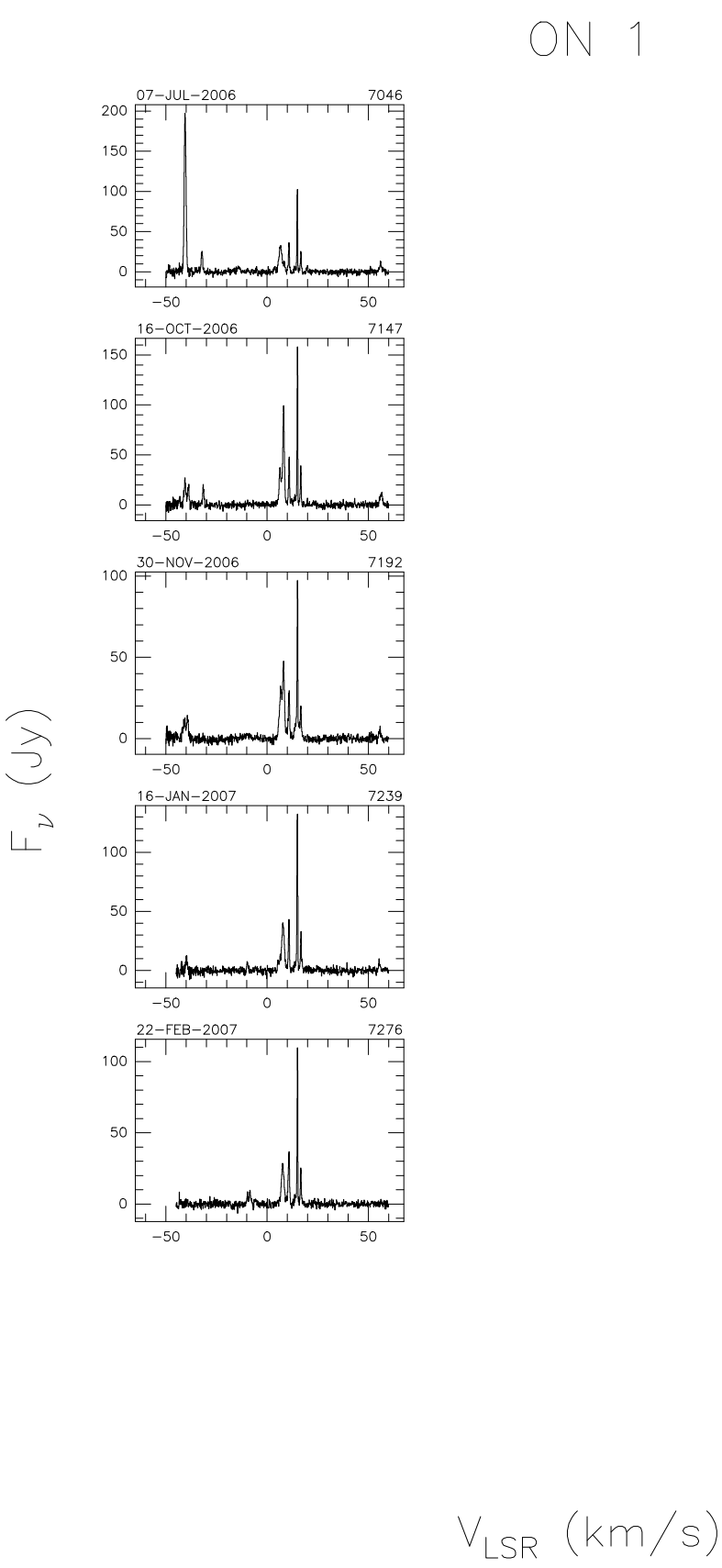

Fig. A.28. a continued

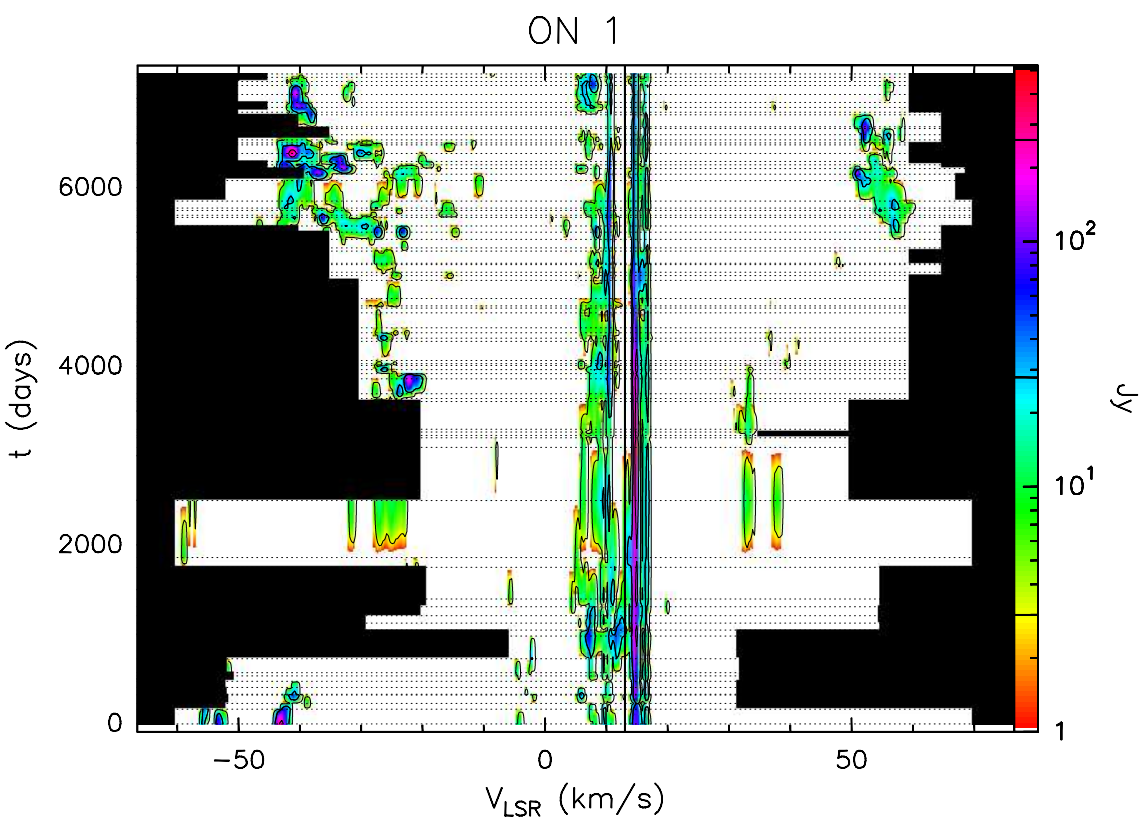

Fig. A.28. b Velocity–time–flux density *full* plot for source ON 1. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

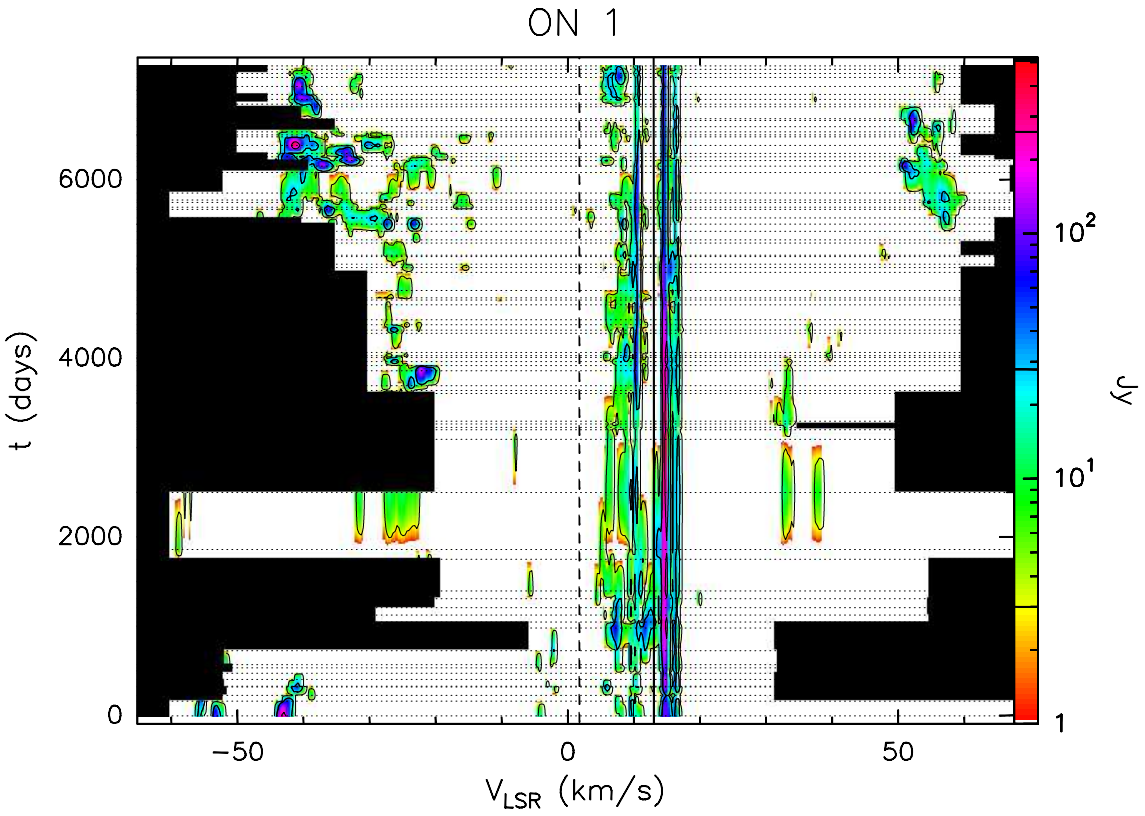

Fig. A.28. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

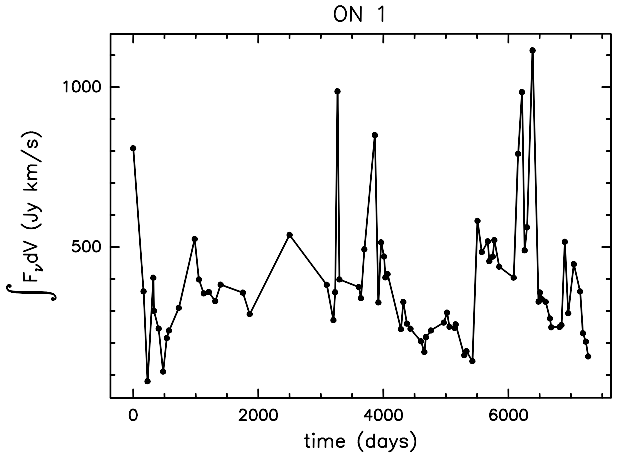

Fig. A.28. d Integral of the flux density over the observed velocity range as a function of time for source ON 1.

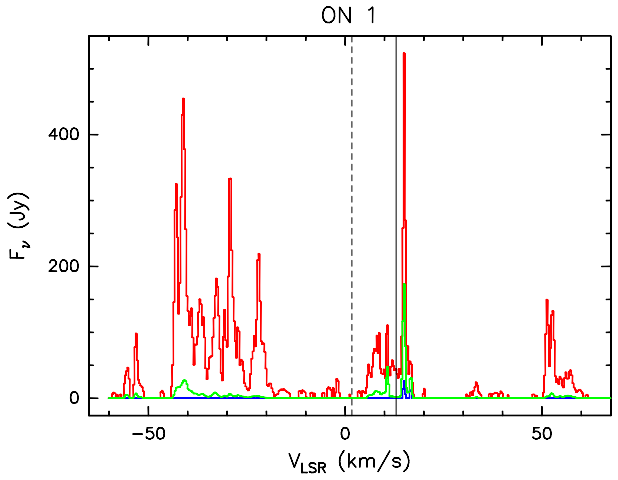

Fig. A.28. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source ON 1 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

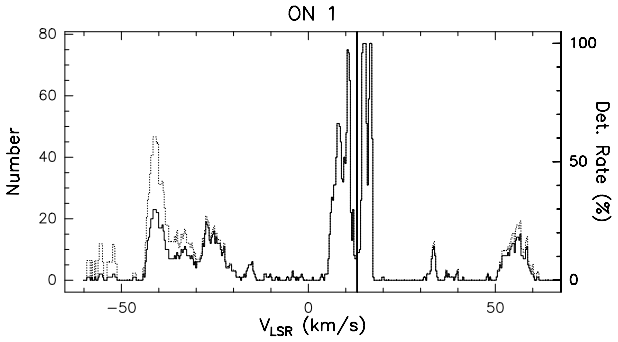

Fig. A.28. f Rate-of-occurrence plot for source ON 1. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

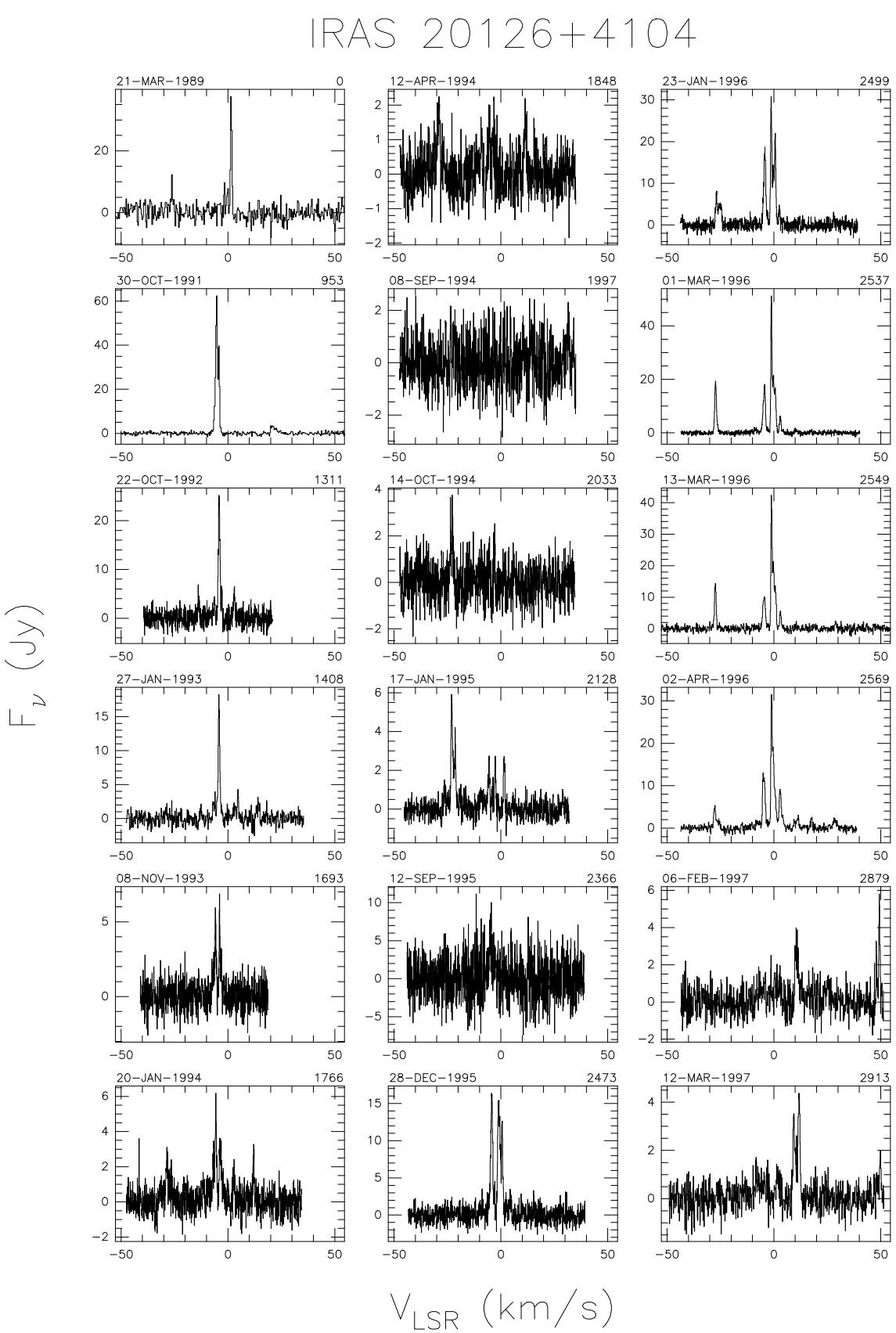

Fig. A.29. a Spectra of source IRAS 20126+4104 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

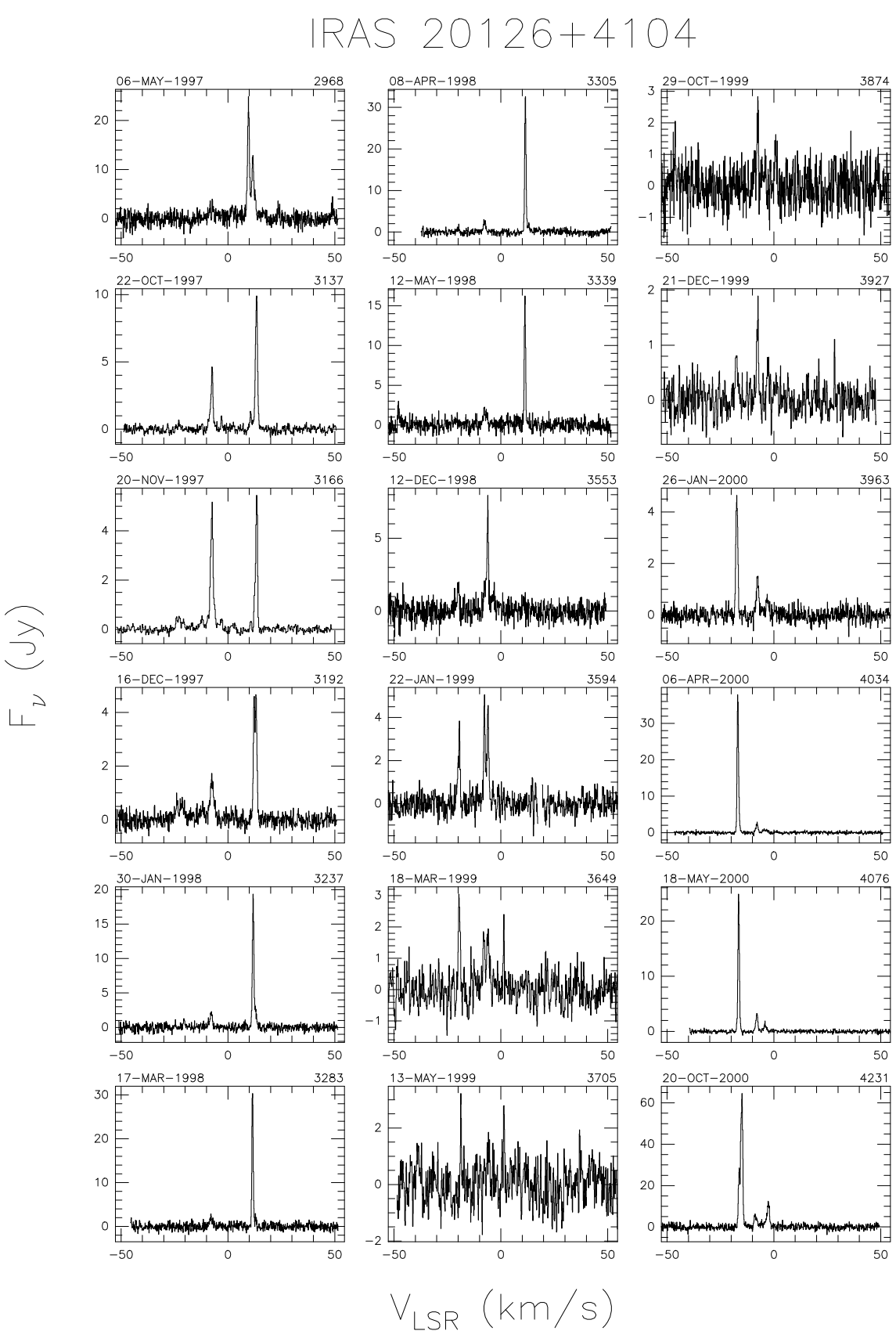

Fig. A.29. a continued

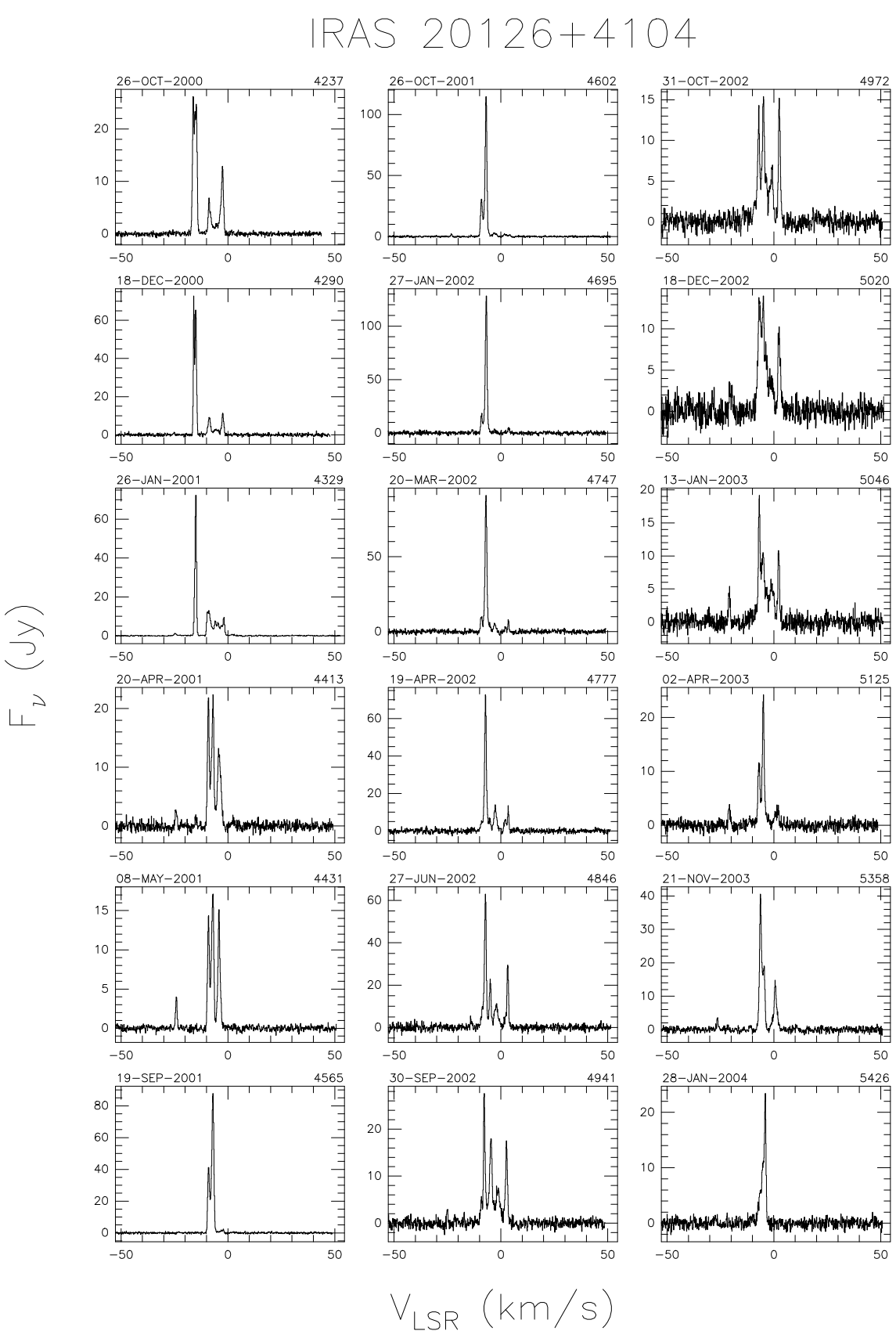

Fig. A.29. a continued

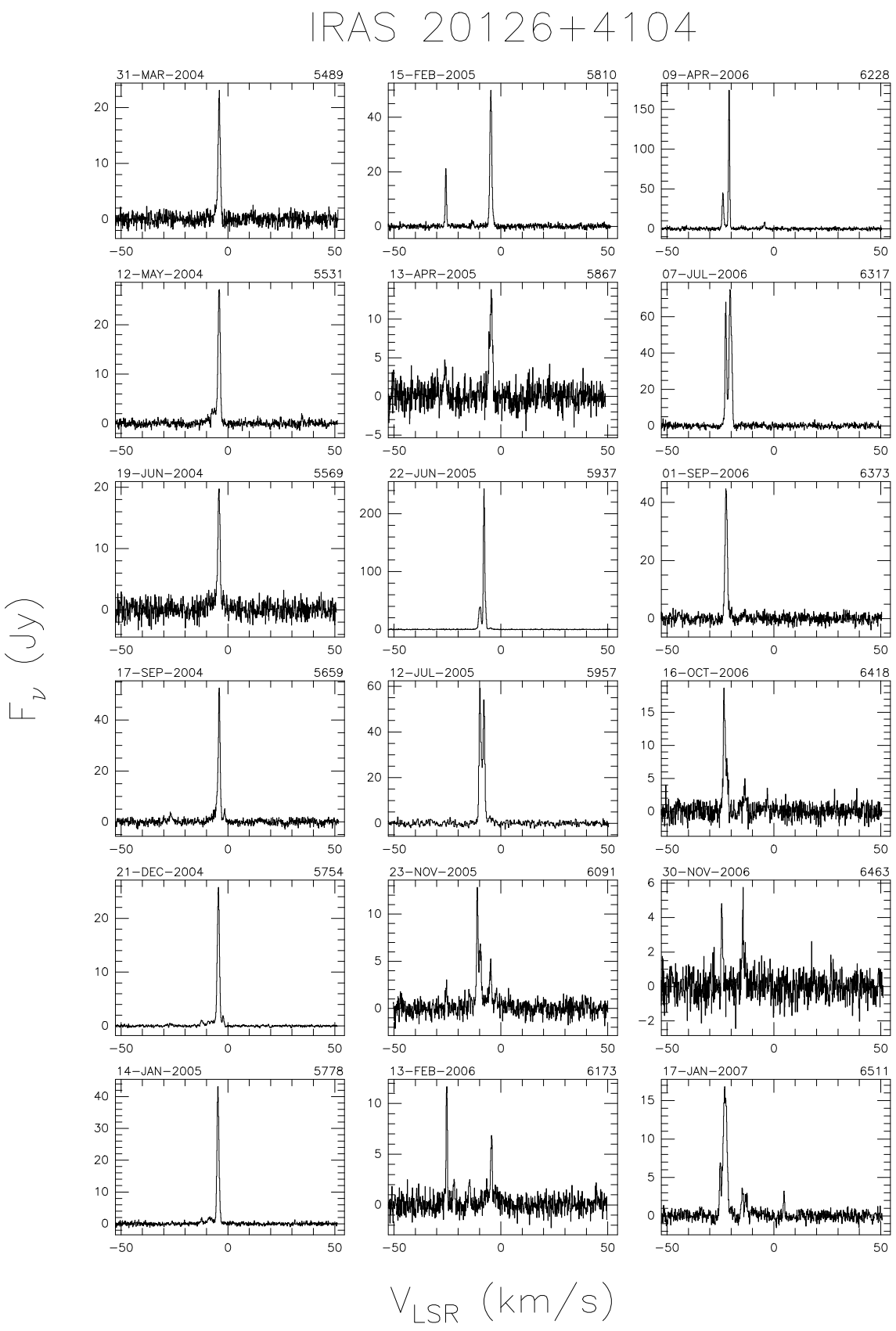

Fig. A.29. a continued

Fig. A.29. a continued

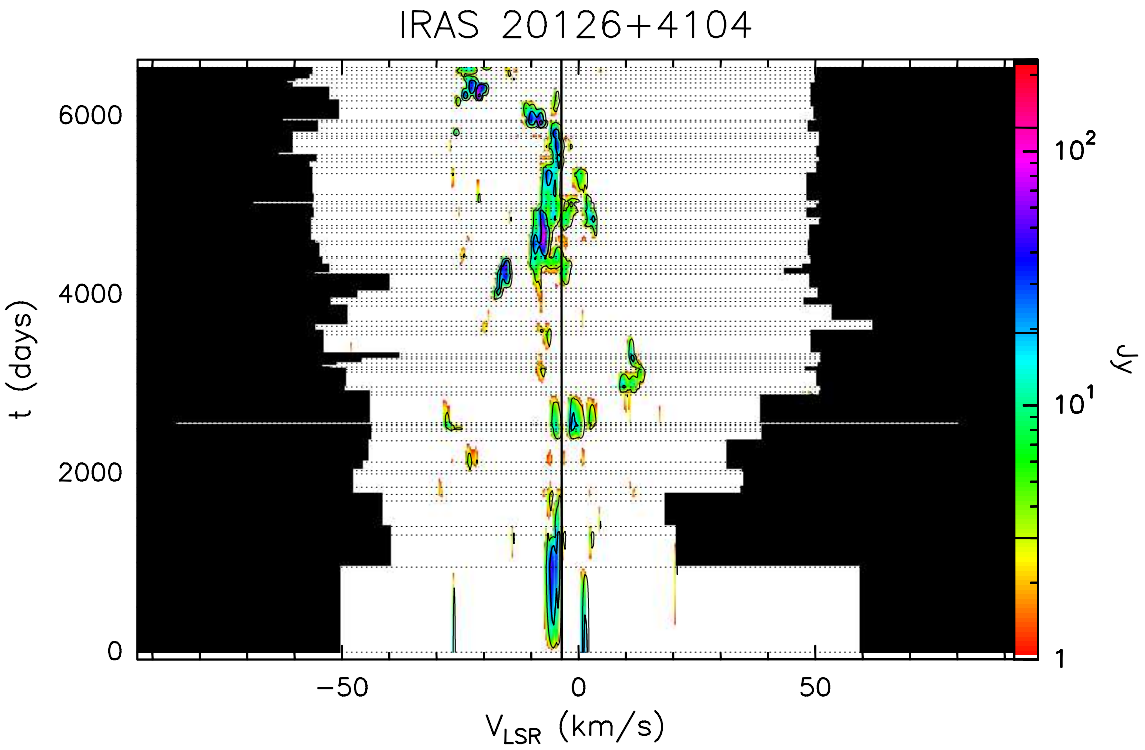

Fig. A.29. b Velocity–time–flux density *full* plot for source IRAS 20126+4104. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

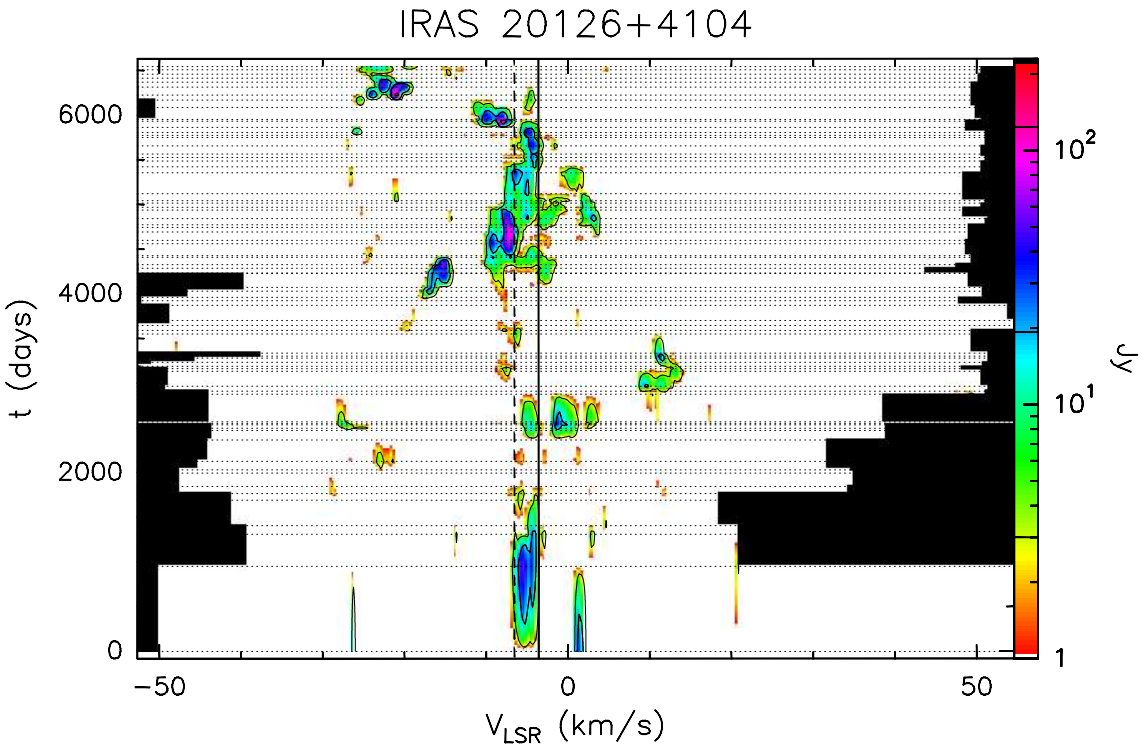

Fig. A.29. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

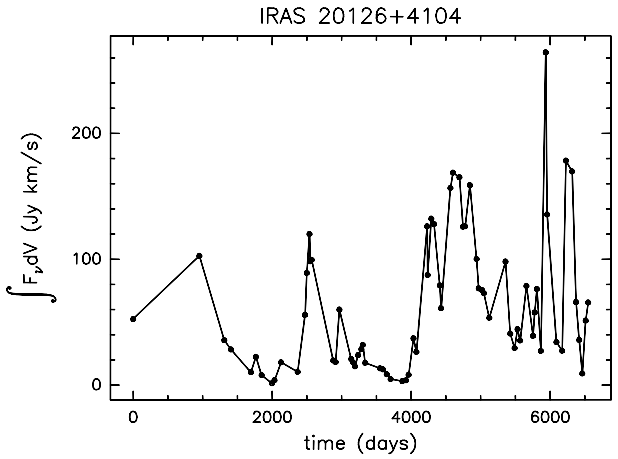

Fig. A.29. d Integral of the flux density over the observed velocity range as a function of time for source IRAS 20126+4104.

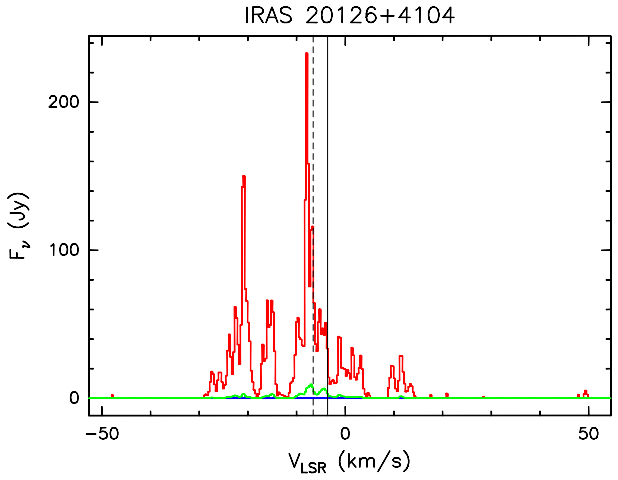

Fig. A.29. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source IRAS 20126+4104 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

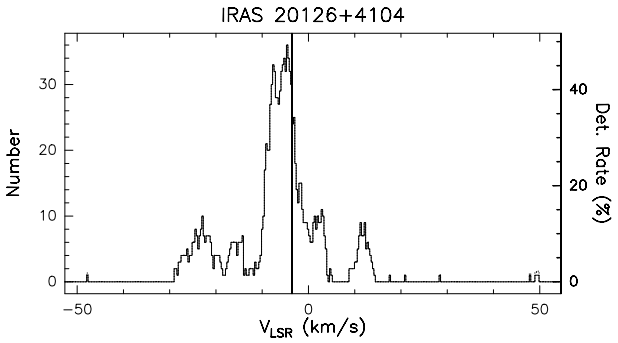

Fig. A.29. f Rate-of-occurrence plot for source IRAS 20126+4104. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

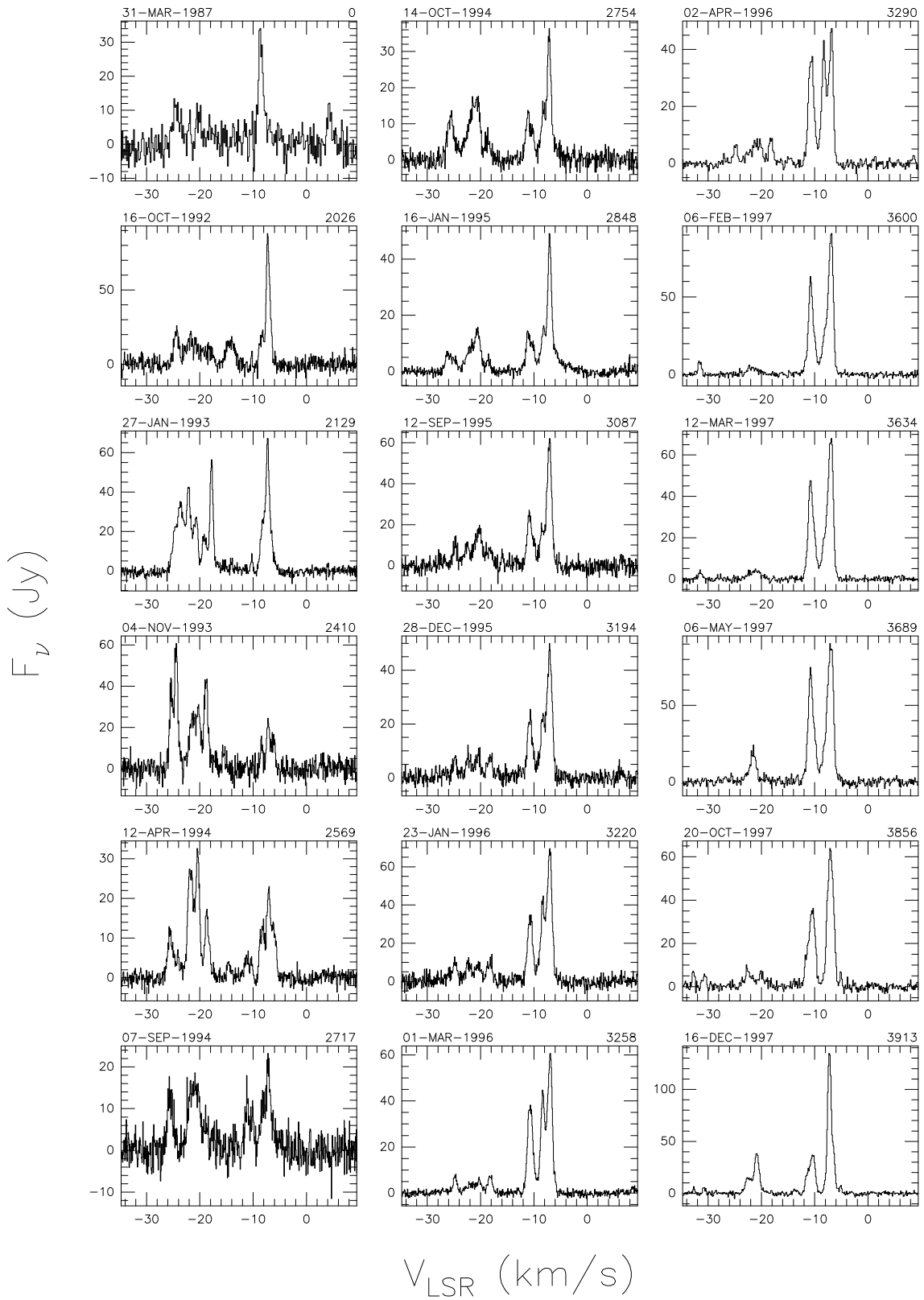

Fig. A.30. a Spectra of source AFGL 2591 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

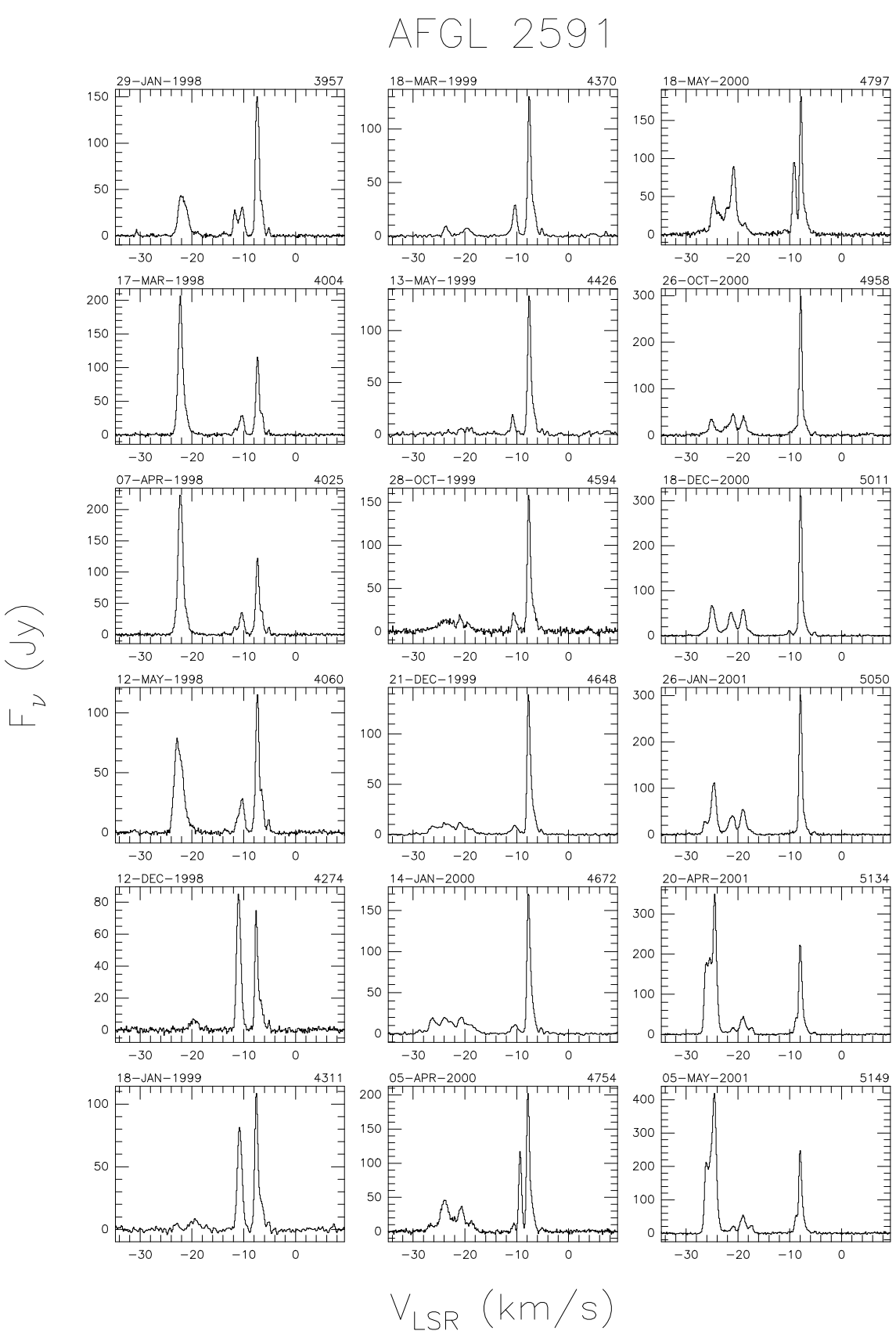

Fig. A.30. a continued

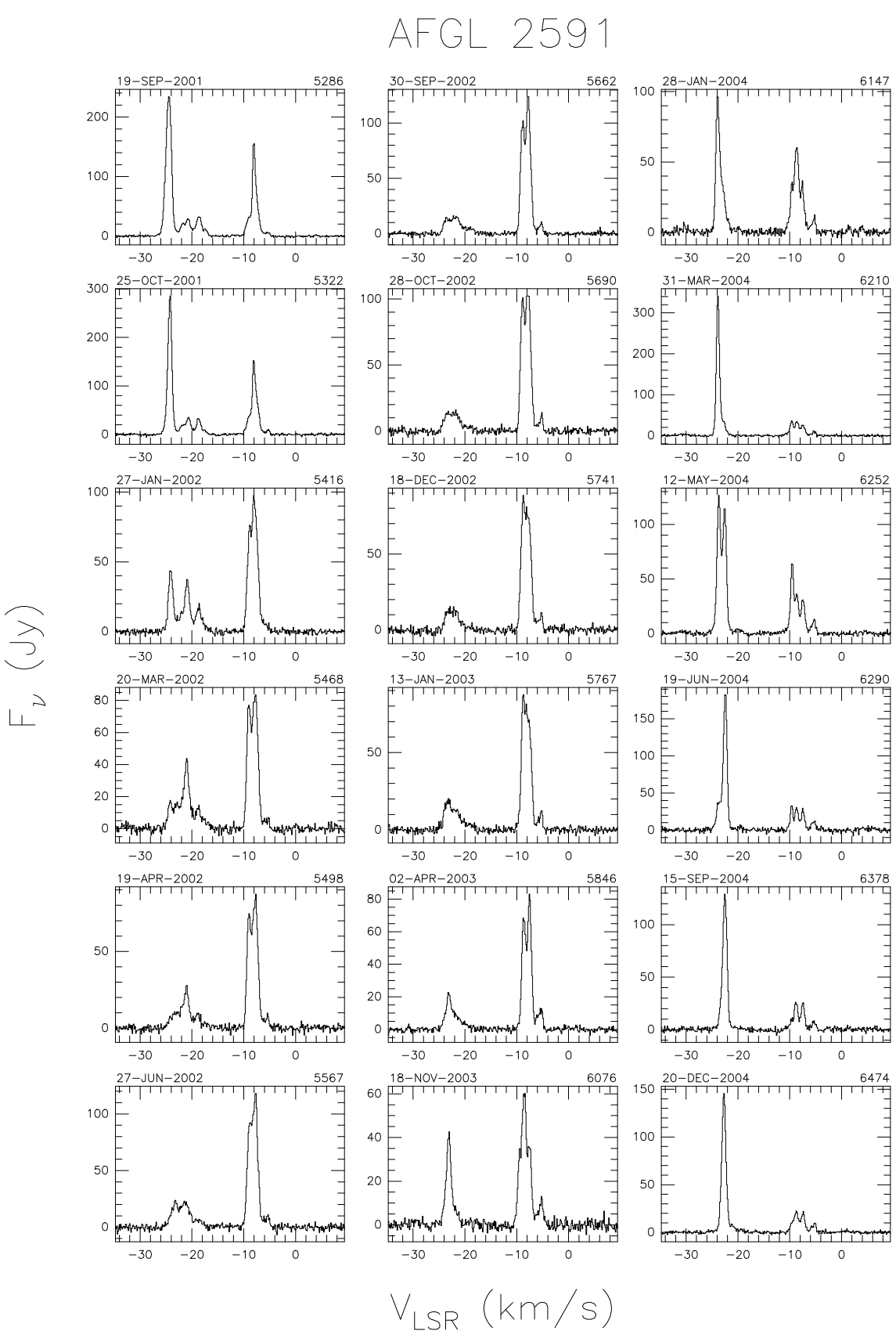

Fig. A.30. a continued

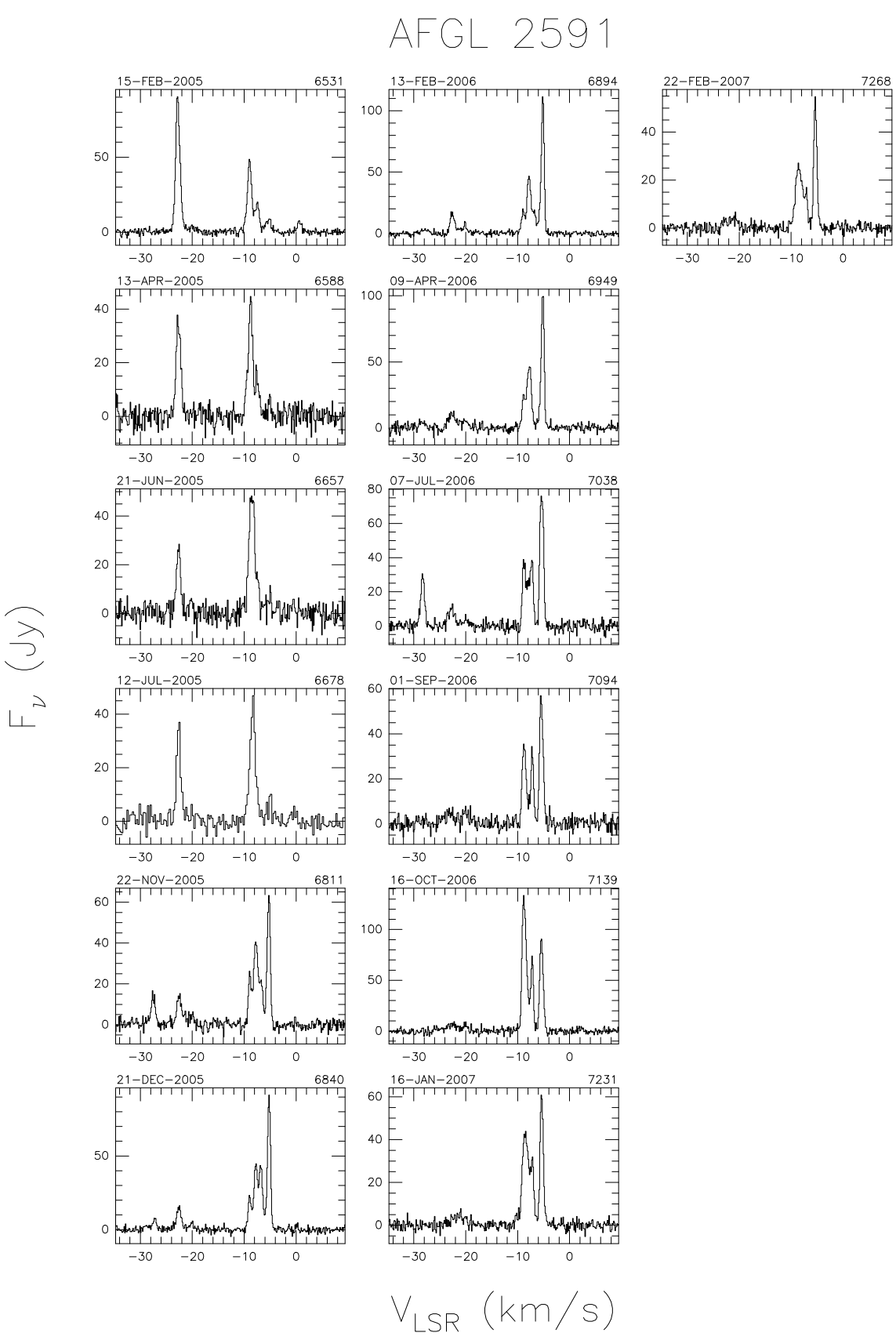

Fig. A.30. a continued

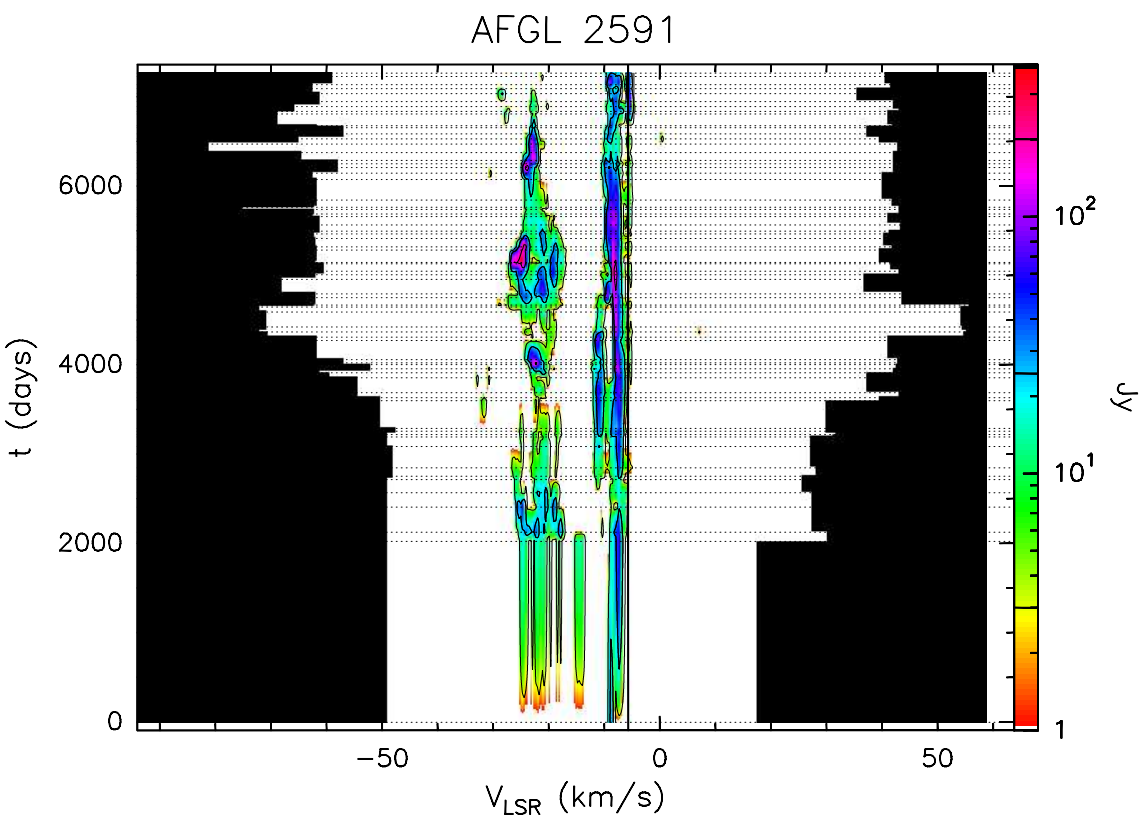

Fig. A.30. b Velocity–time–flux density *full* plot for source AFGL 2591. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

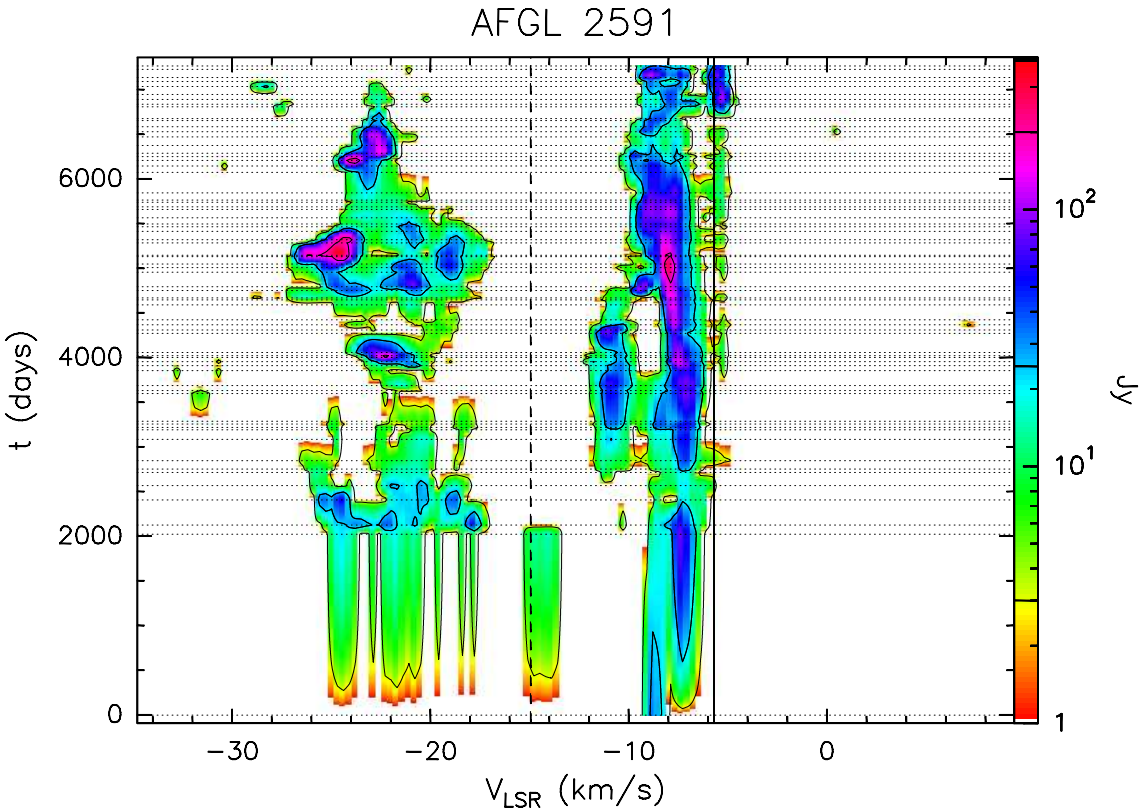

Fig. A.30. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

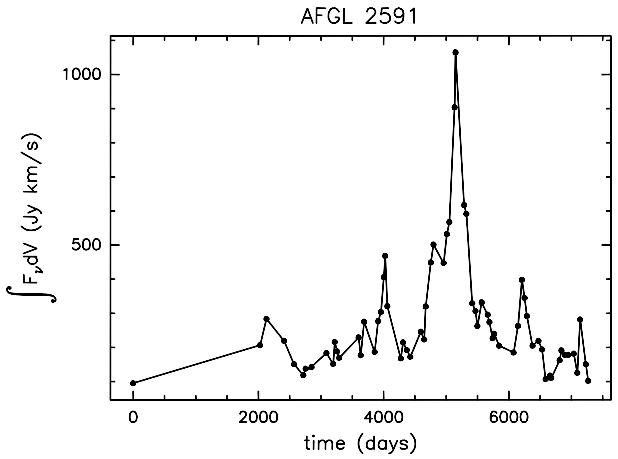

Fig. A.30. d Integral of the flux density over the observed velocity range as a function of time for source AFGL 2591.

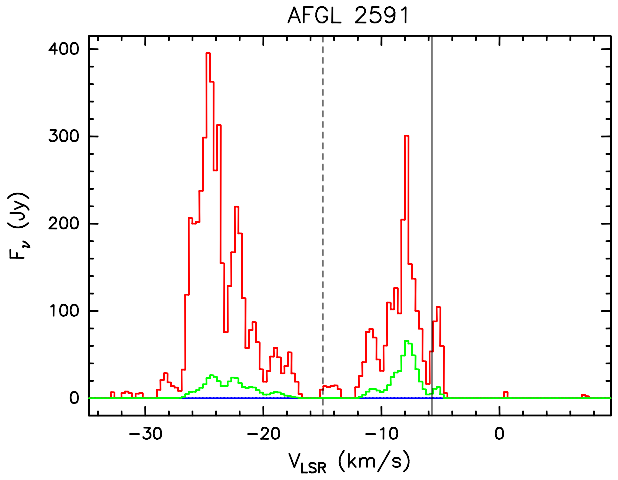

Fig. A.30. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source AFGL 2591 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

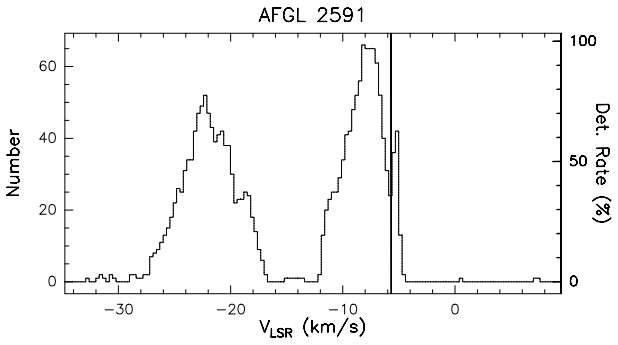

Fig. A.30. f Rate-of-occurrence plot for source AFGL 2591. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

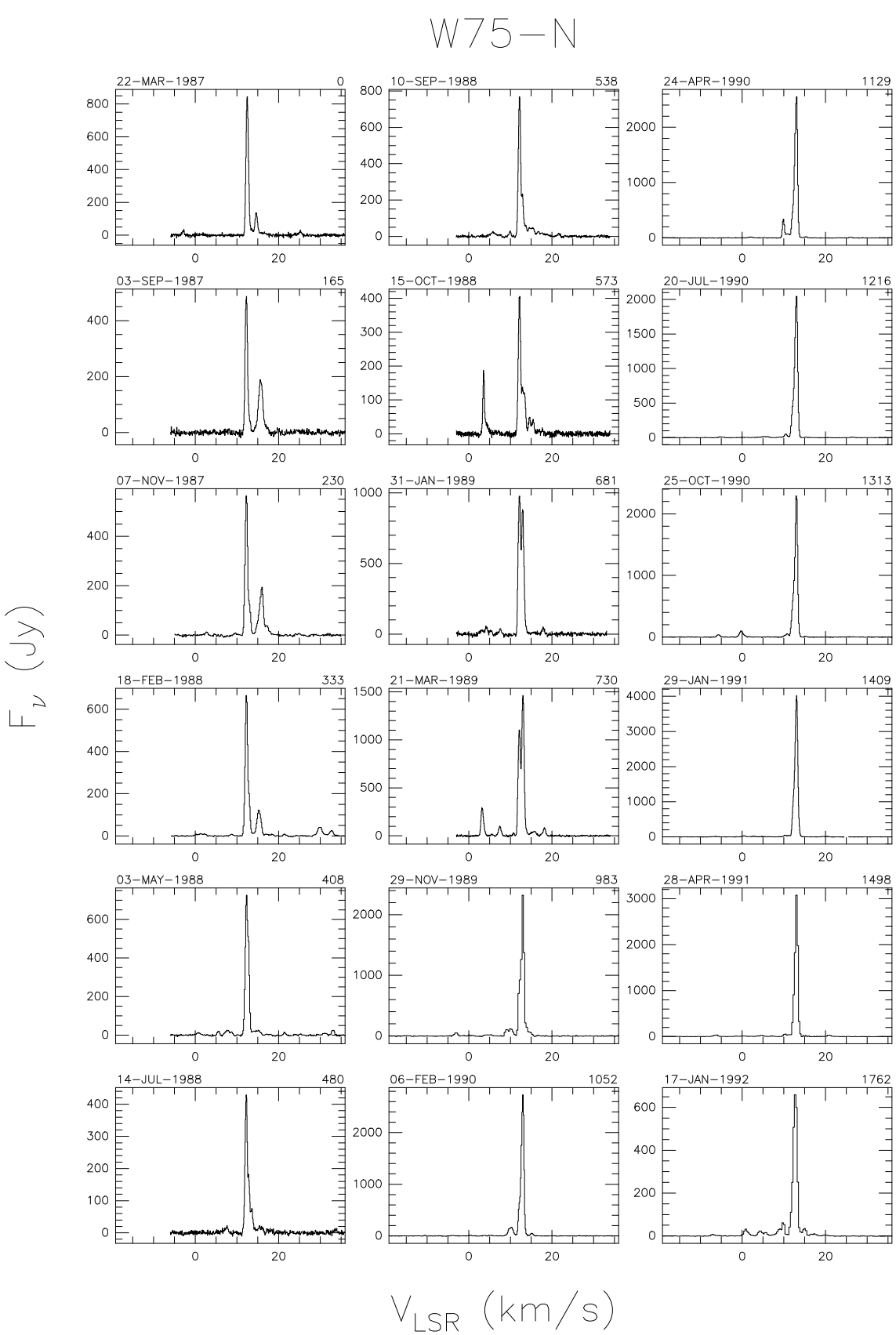

Fig. A.31. a Spectra of source W75-N with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

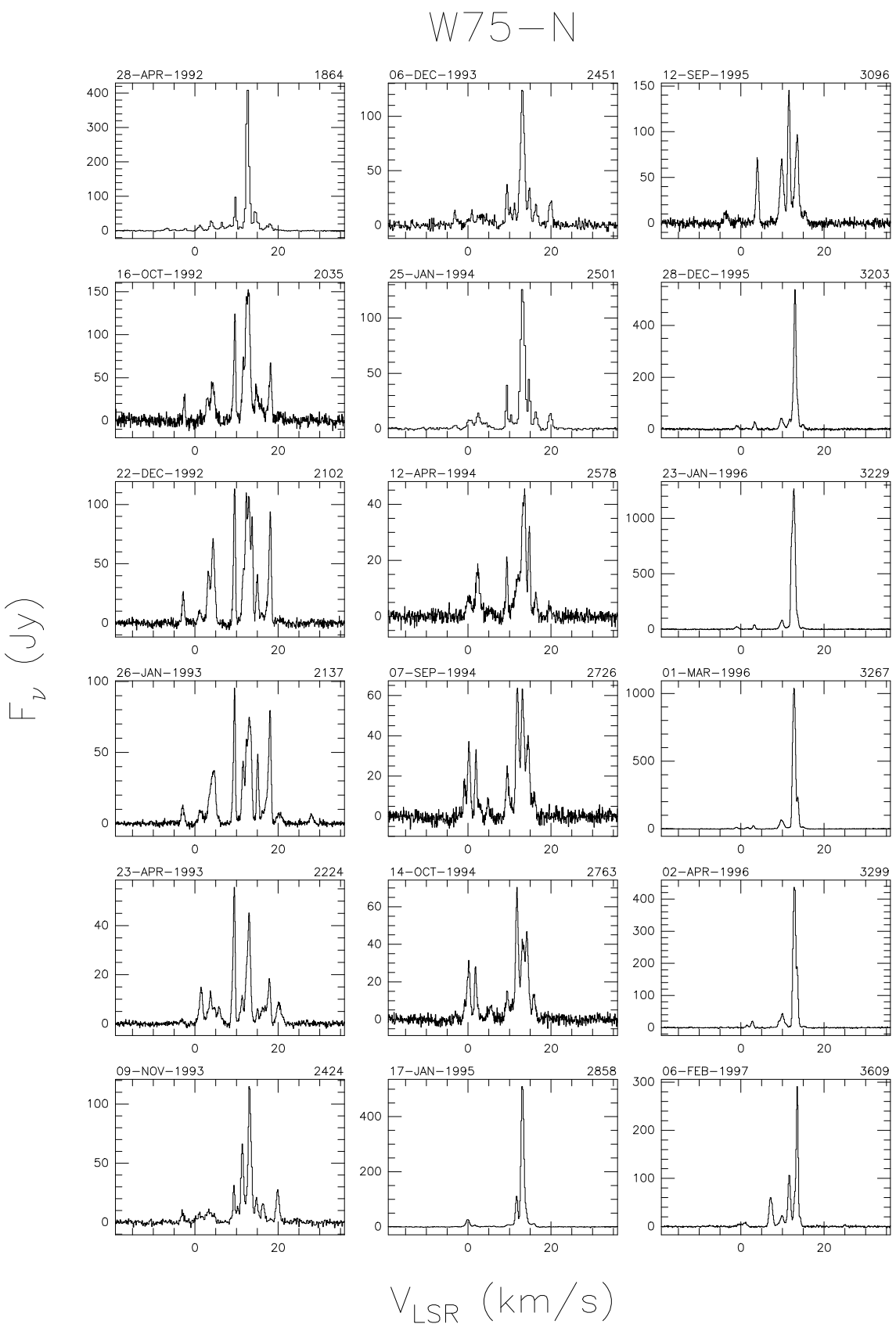

Fig. A.31. a continued

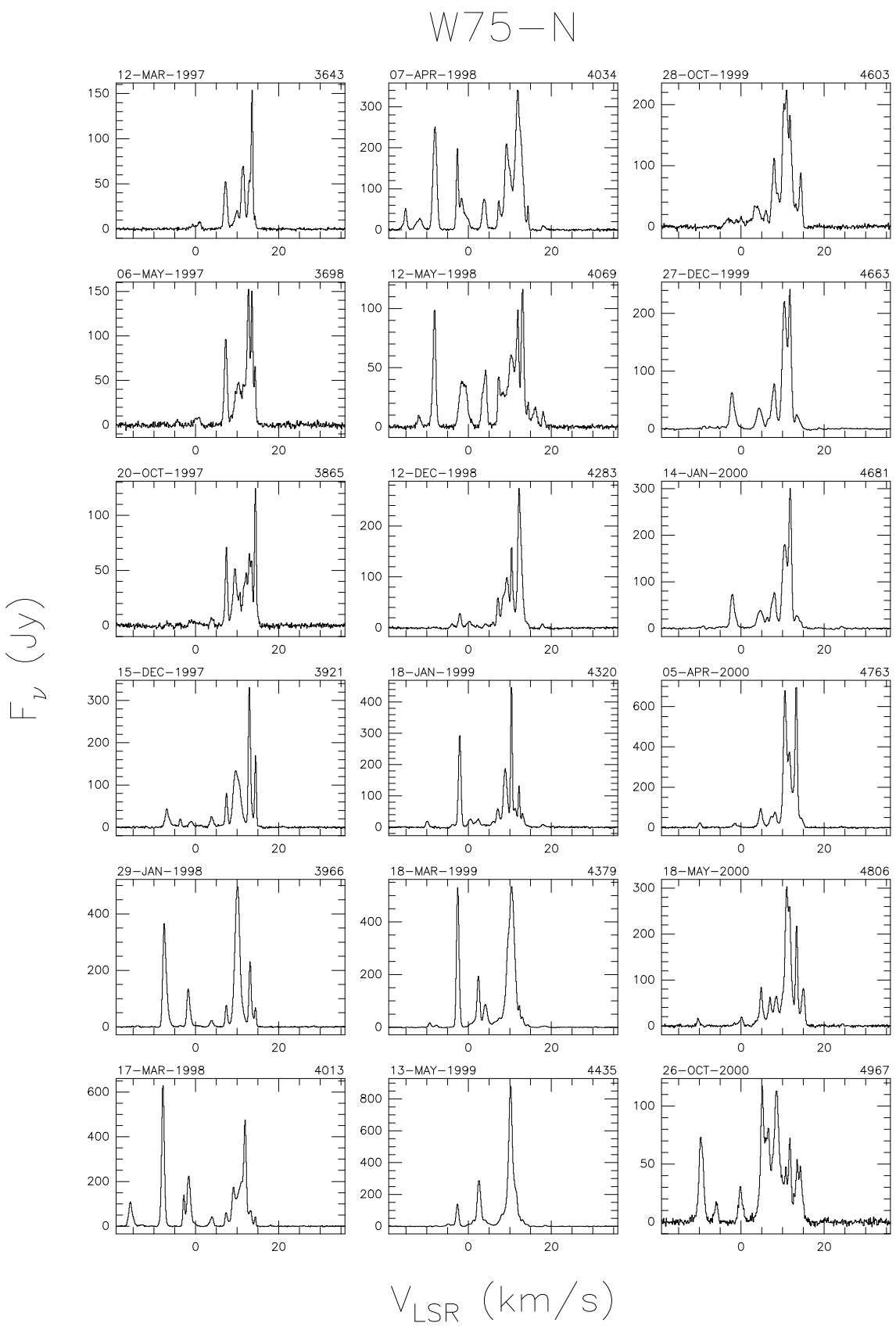

Fig. A.31. a continued

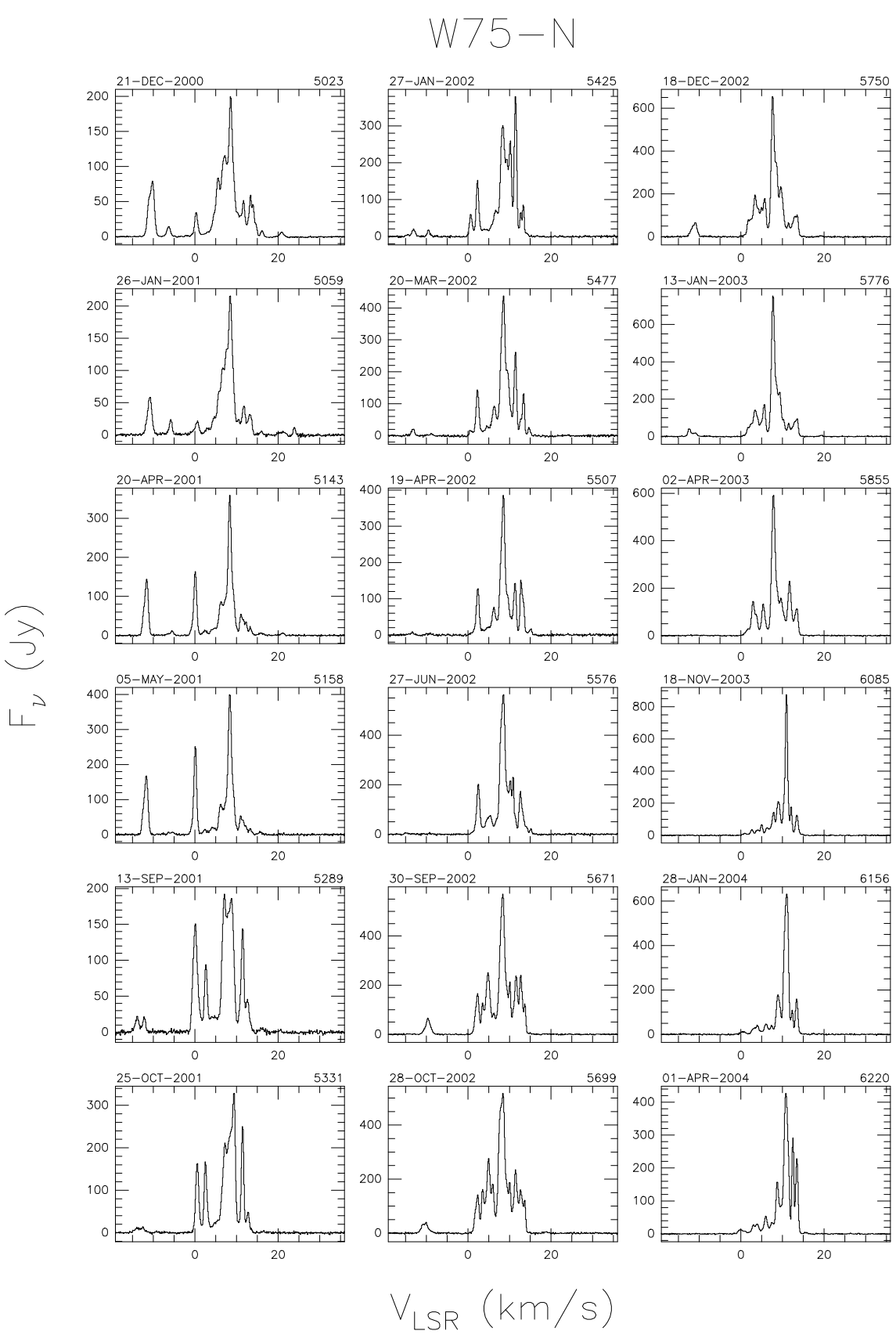

Fig. A.31. a continued

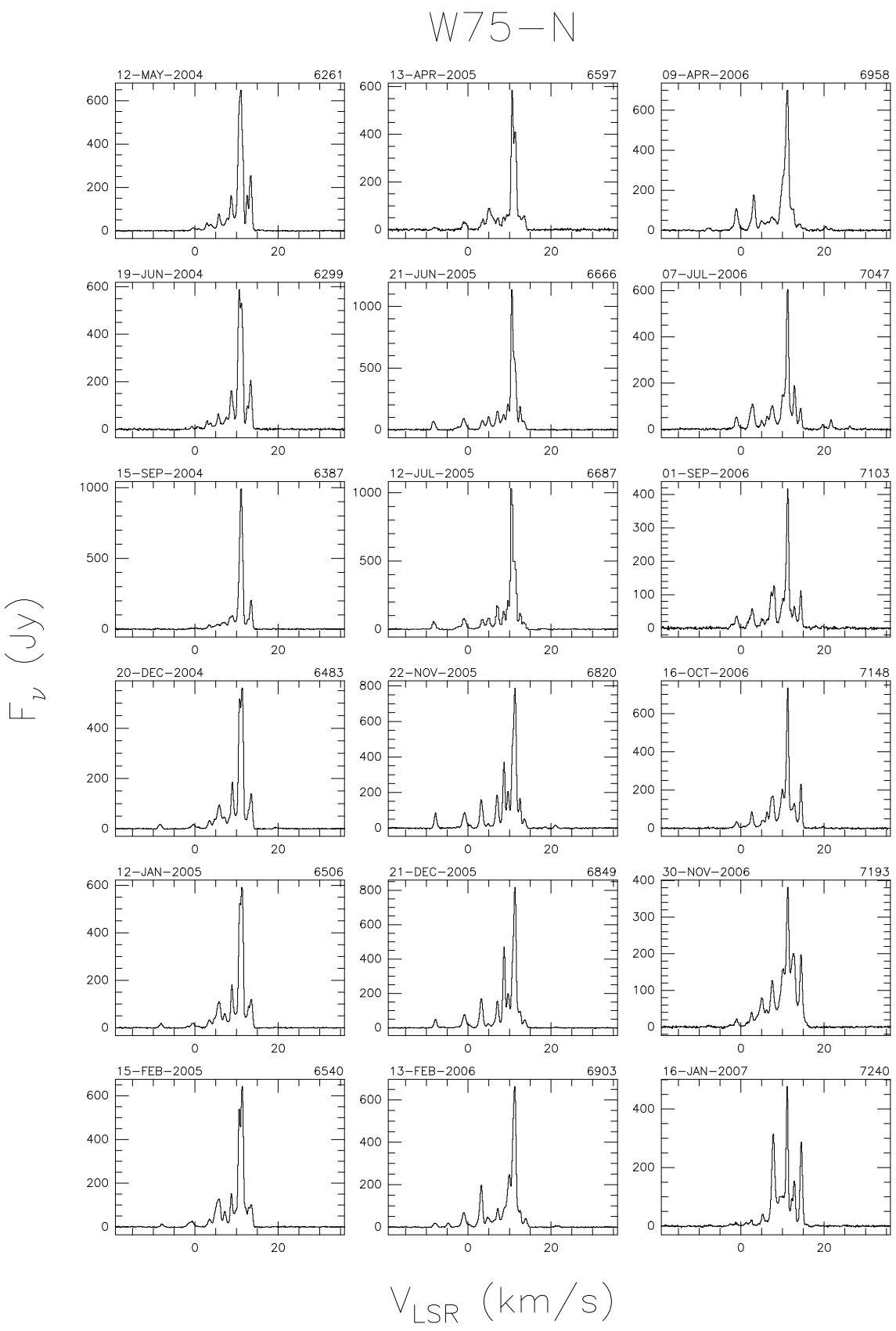

Fig. A.31. a continued

Fig. A.31. a continued

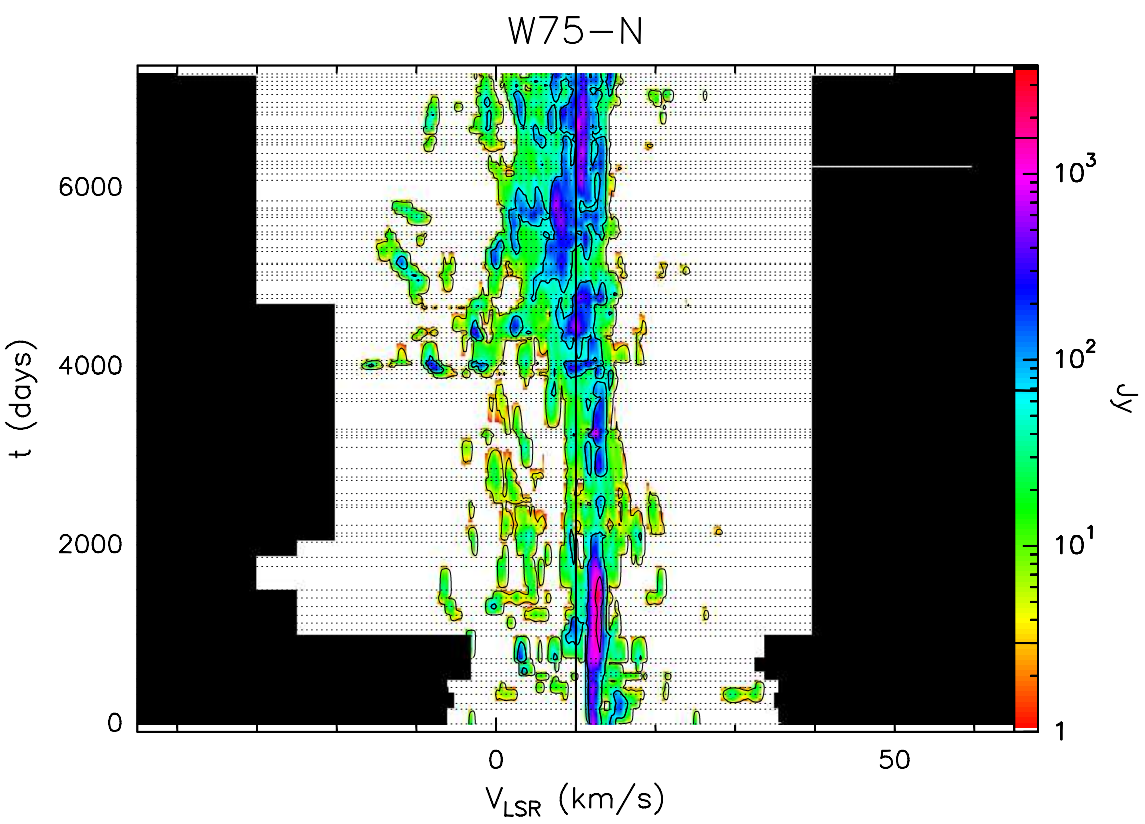

Fig. A.31. b Velocity–time–flux density *full* plot for source W75-N. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

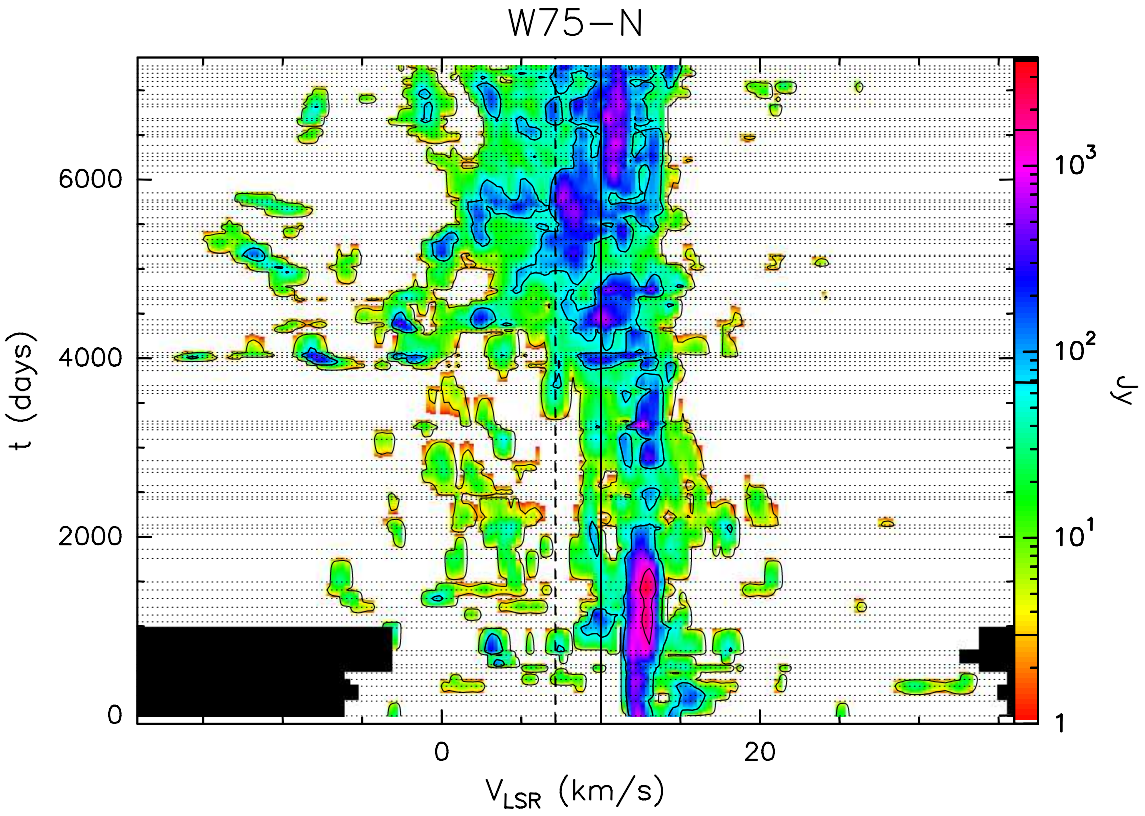

Fig. A.31. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

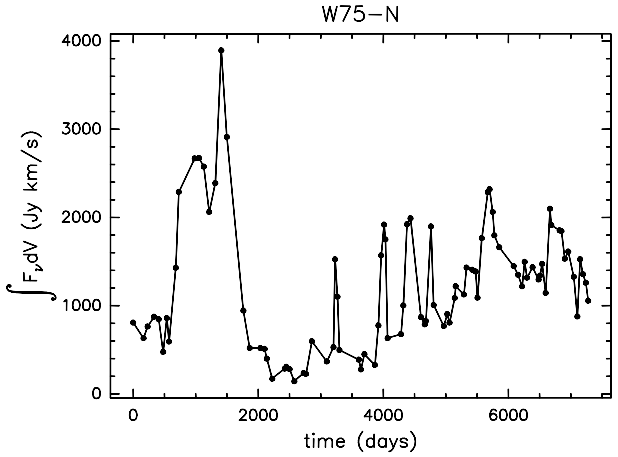

Fig. A.31. d Integral of the flux density over the observed velocity range as a function of time for source W75-N.

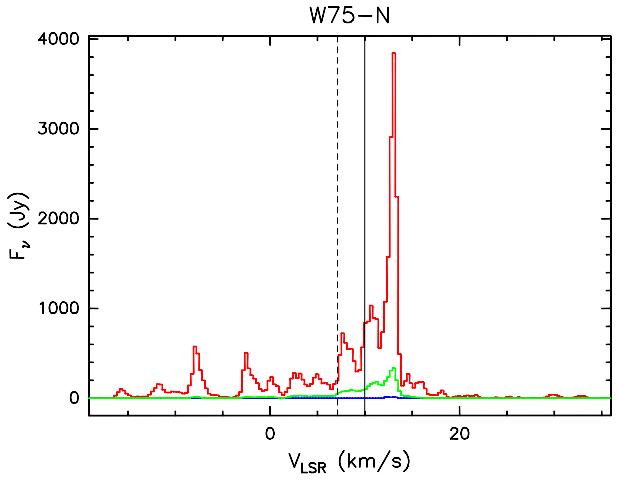

Fig. A.31. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source W75-N measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

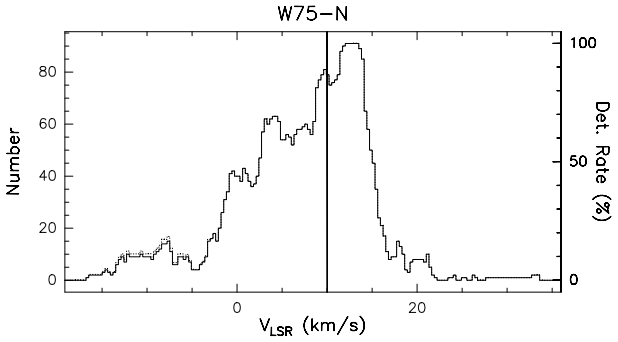

Fig. A.31. f Rate-of-occurrence plot for source W75-N. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

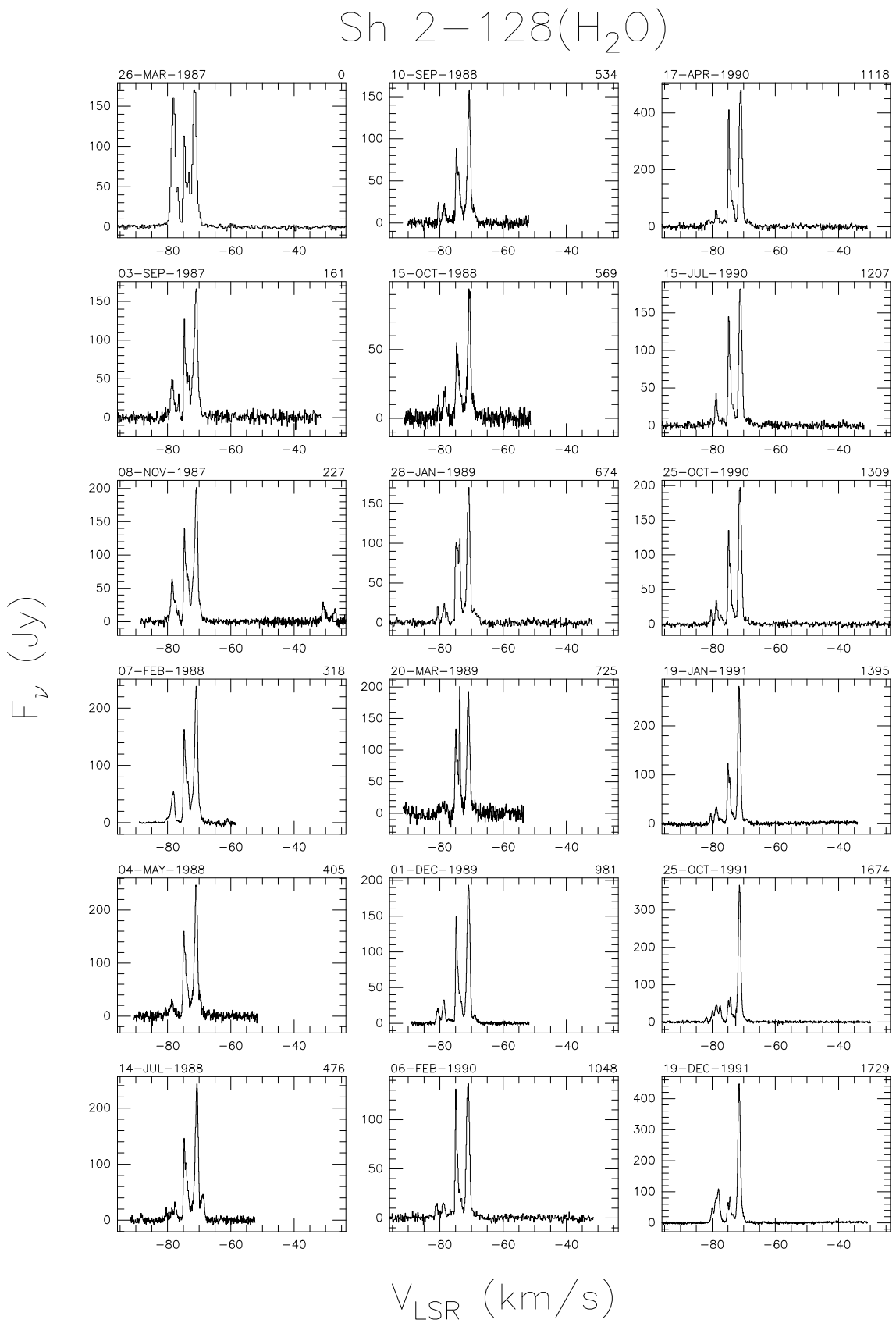

Fig. A.32. a Spectra of source Sh 2-128(H_2O) with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

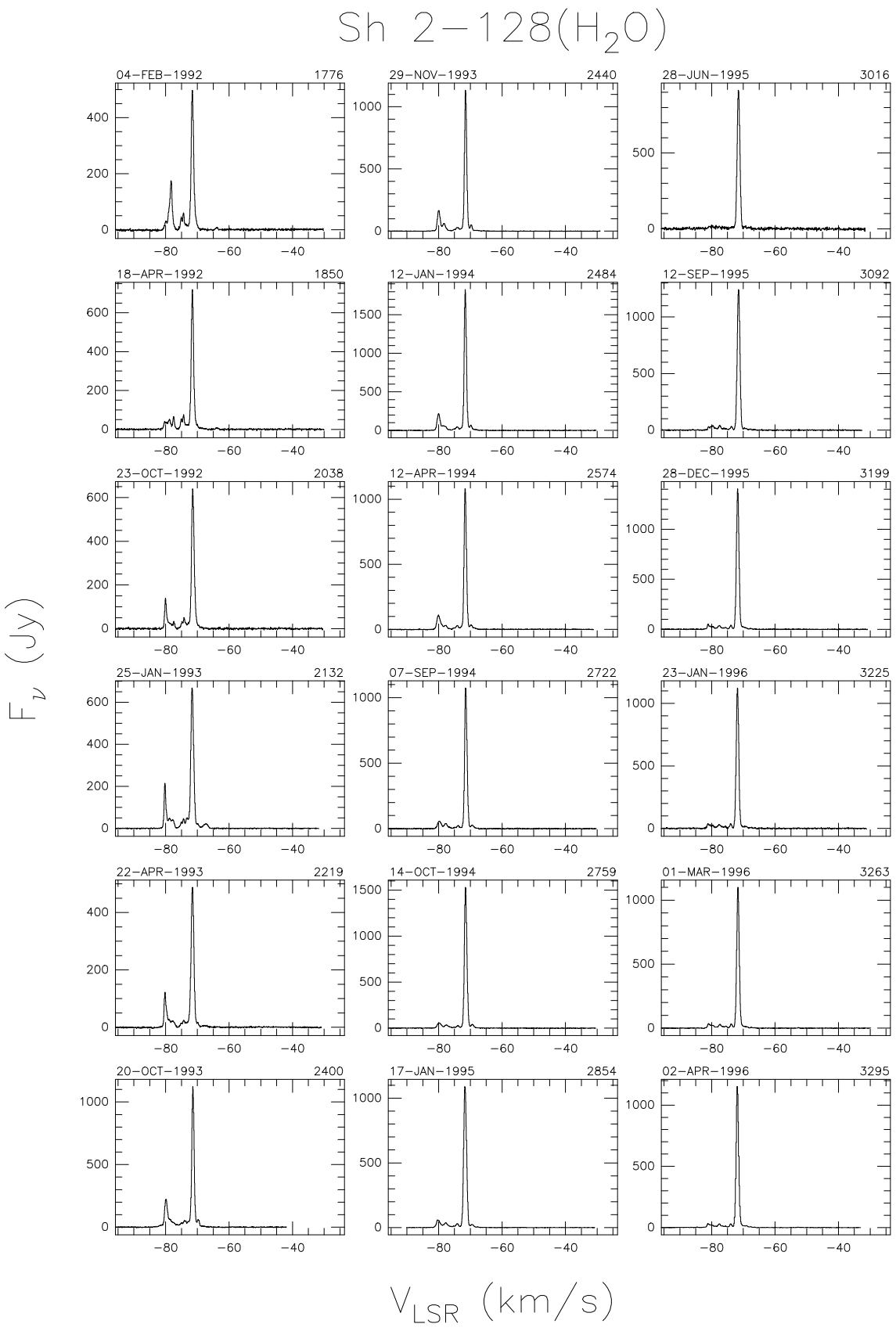

Fig. A.32. a continued

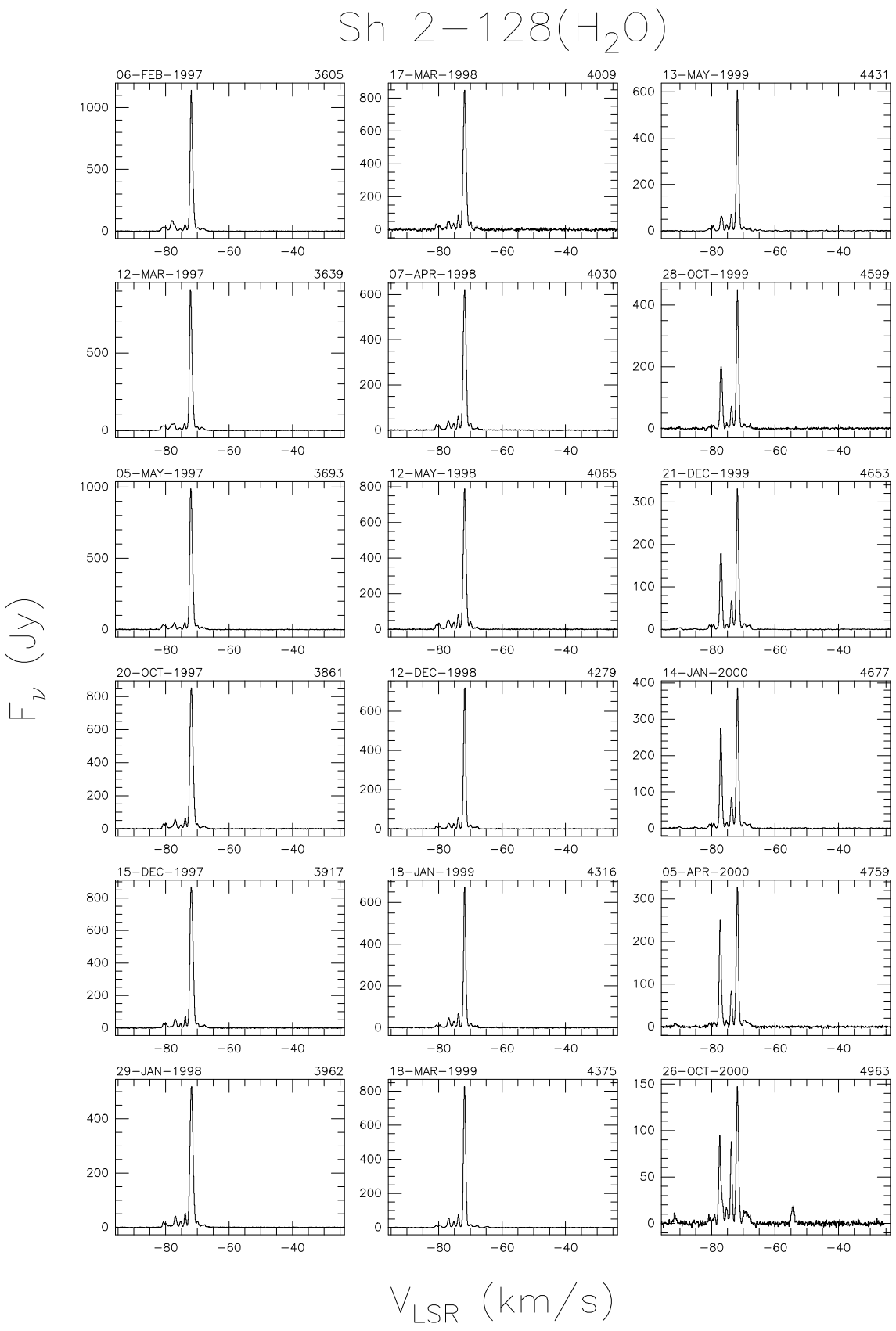

Fig. A.32. a continued

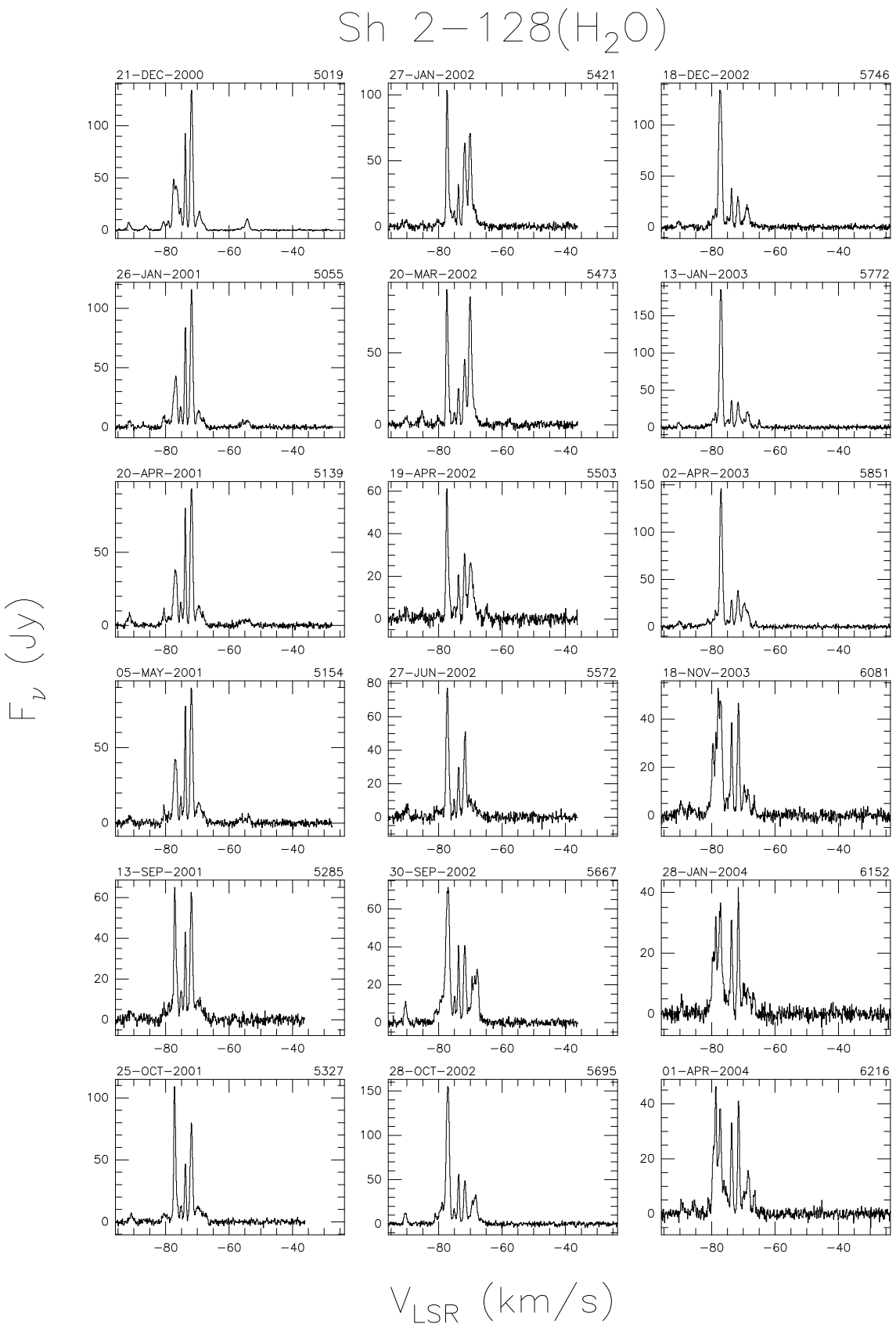

Fig. A.32. a continued

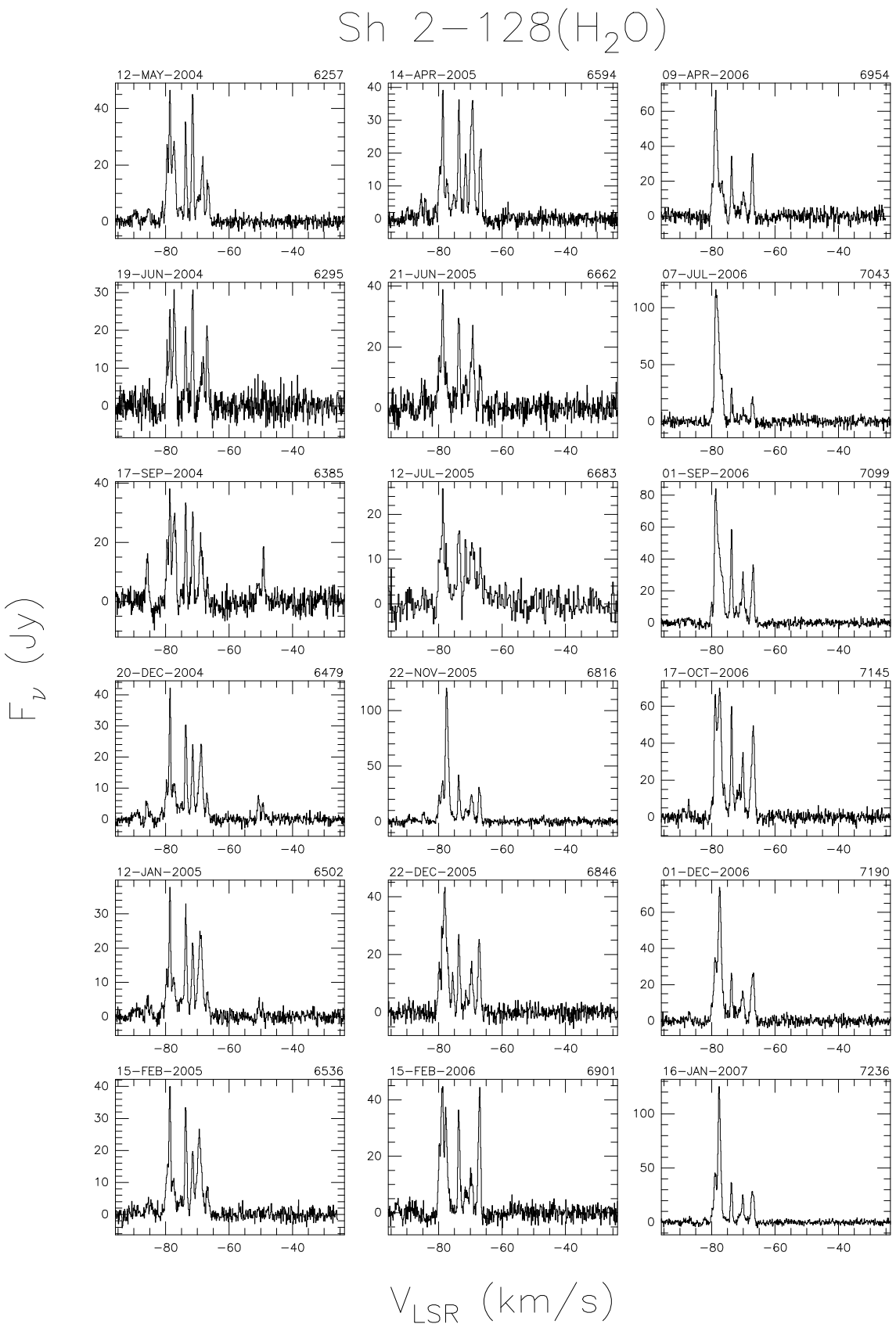

Fig. A.32. a continued

Fig. A.32. a continued

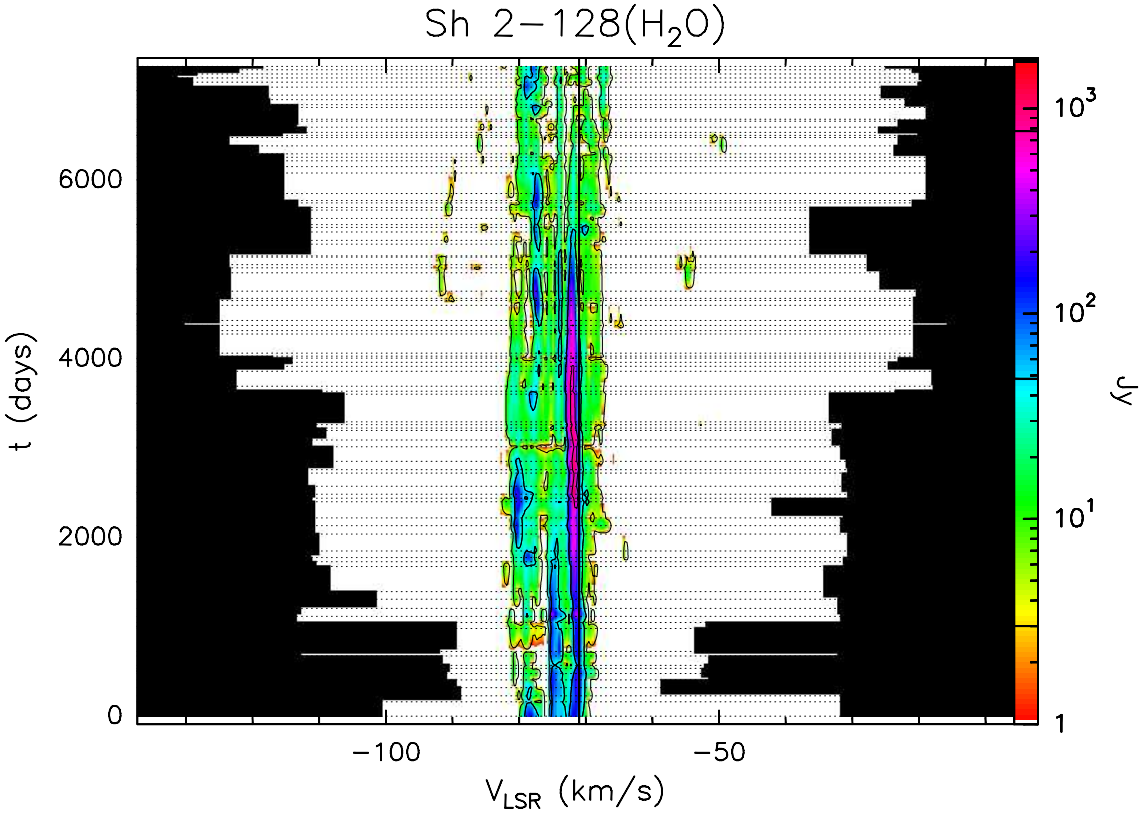

Fig. A.32. b Velocity–time–flux density *full* plot for source Sh 2-128(H_2O). The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

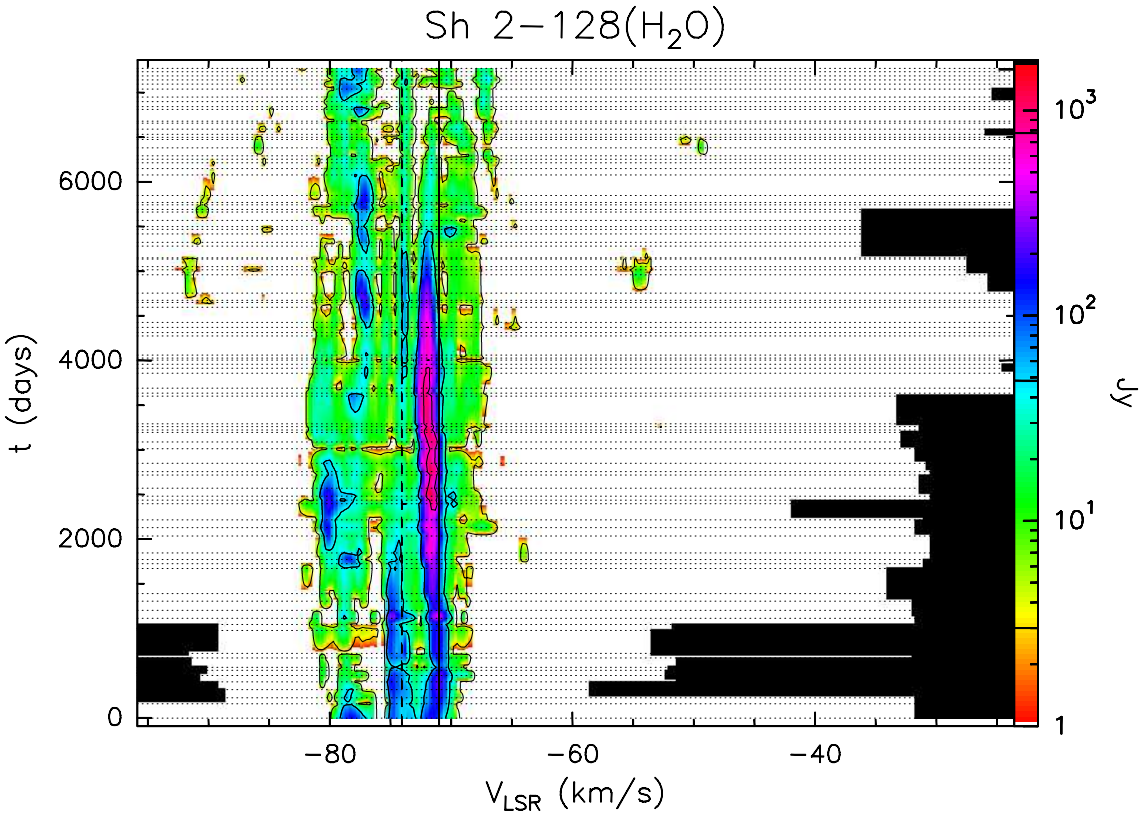

Fig. A.32. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

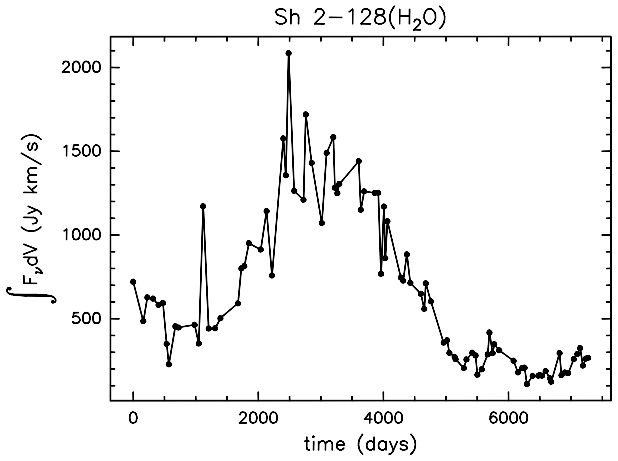

Fig. A.32. d Integral of the flux density over the observed velocity range as a function of time for source Sh 2-128(H_2O).

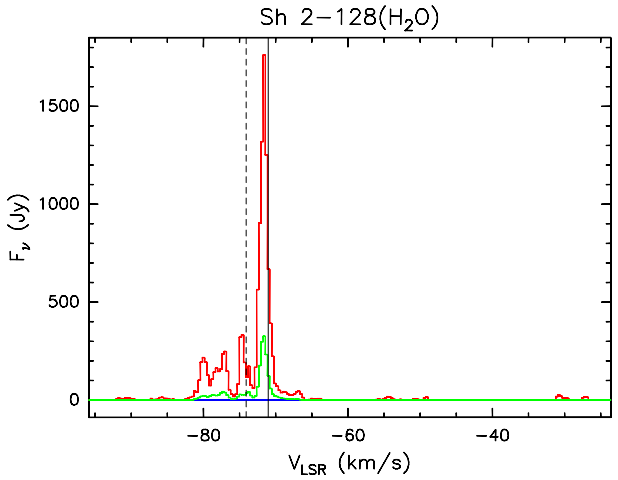

Fig. A.32. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source Sh 2-128(H_2O) measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

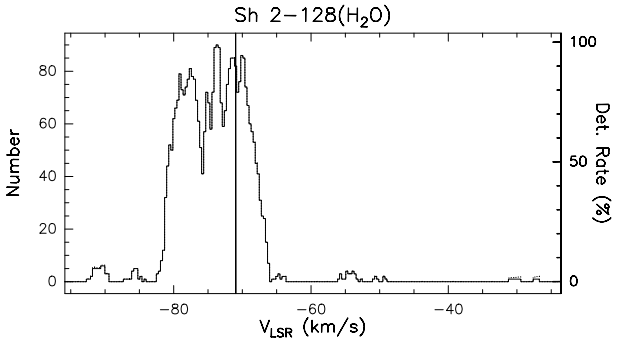

Fig. A.32. f Rate-of-occurrence plot for source Sh 2-128(H_2O). The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

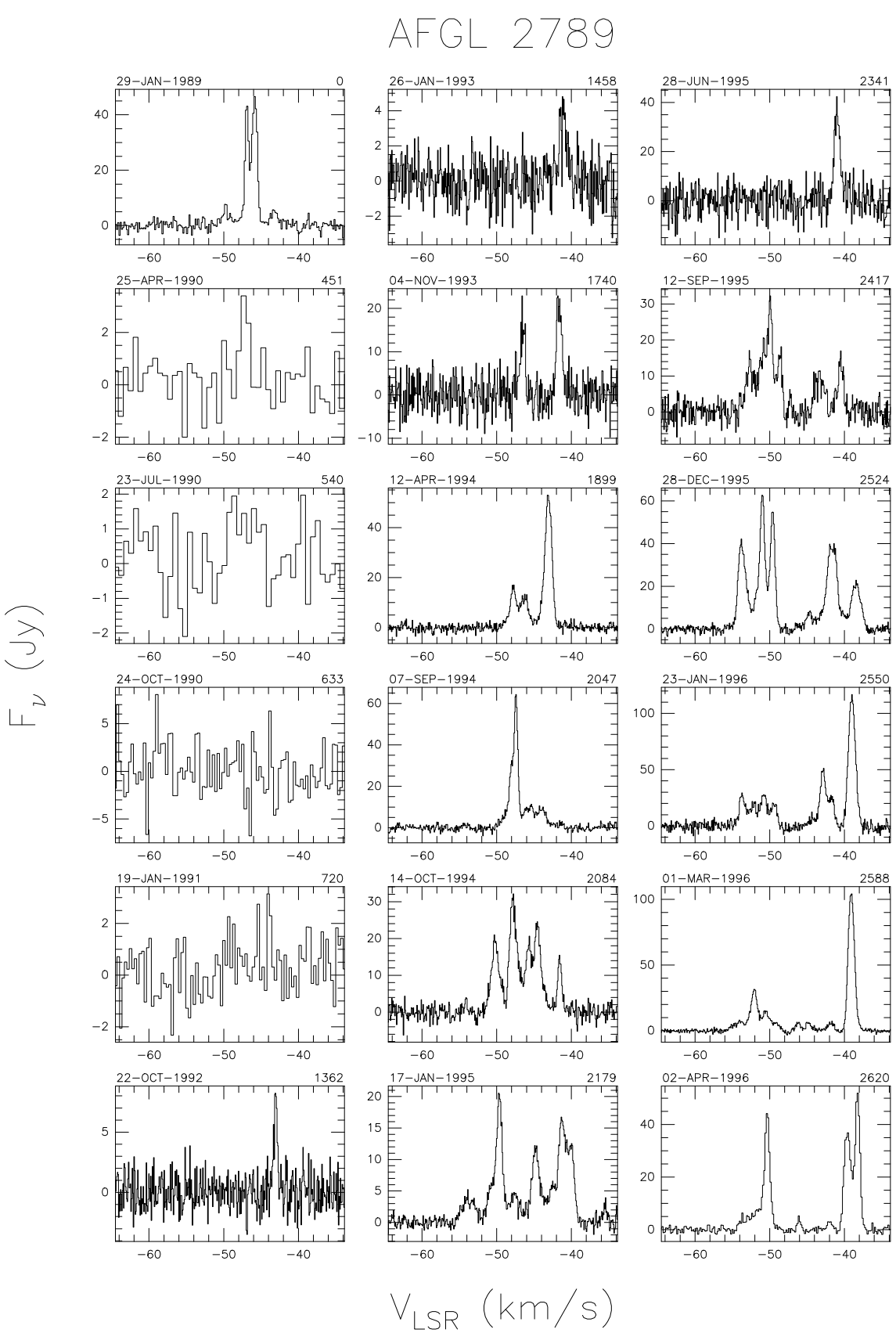

Fig. A.33. a Spectra of source AFGL 2789 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

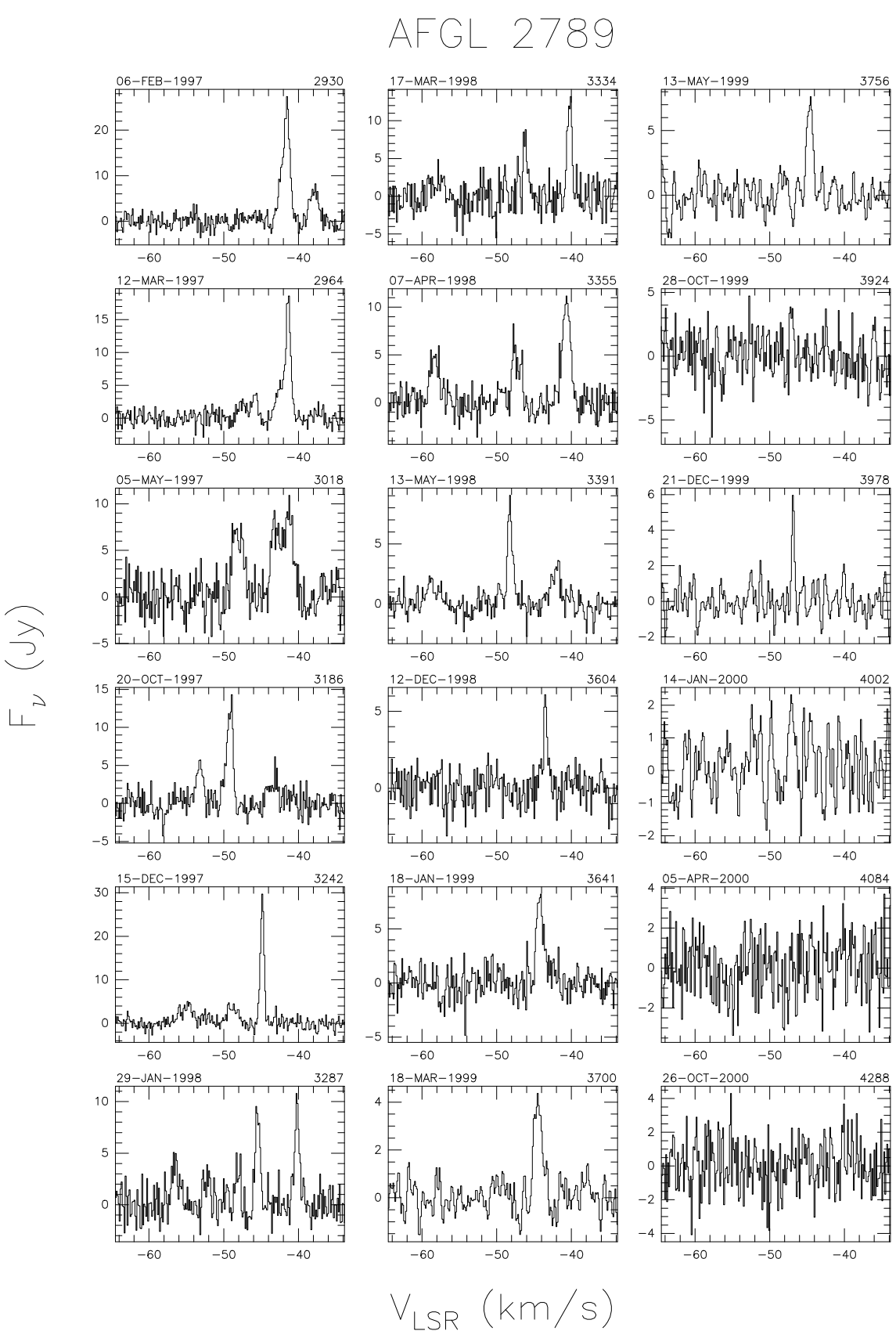

Fig. A.33. a continued

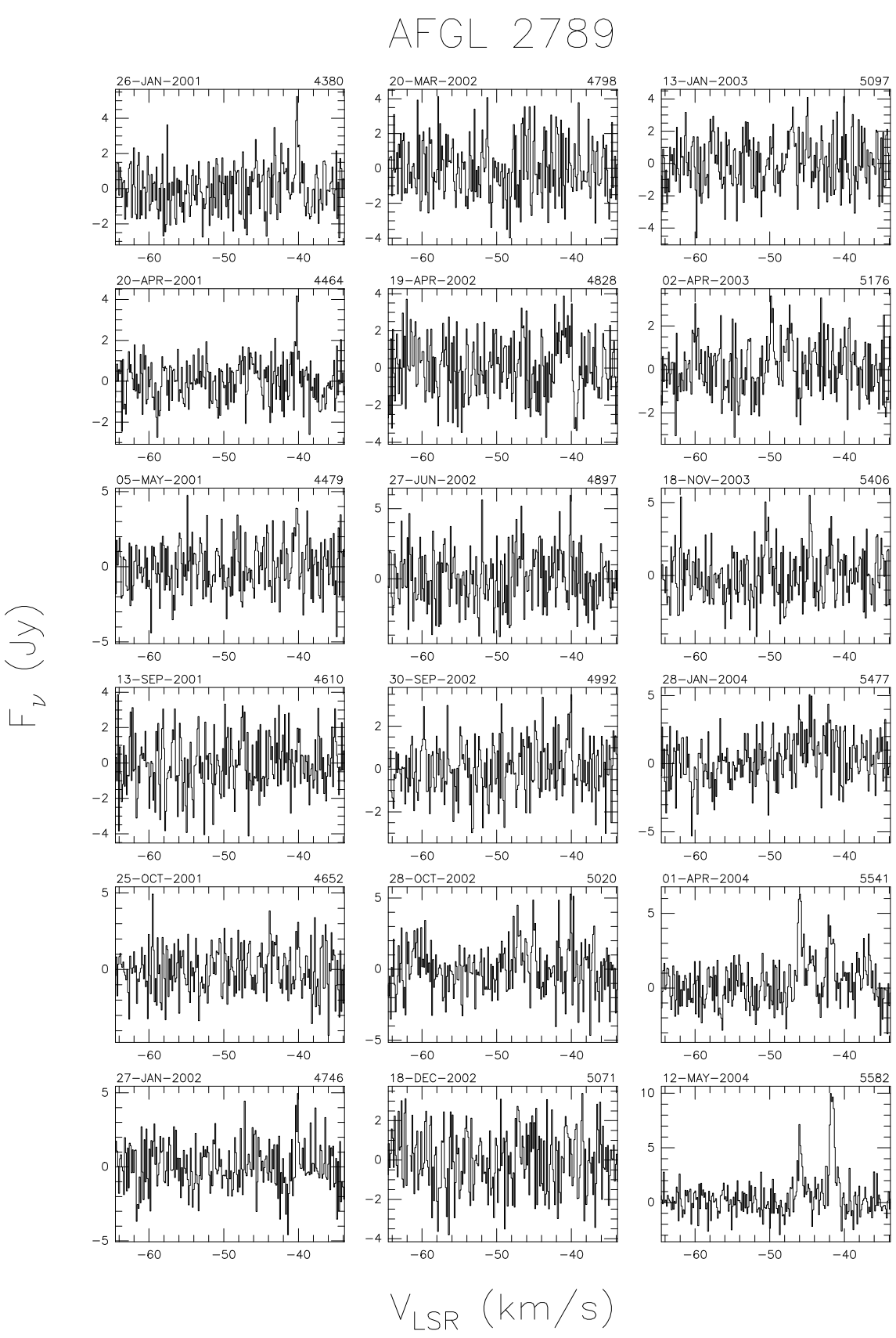

Fig. A.33. a continued

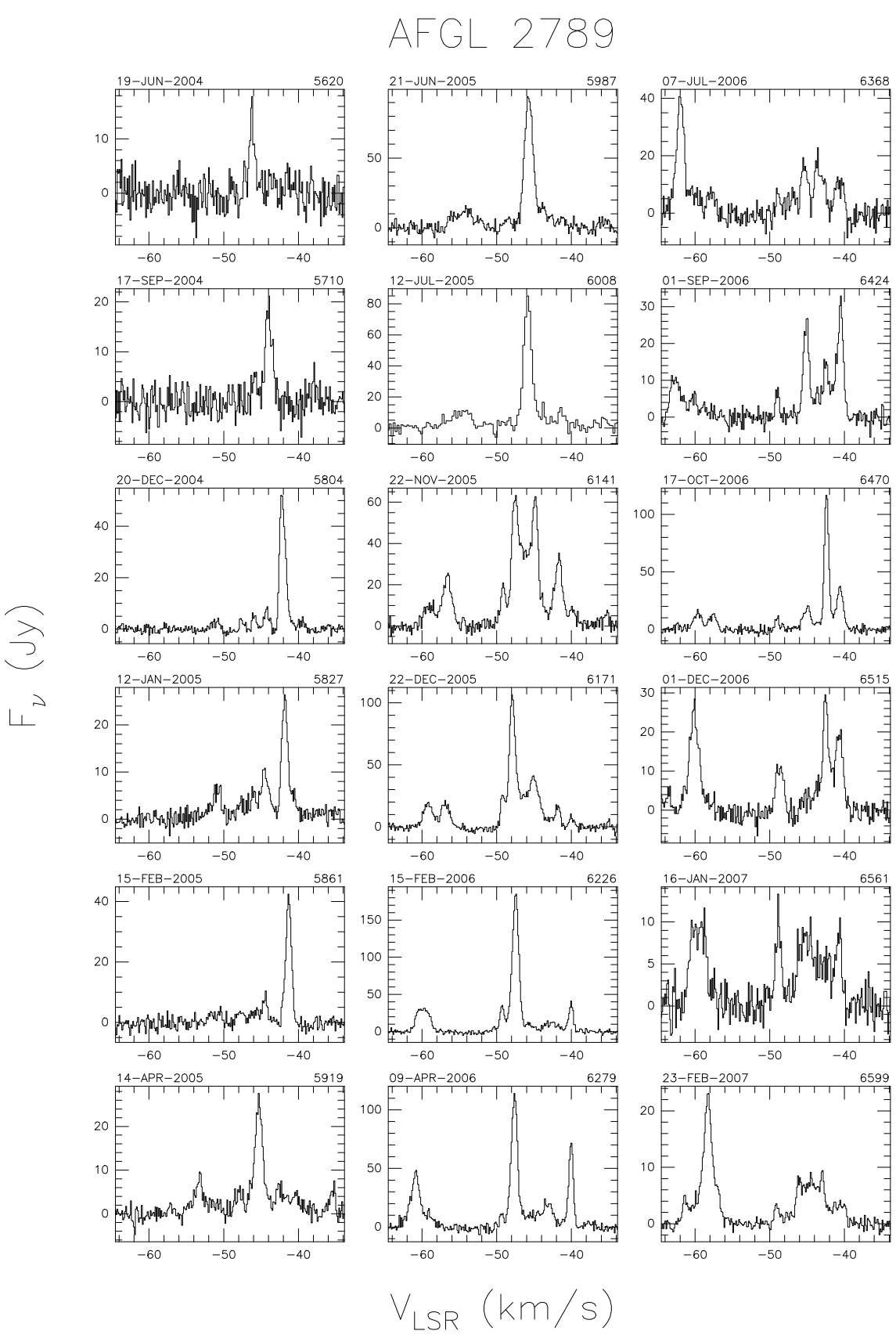

Fig. A.33. a continued

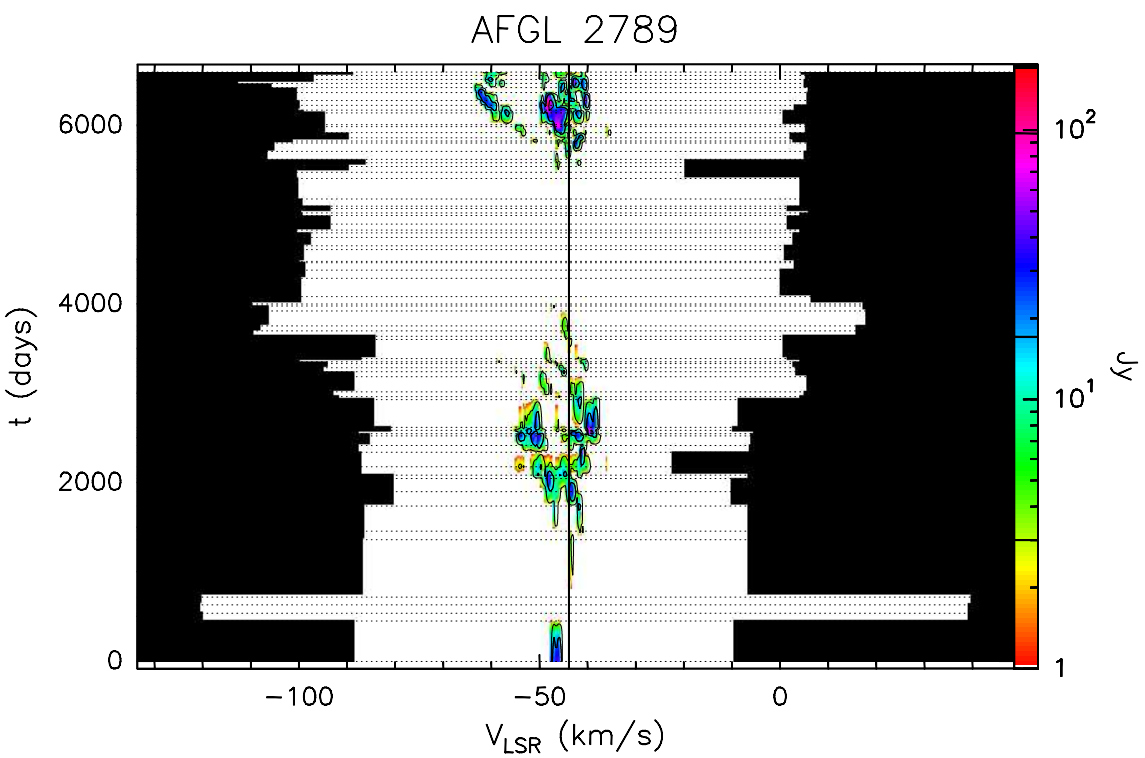

Fig. A.33. b Velocity–time–flux density *full* plot for source AFGL 2789. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

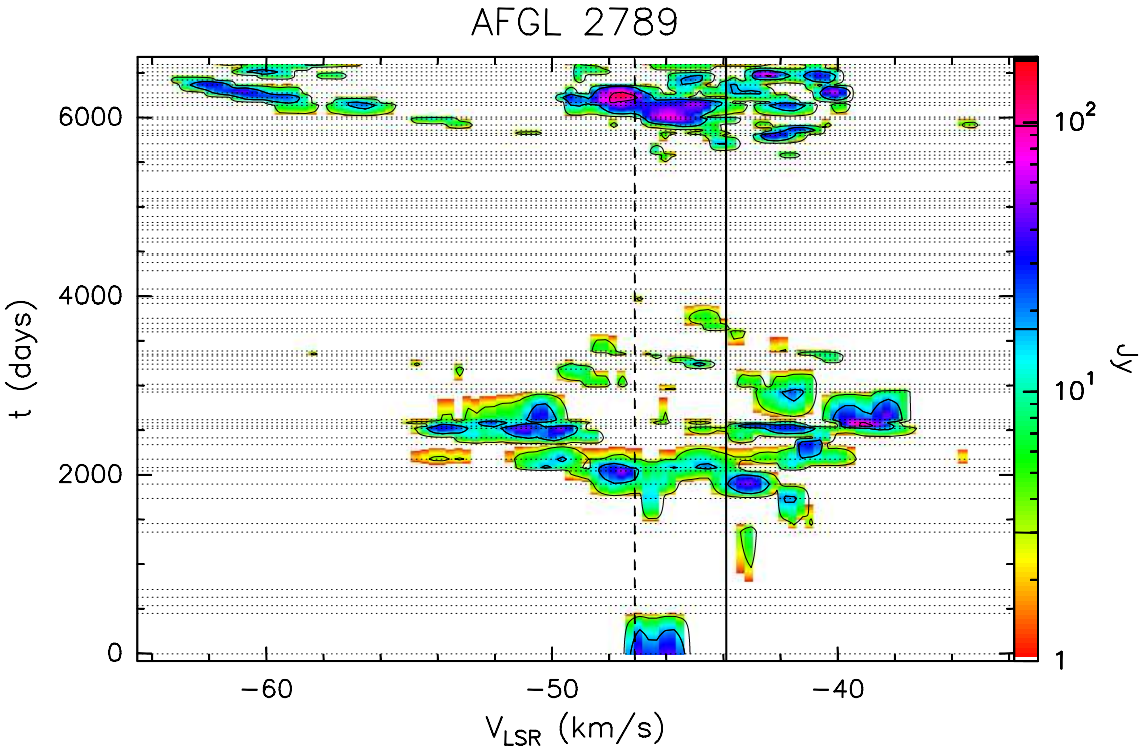

Fig. A.33. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

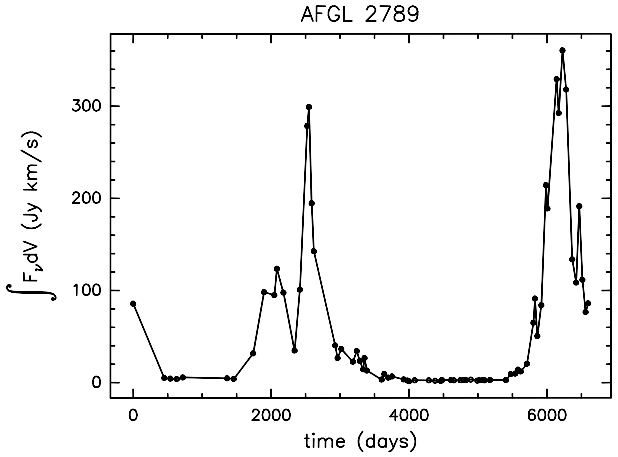

Fig. A.33. d Integral of the flux density over the observed velocity range as a function of time for source AFGL 2789.

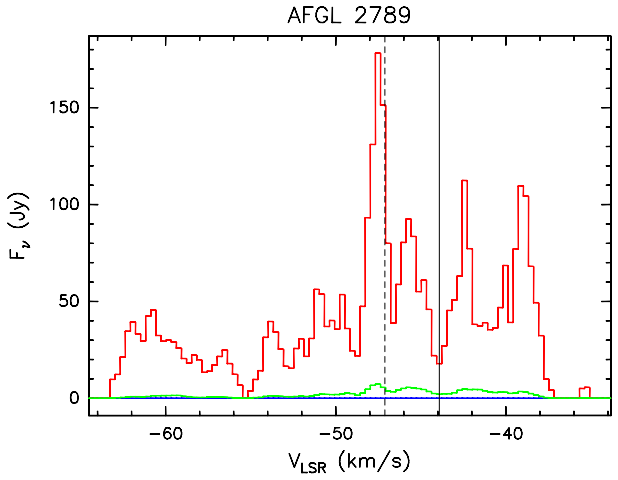

Fig. A.33. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source AFGL 2789 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

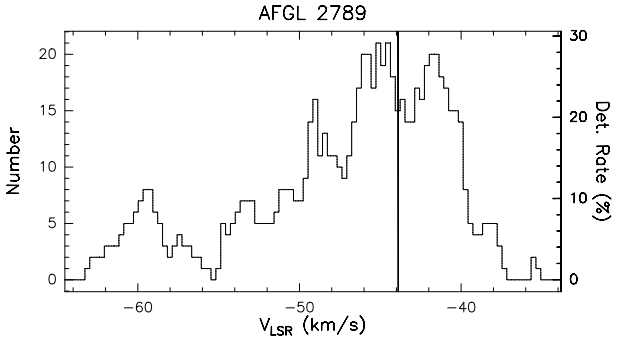

Fig. A.33. f Rate-of-occurrence plot for source AFGL 2789. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

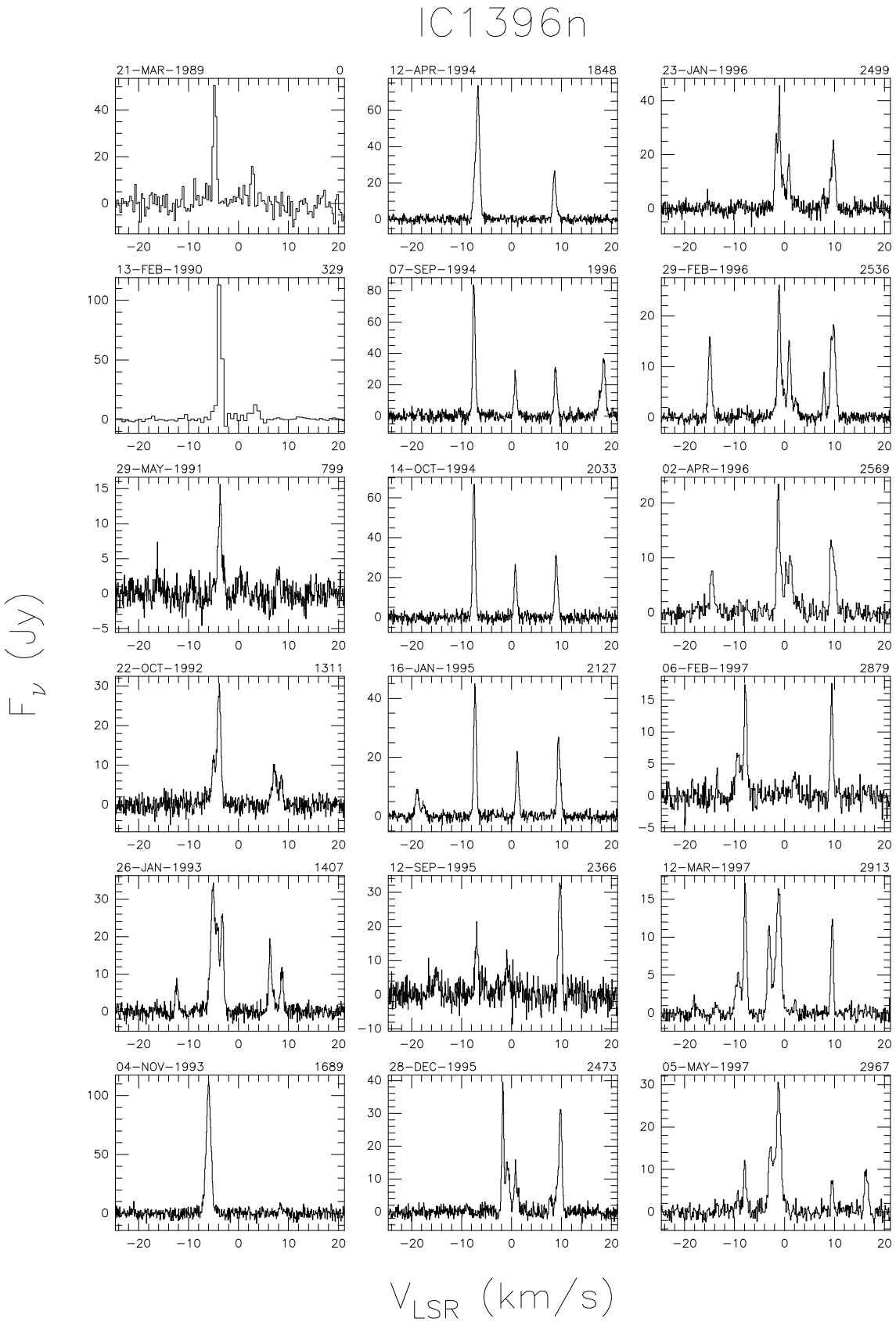

Fig. A.34. a Spectra of source IC1396n with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

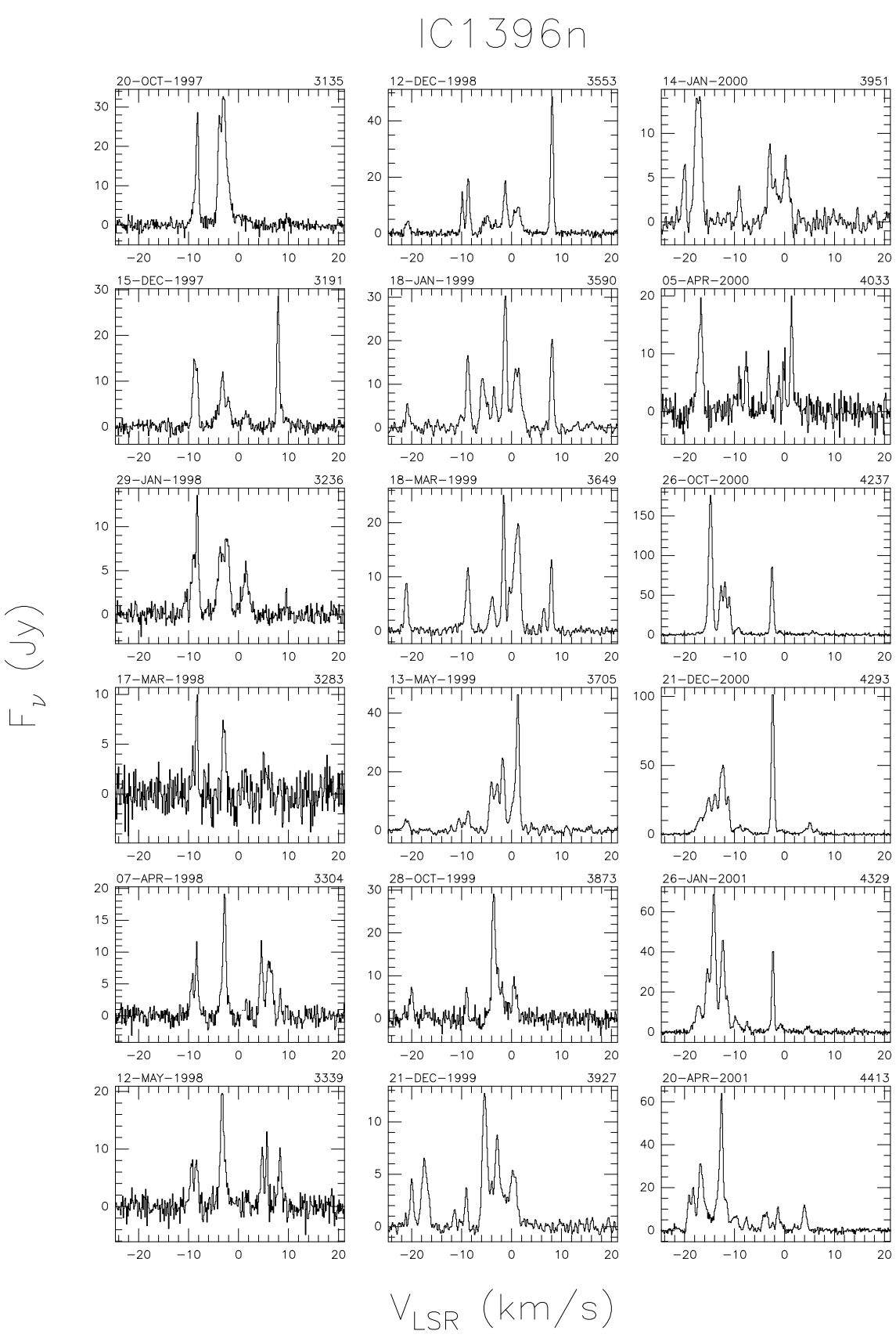

Fig. A.34. a continued

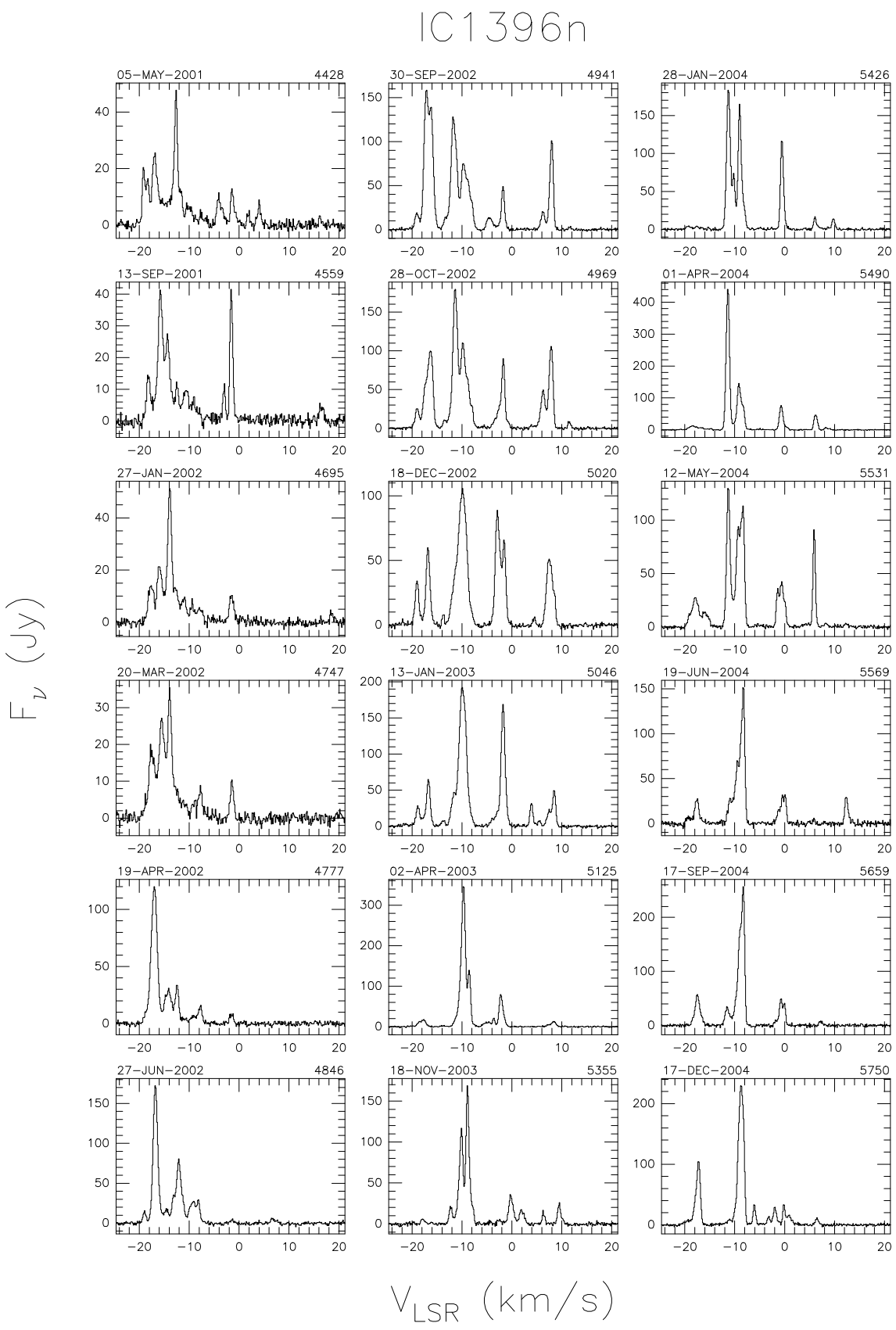

Fig. A.34. a continued

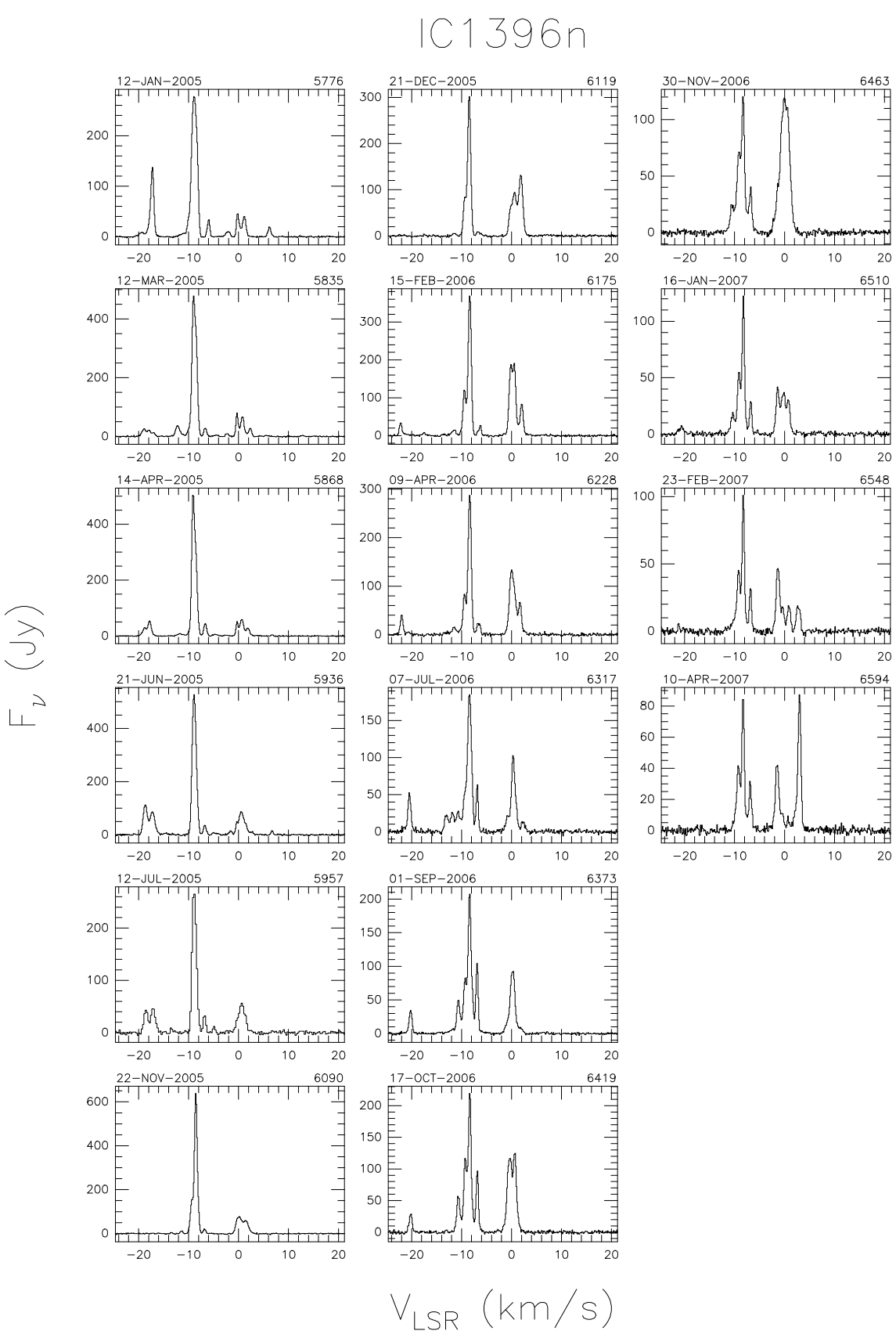

Fig. A.34. a continued

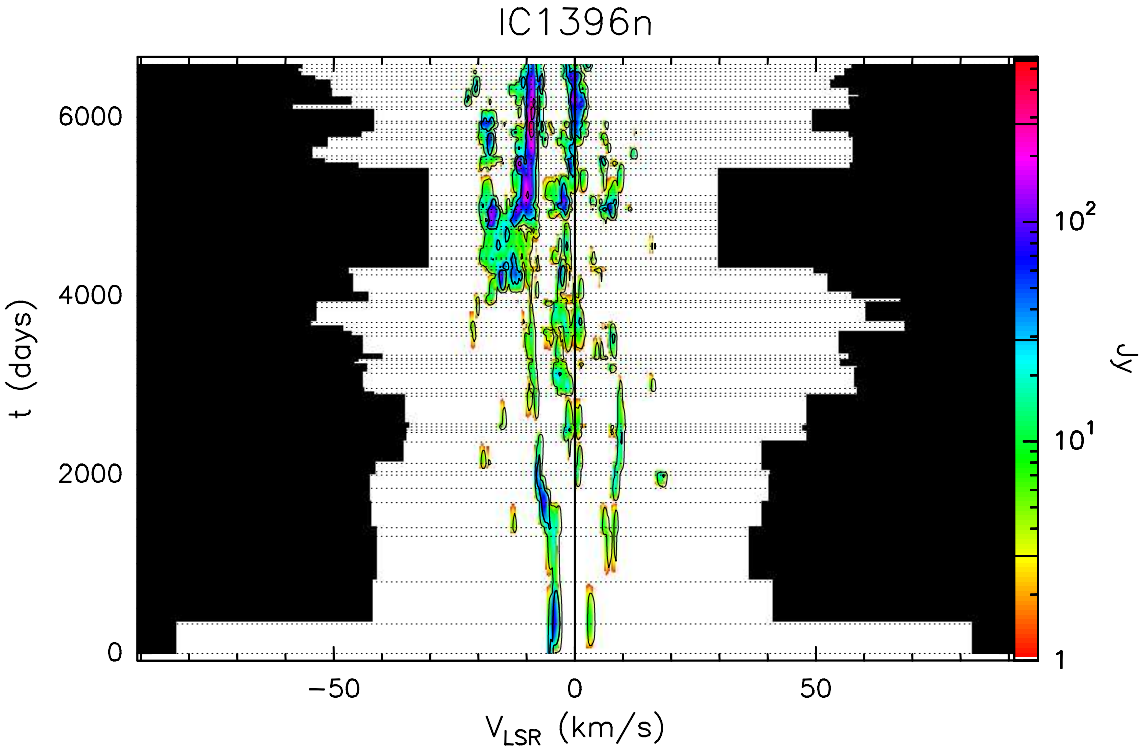

Fig. A.34. b Velocity–time–flux density *full* plot for source IC1396n. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

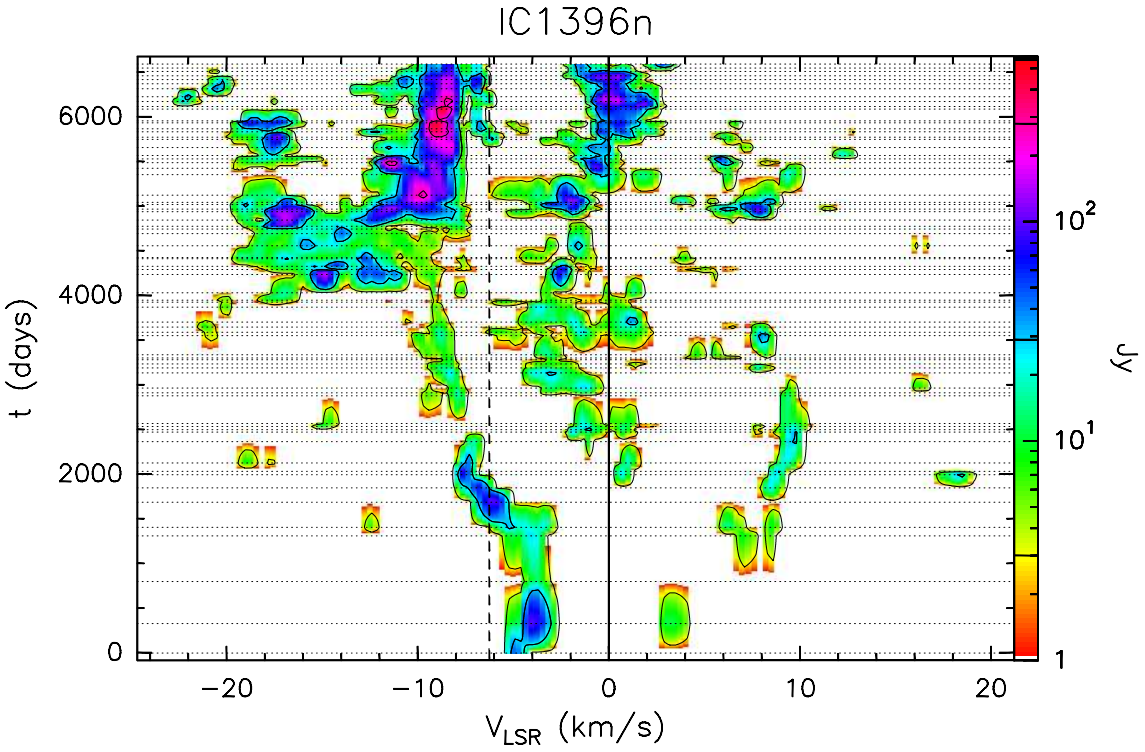

Fig. A.34. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

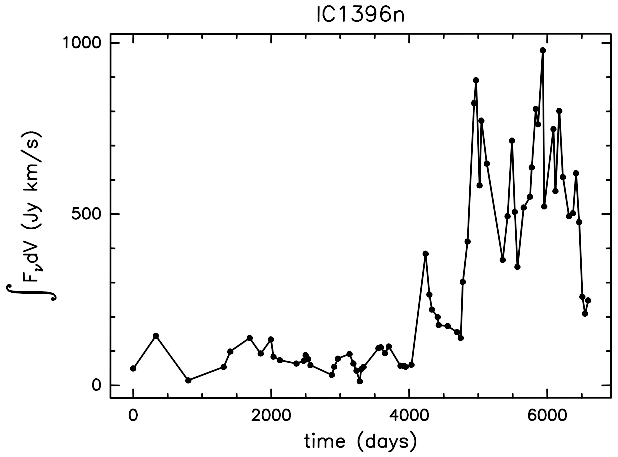

Fig. A.34. d Integral of the flux density over the observed velocity range as a function of time for source IC1396n.

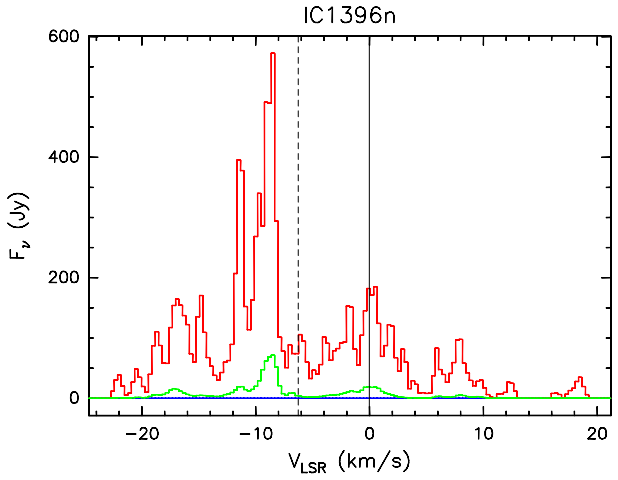

Fig. A.34. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source IC1396n measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

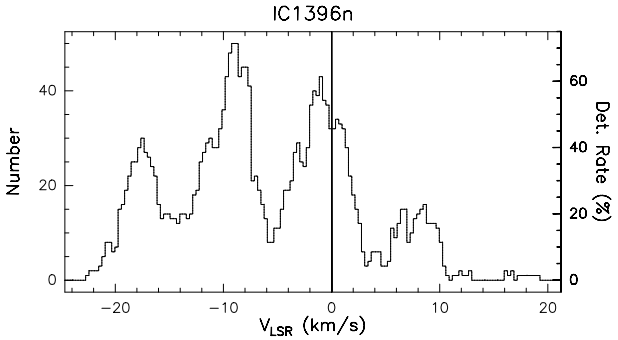

Fig. A.34. f Rate-of-occurrence plot for source IC1396n. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

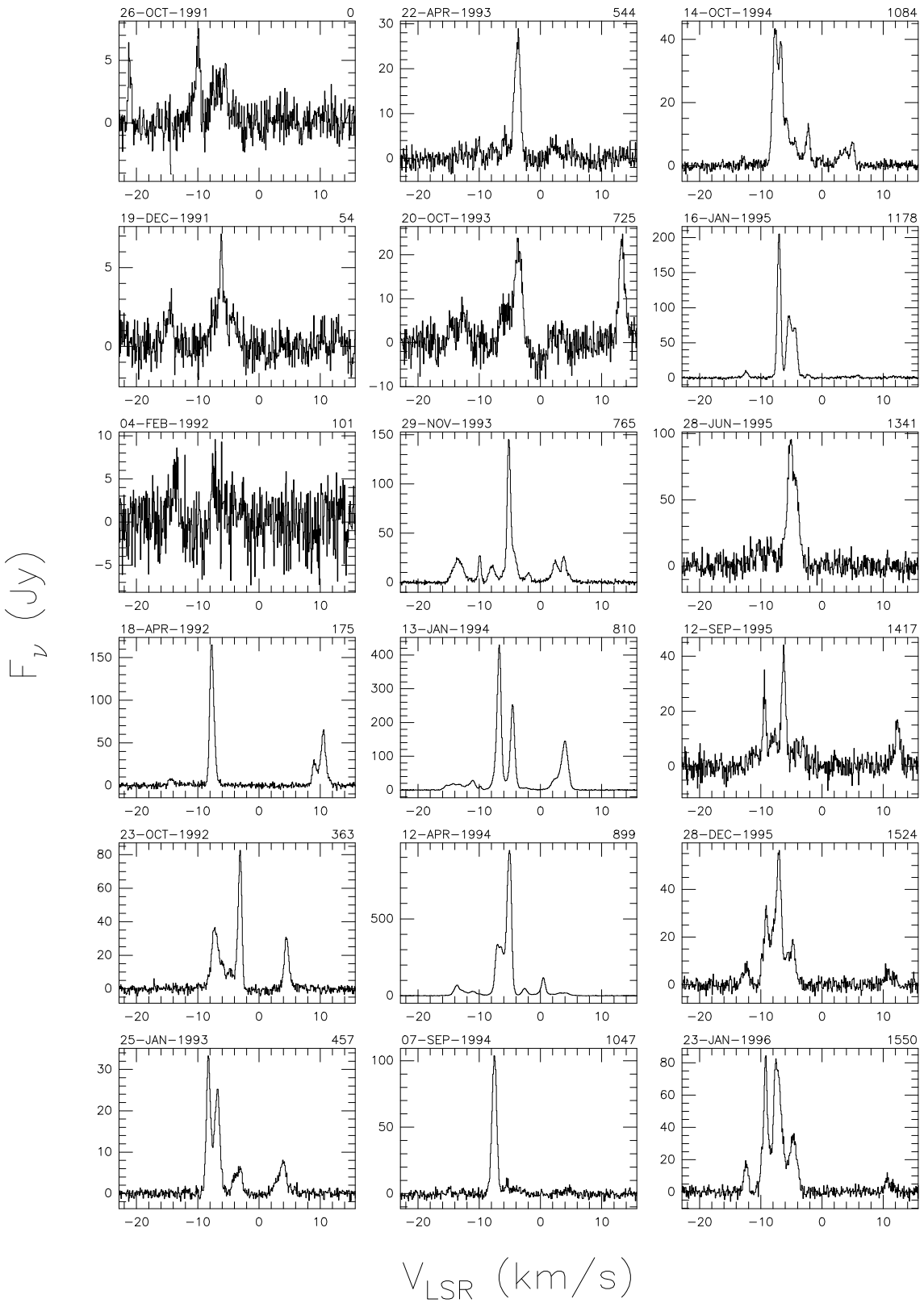

Fig. A.35. a Spectra of source NGC 7129 FIRS2 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

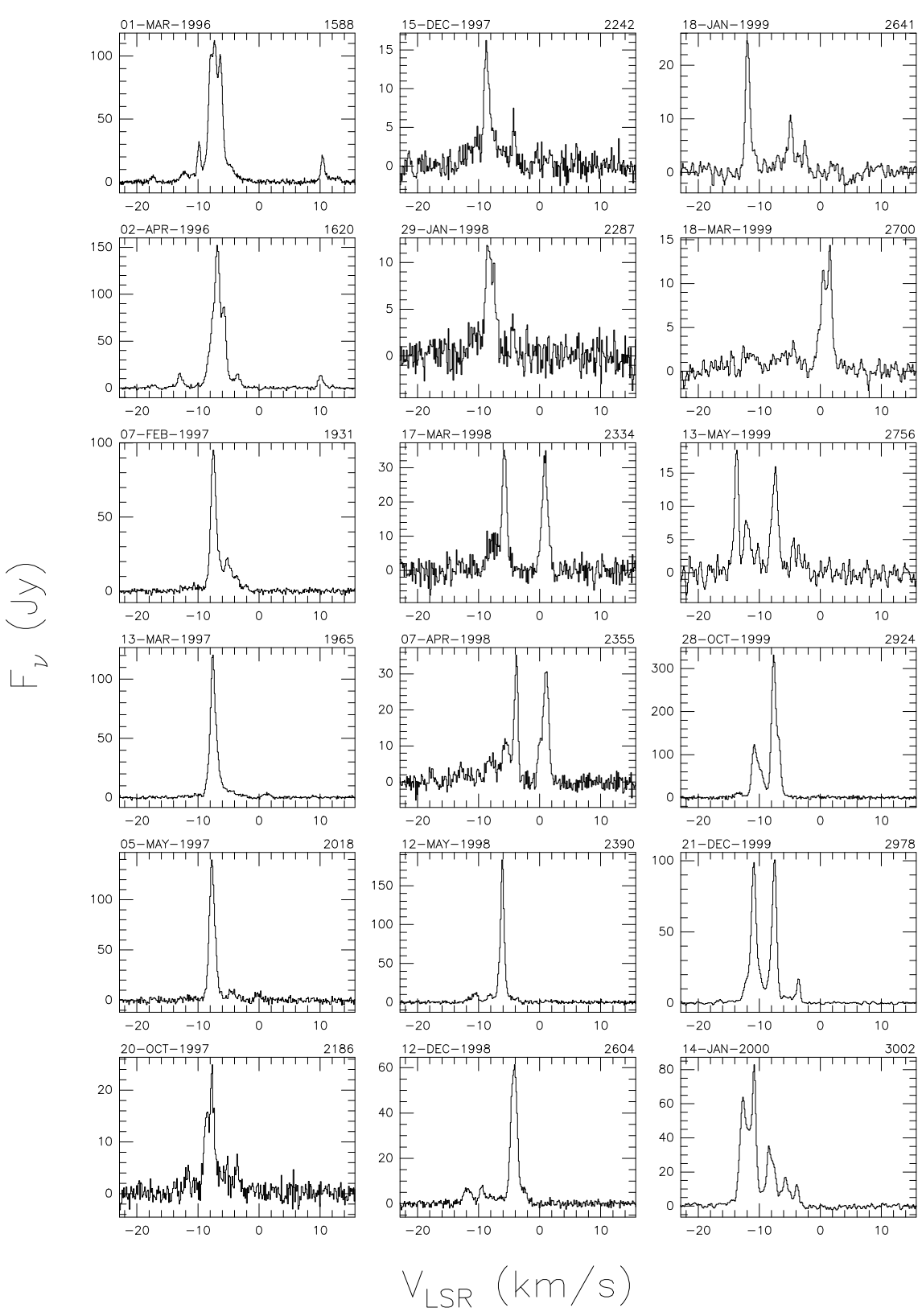

Fig. A.35. a continued

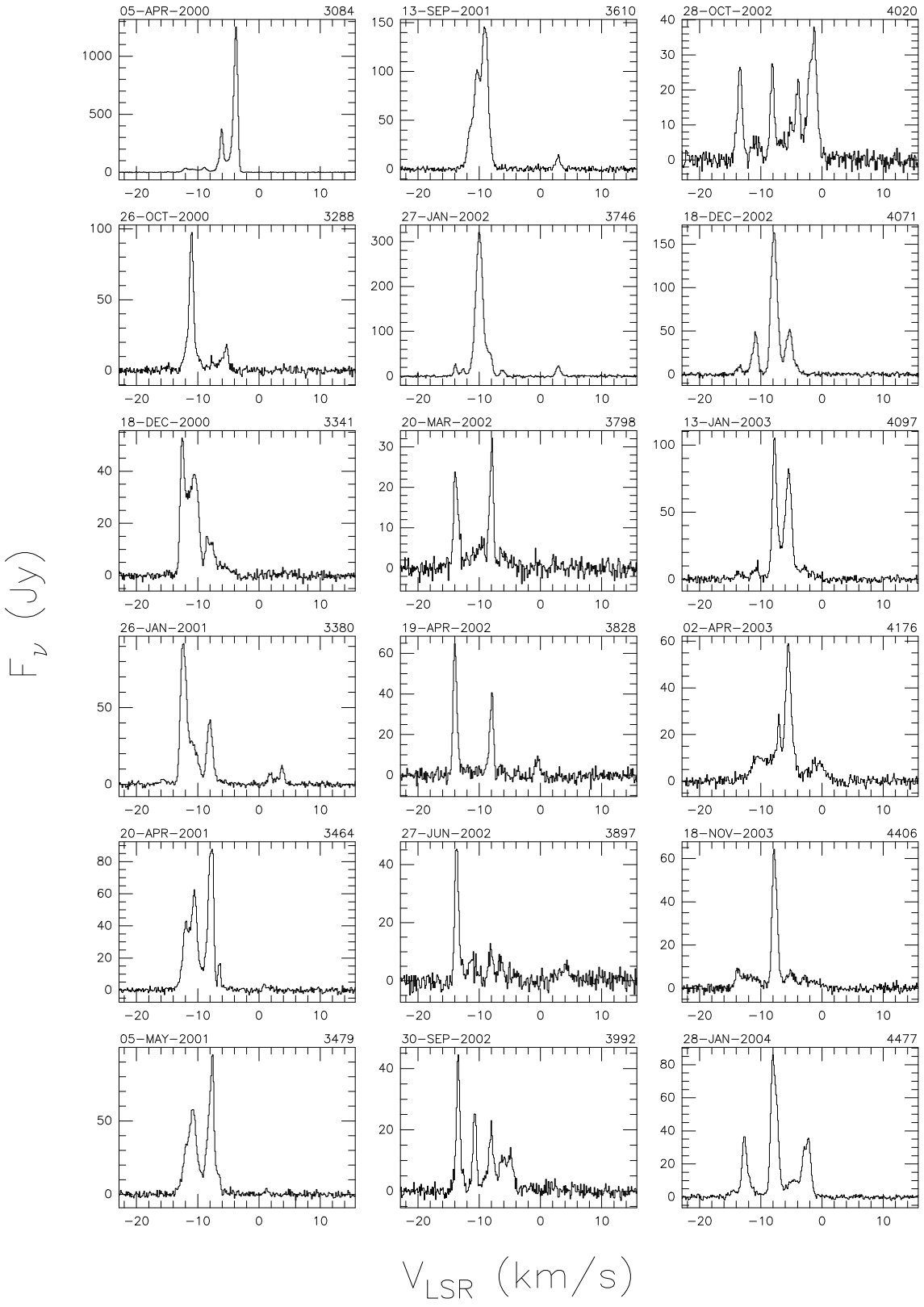

Fig. A.35. a continued

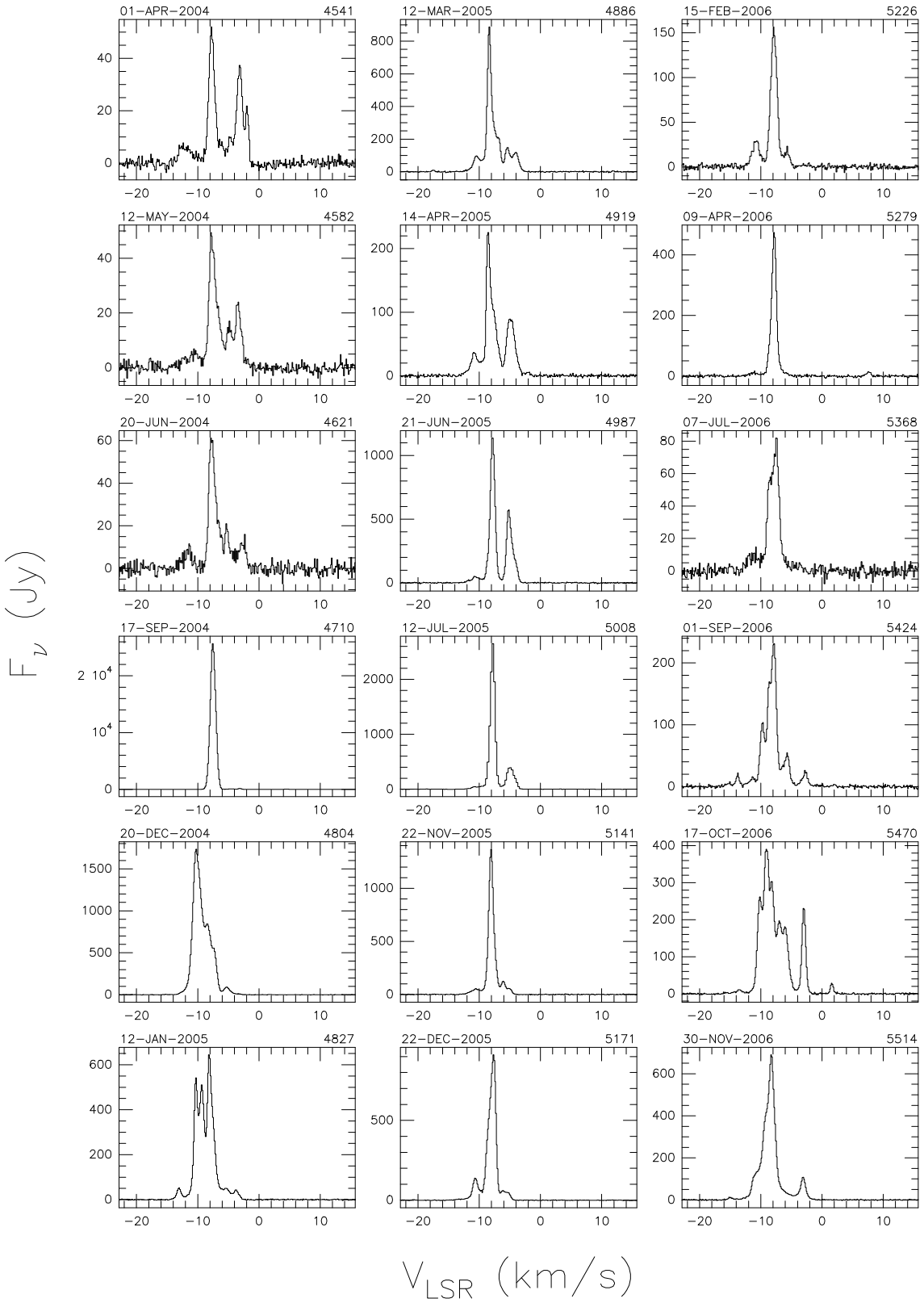

Fig. A.35. a continued

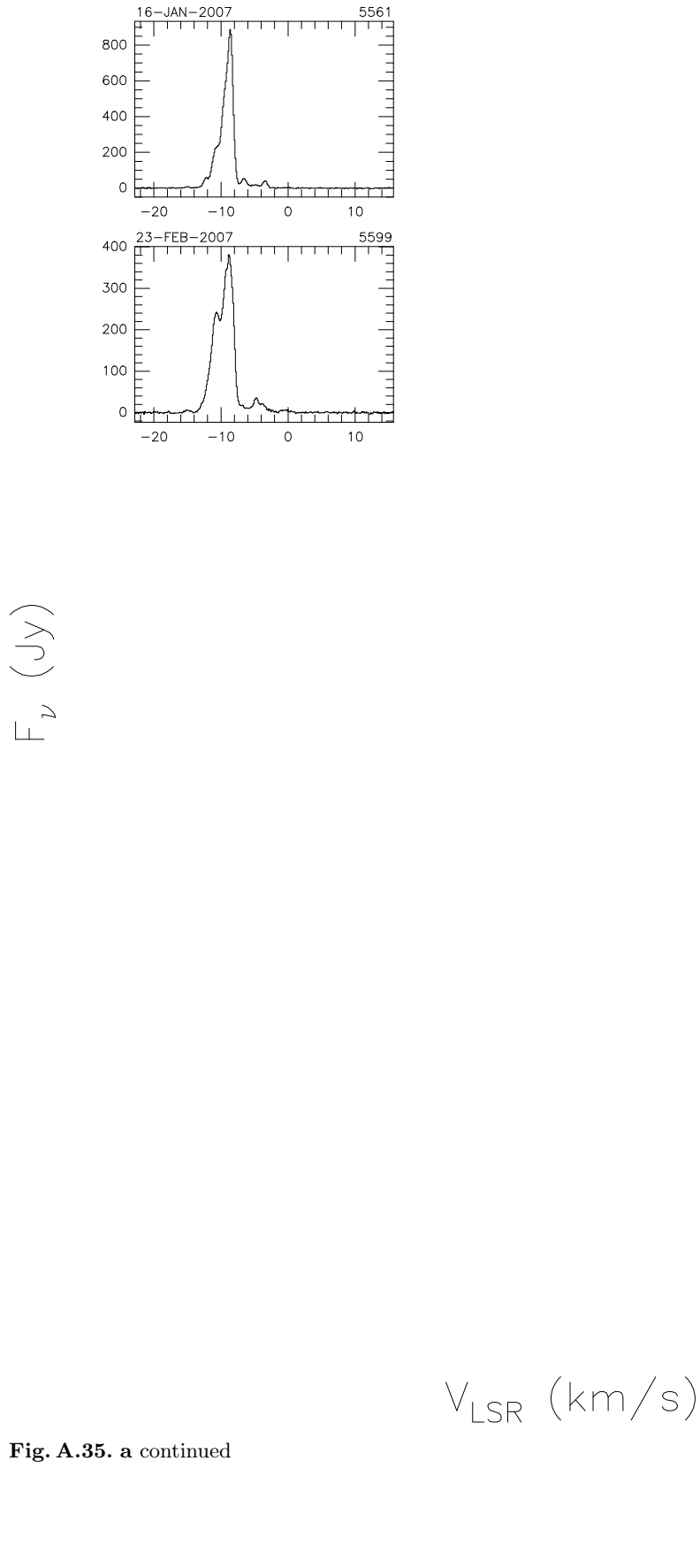

Fig. A.35. a continued

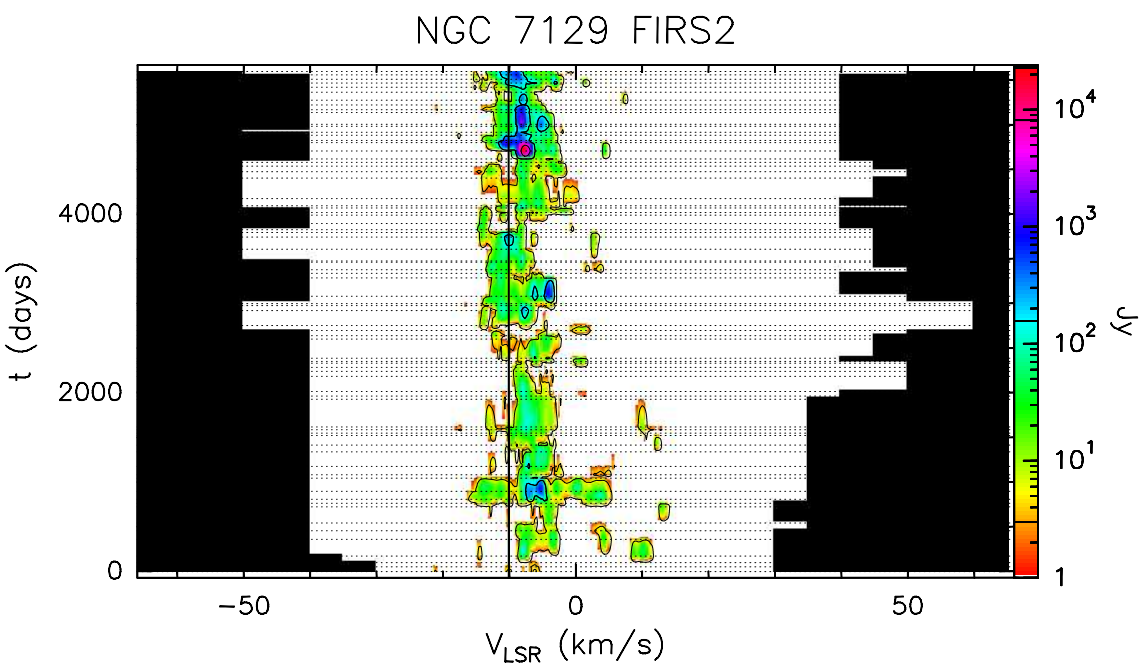

Fig. A.35. b Velocity–time–flux density *full* plot for source NGC 7129 FIRS2. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

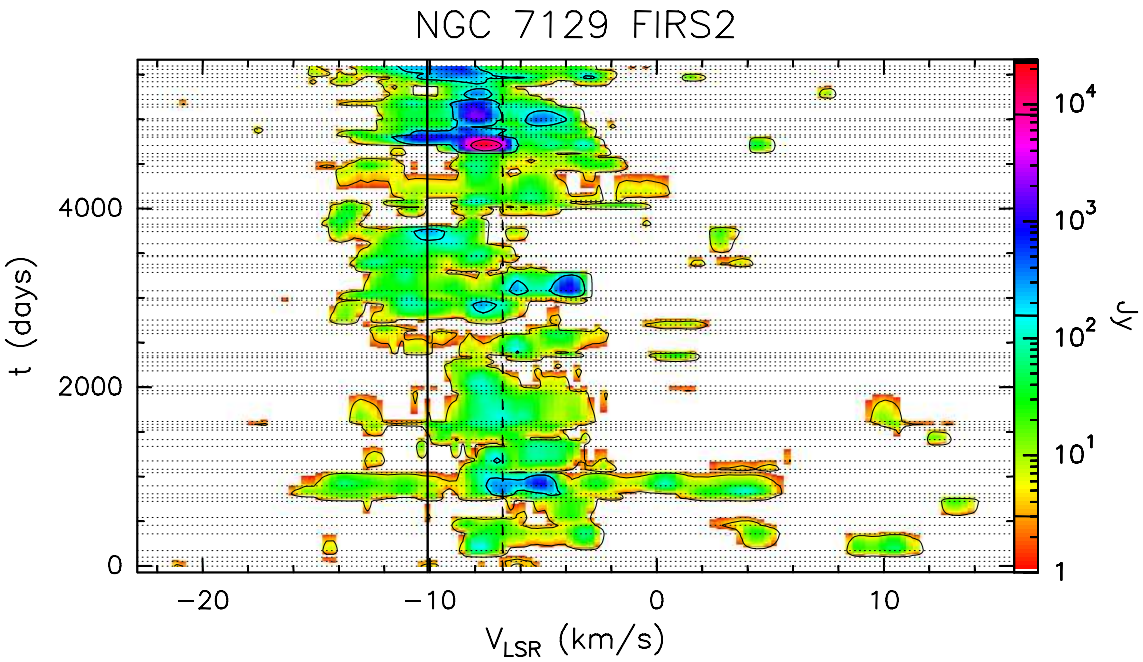

Fig. A.35. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

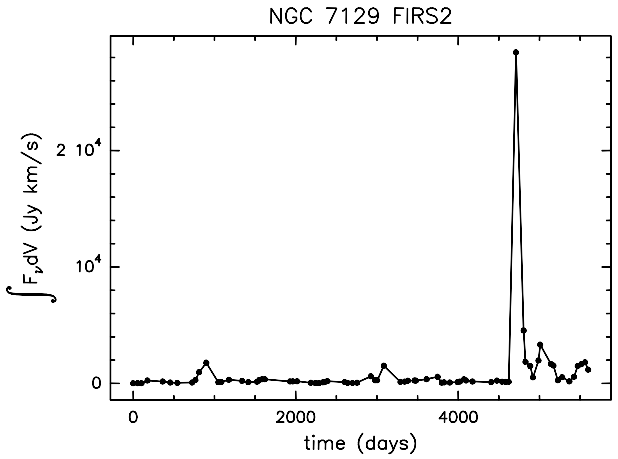

Fig. A.35. d Integral of the flux density over the observed velocity range as a function of time for source NGC 7129 FIRS2.

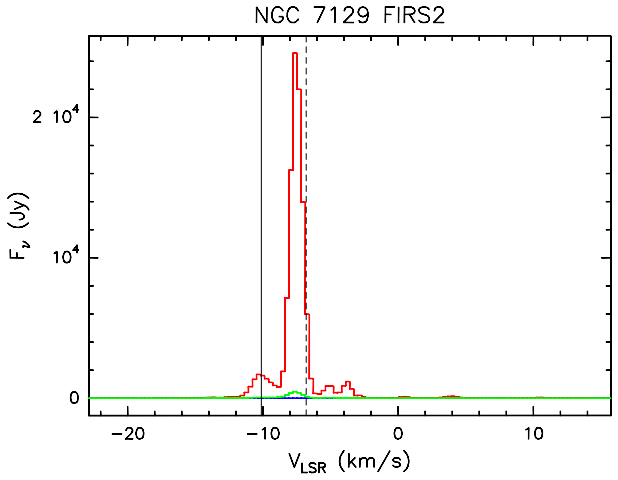

Fig. A.35. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source NGC 7129 FIRS2 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

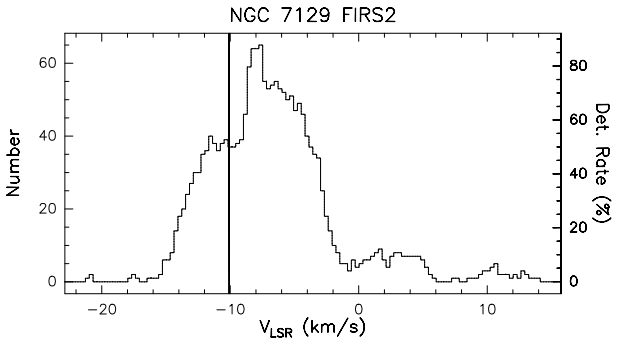

Fig. A.35. f Rate-of-occurrence plot for source NGC 7129 FIRS2. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

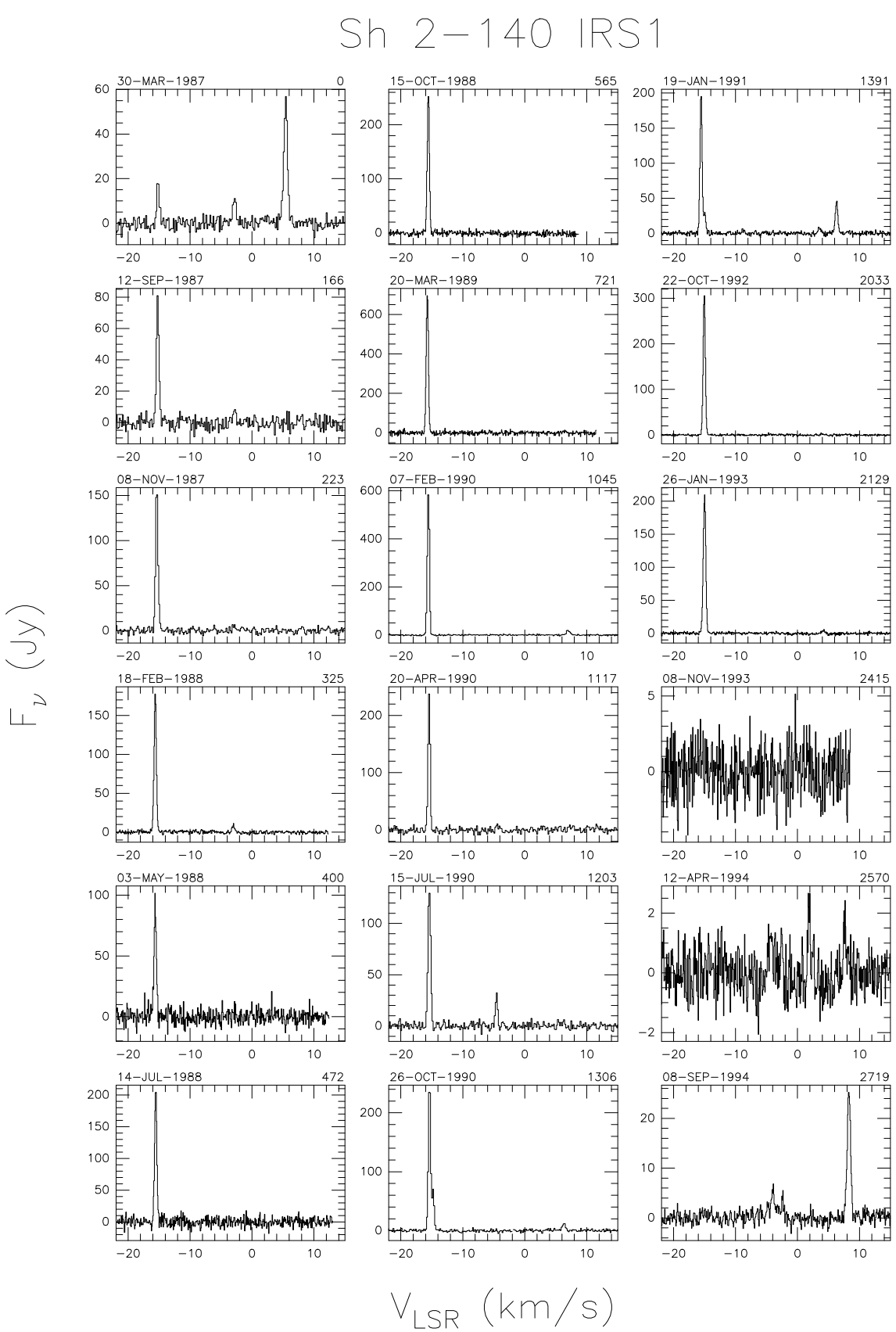

Fig. A.36. a Spectra of source Sh 2-140 IRS1 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

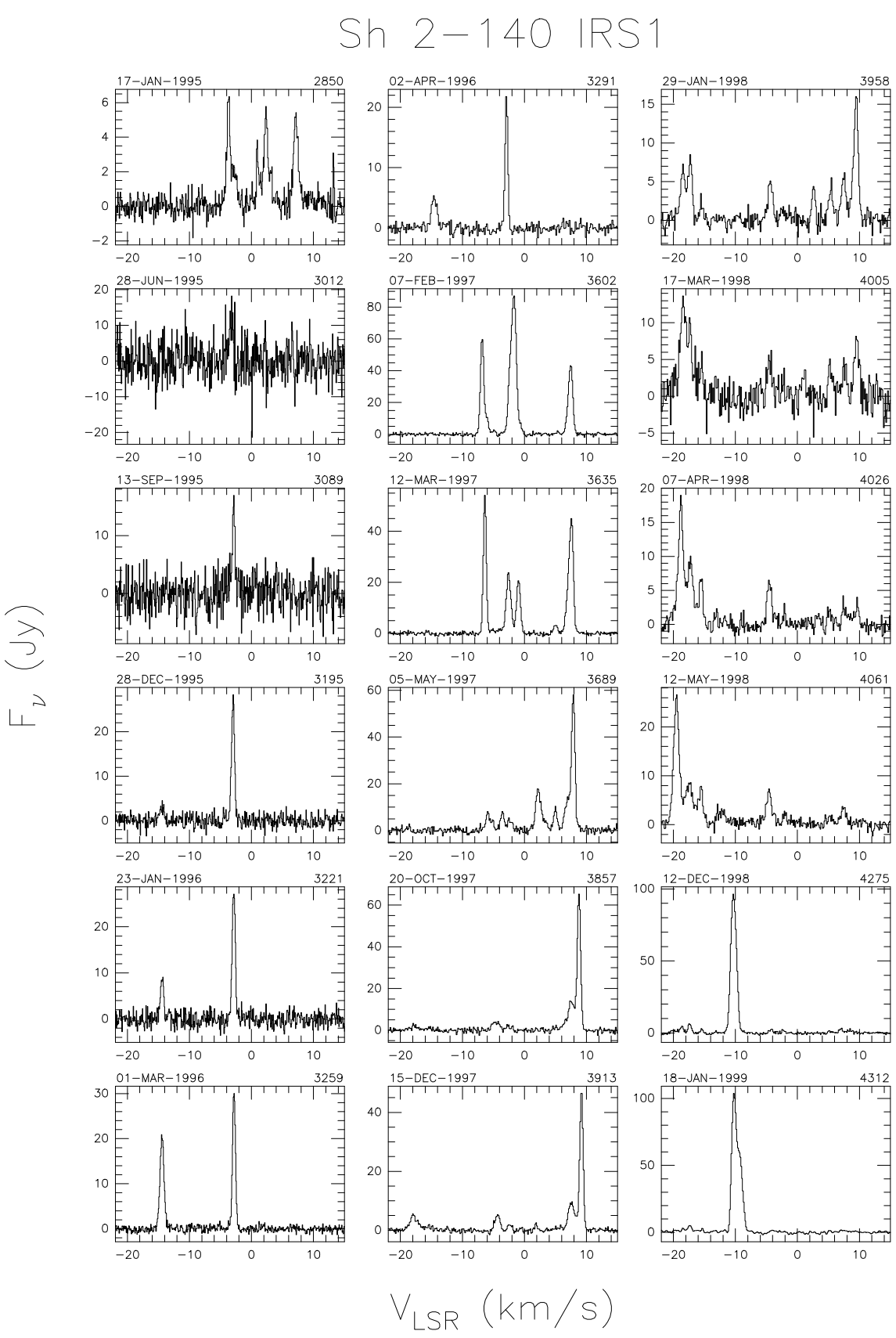

Fig. A.36. a continued

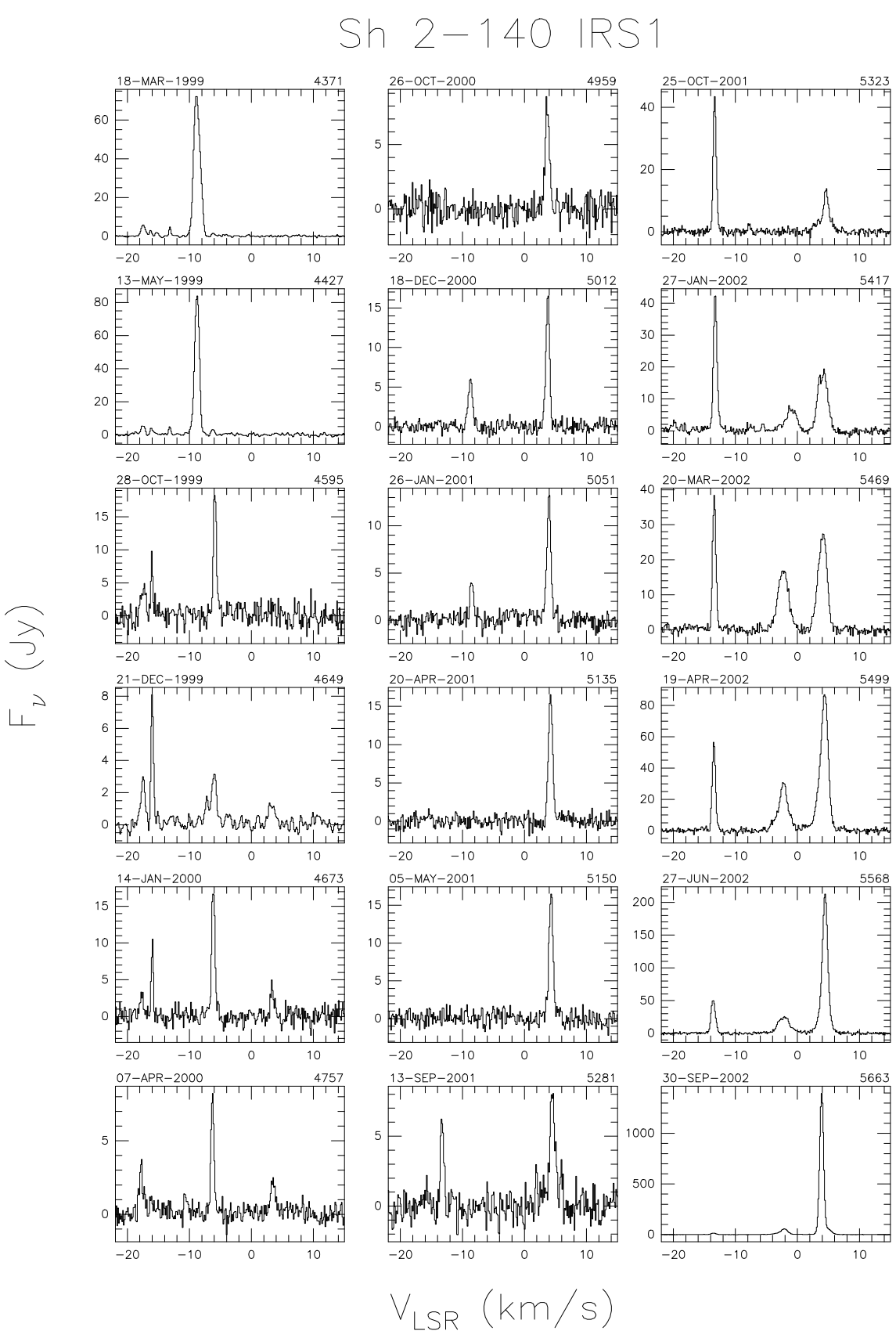

Fig. A.36. a continued

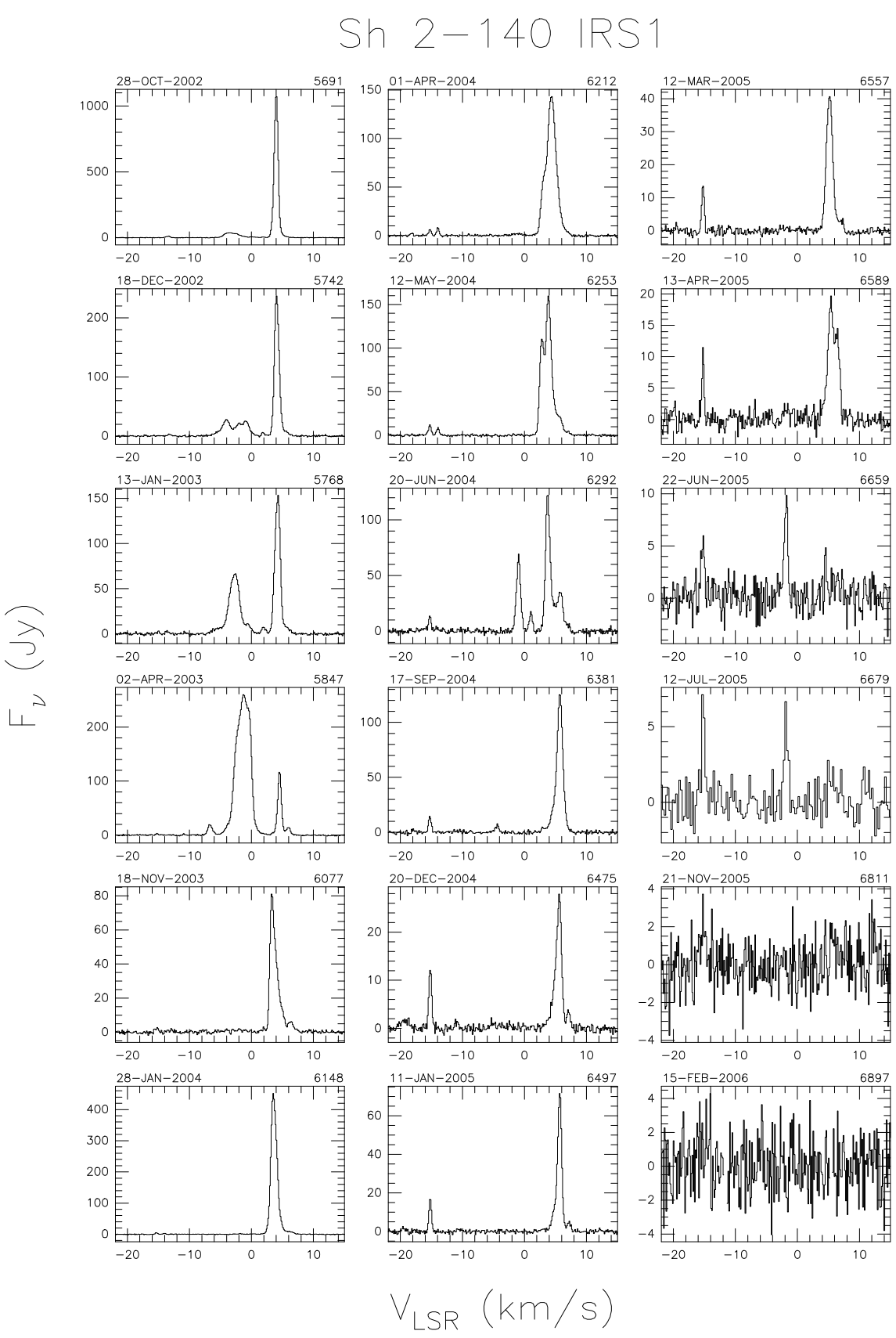

Fig. A.36. a continued

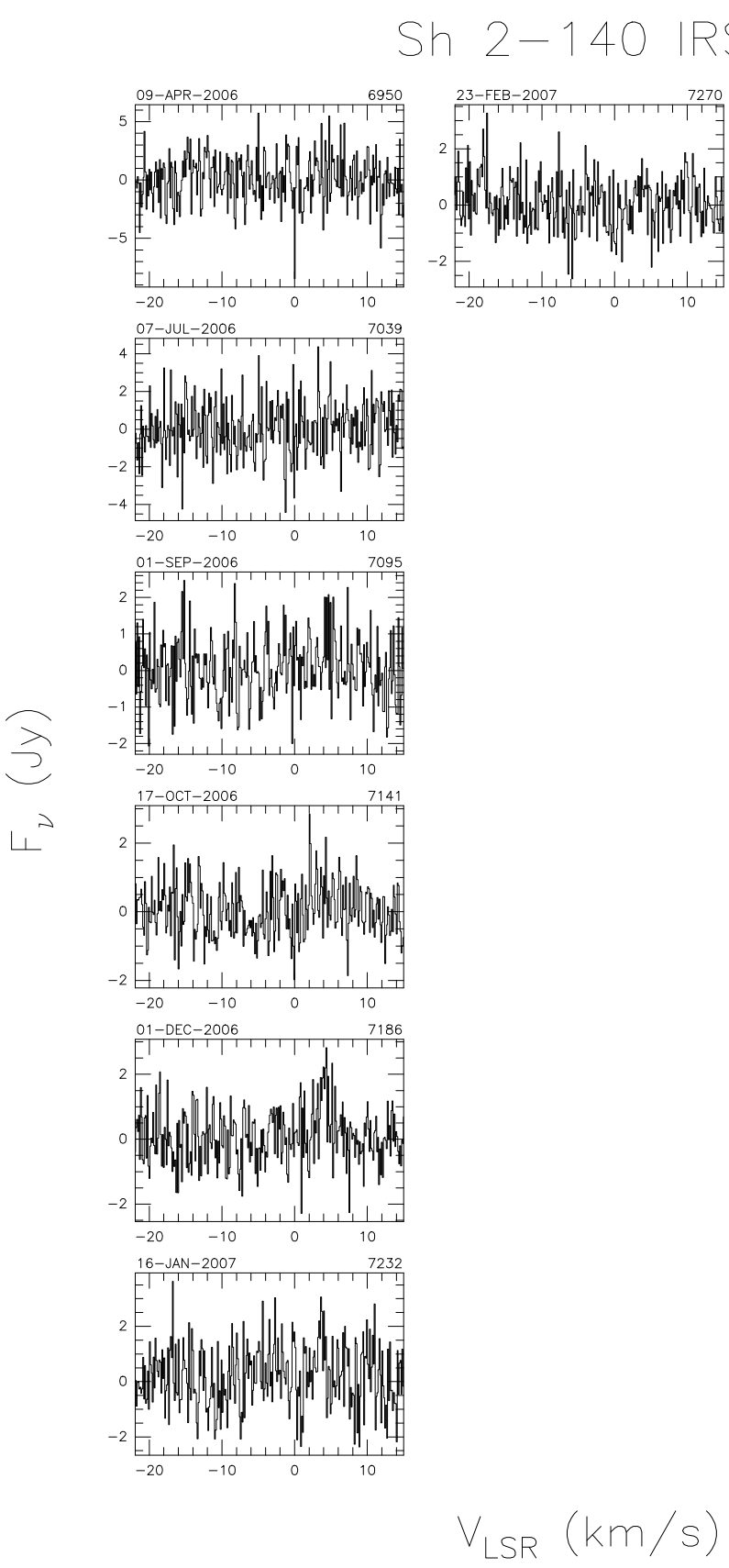

Fig. A.36. a continued

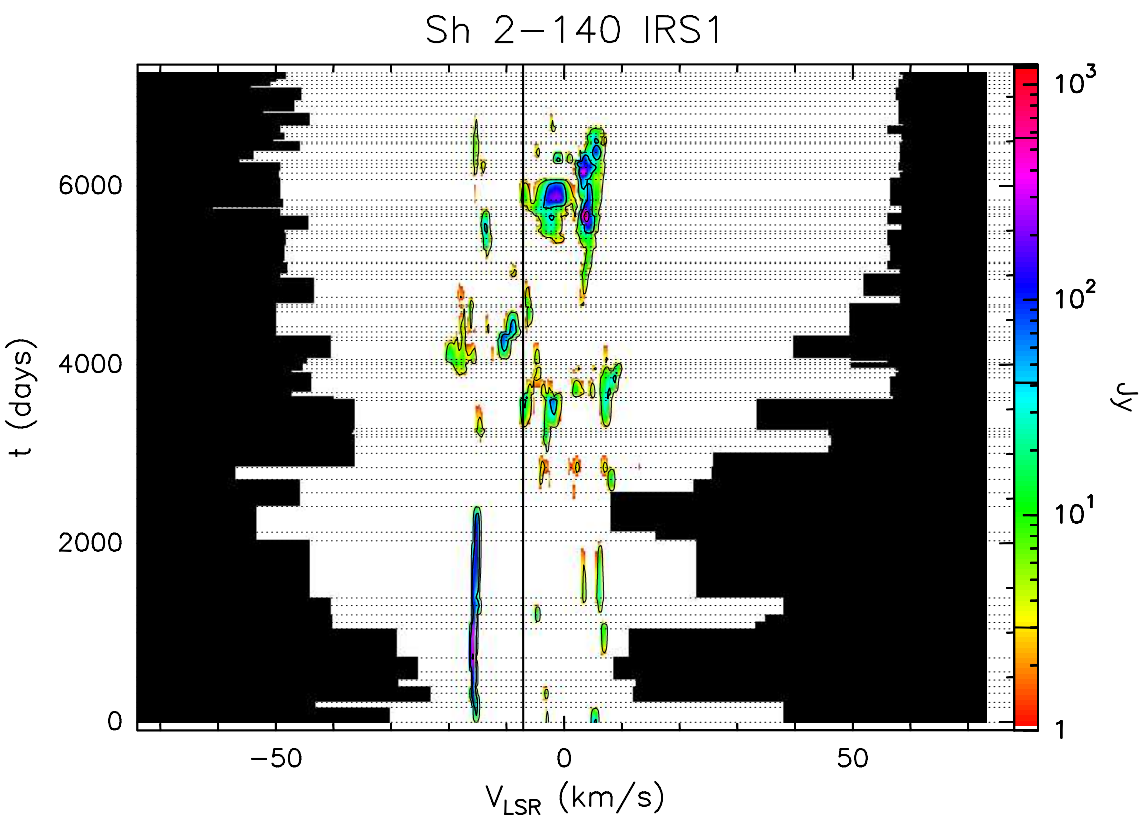

Fig. A.36. b Velocity–time–flux density *full* plot for source Sh 2-140 IRS1. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

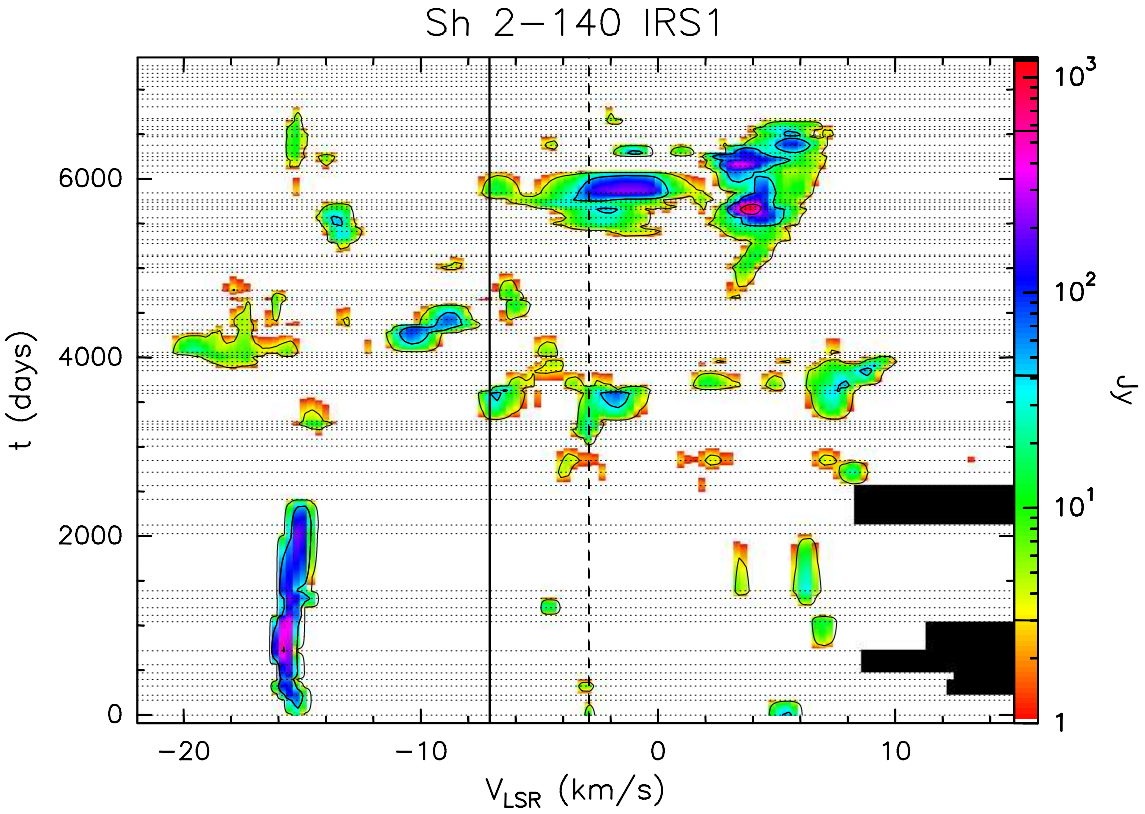

Fig. A.36. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

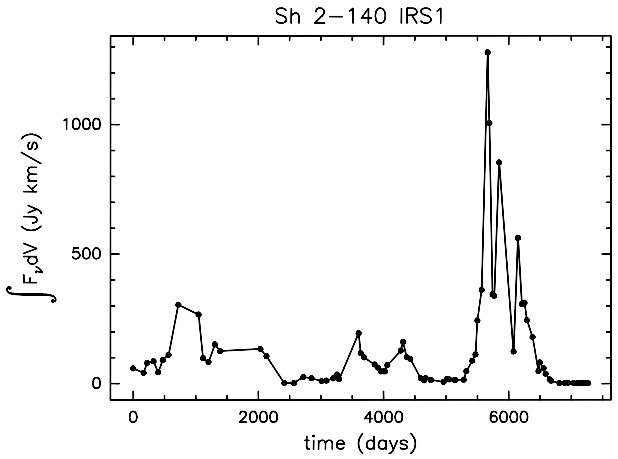

Fig. A.36. d Integral of the flux density over the observed velocity range as a function of time for source Sh 2-140 IRS1.

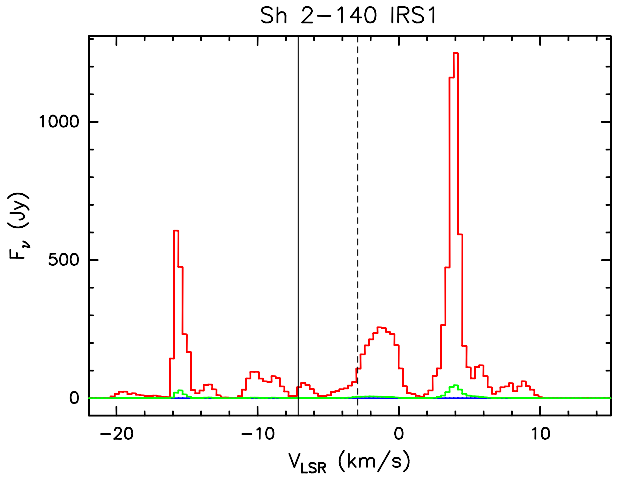

Fig. A.36. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source Sh 2-140 IRS1 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

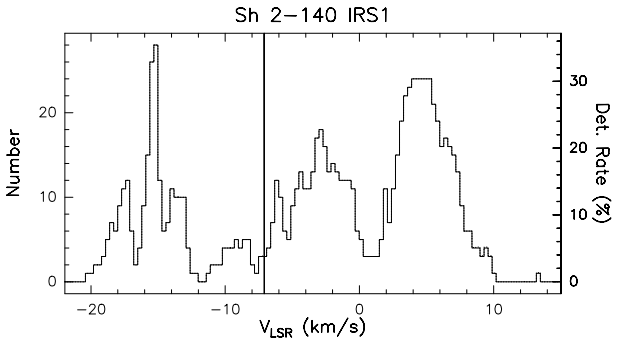

Fig. A.36. f Rate-of-occurrence plot for source Sh 2-140 IRS1. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

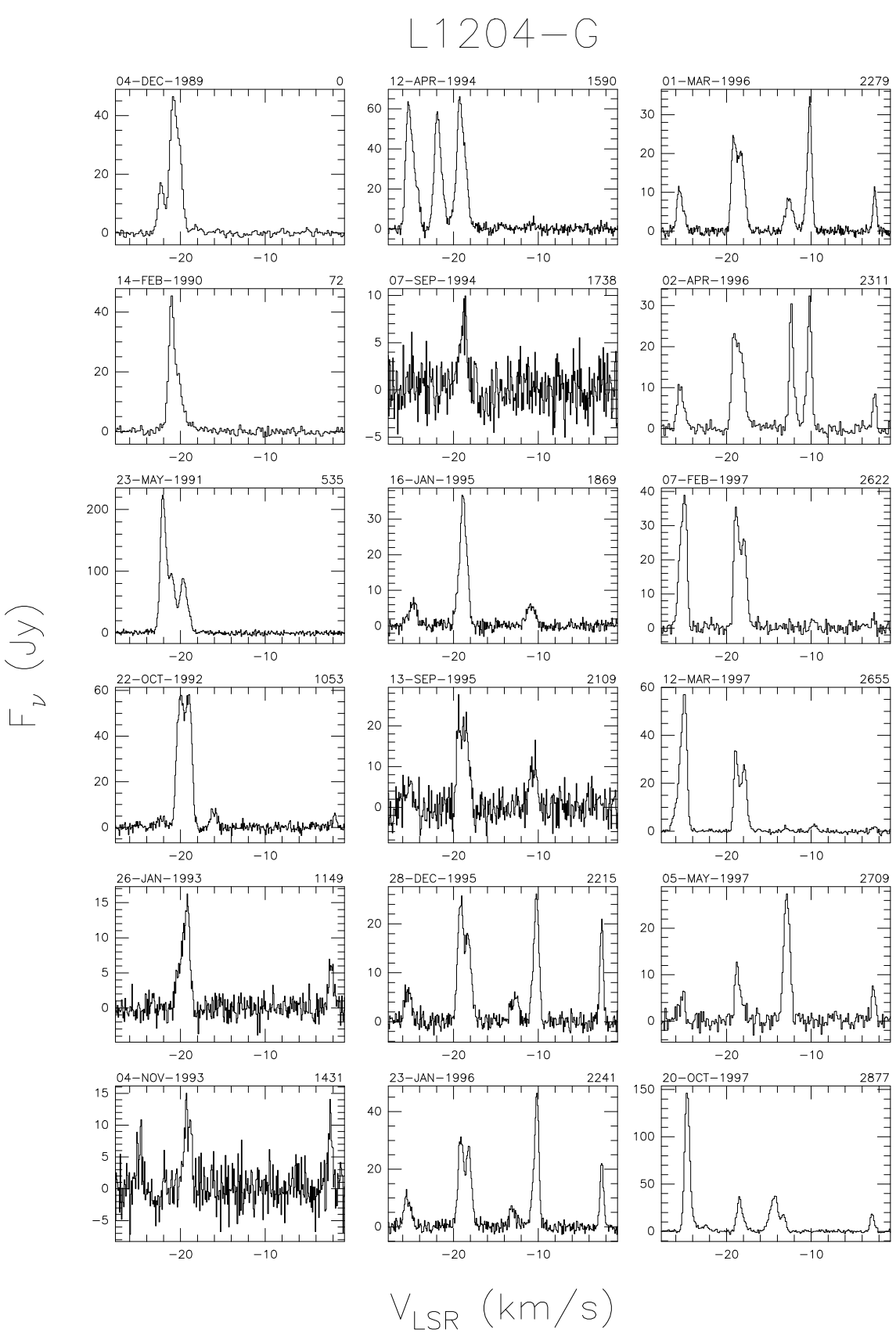

Fig. A.37. a Spectra of source L1204-G with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

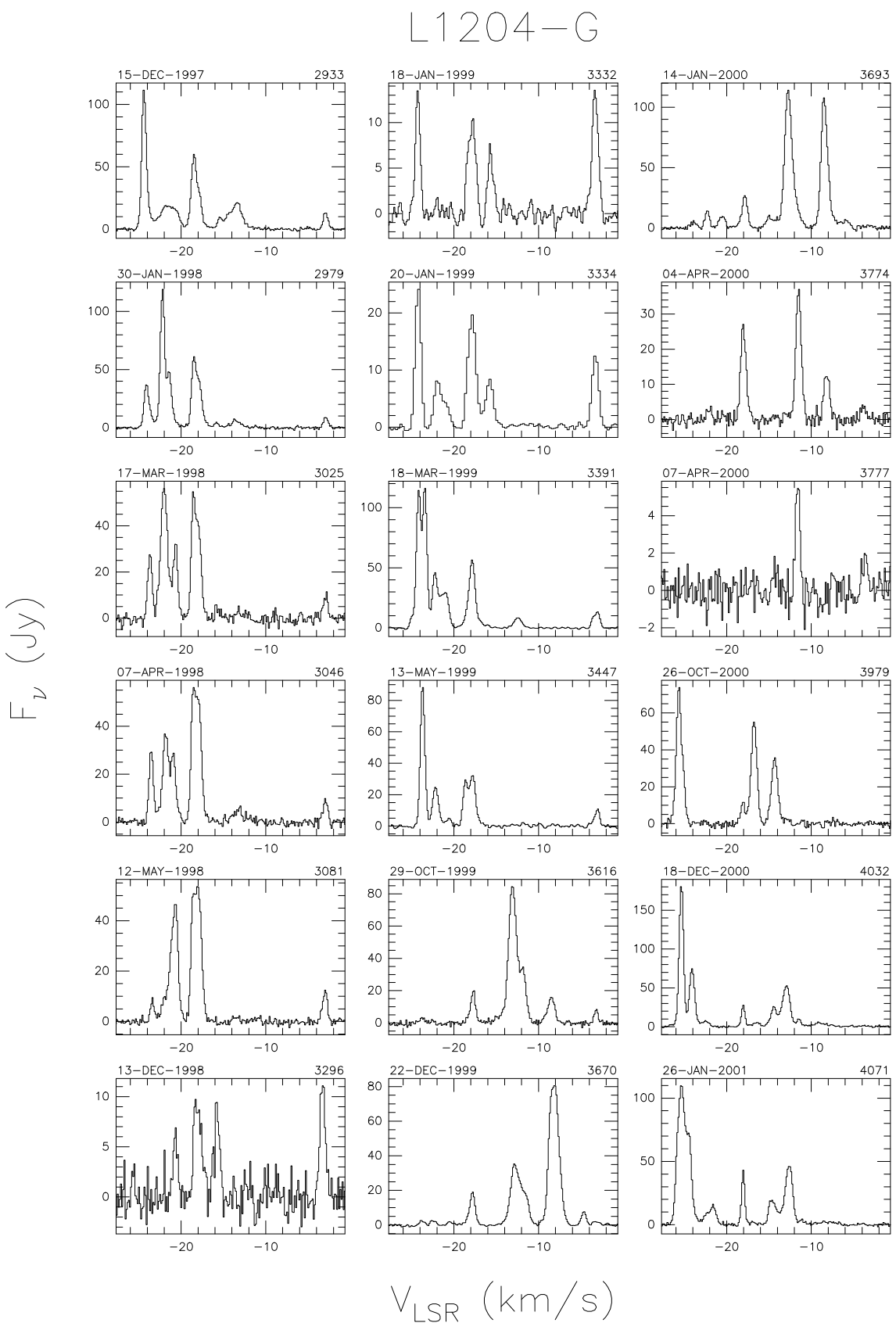

Fig. A.37. a continued

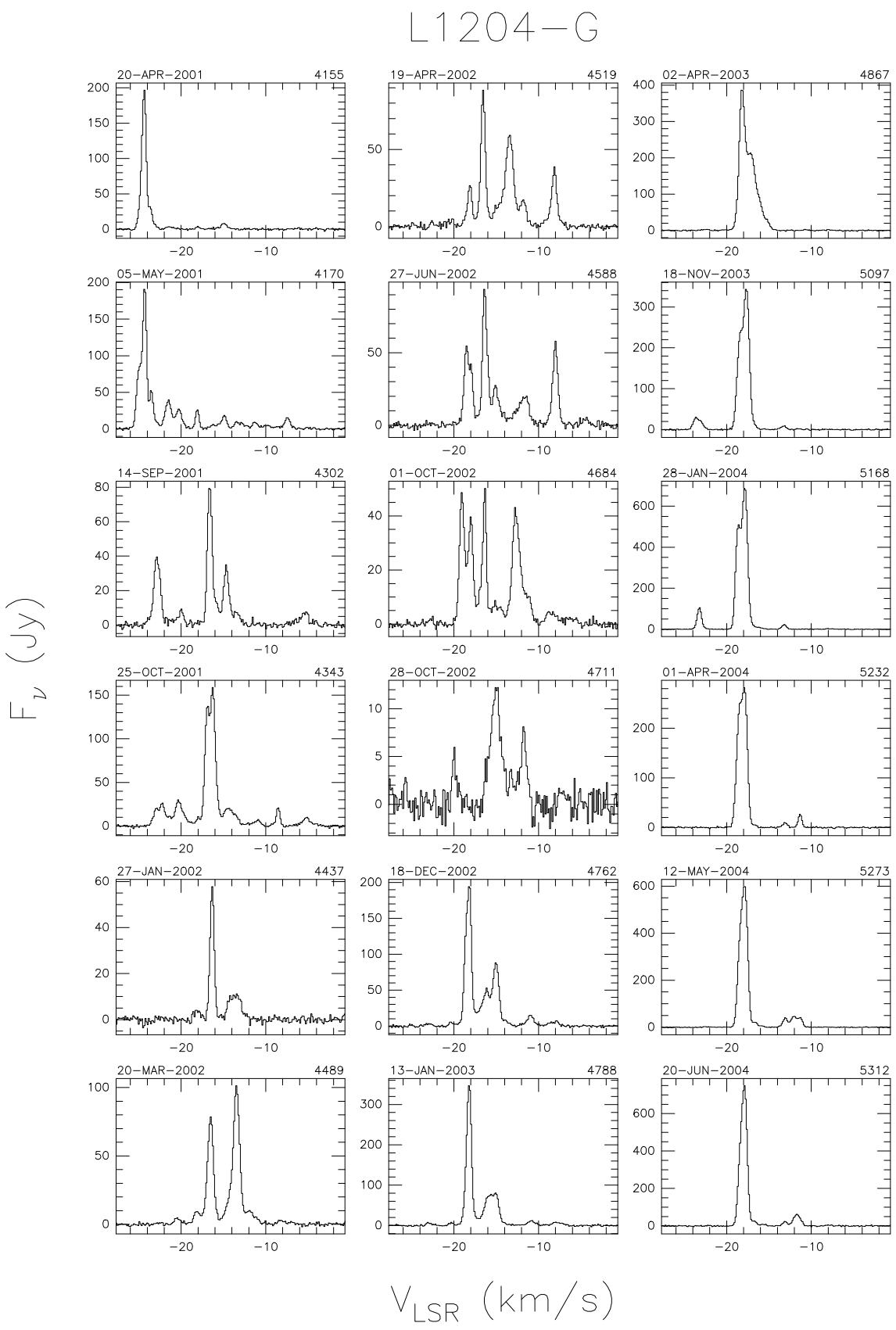

Fig. A.37. a continued

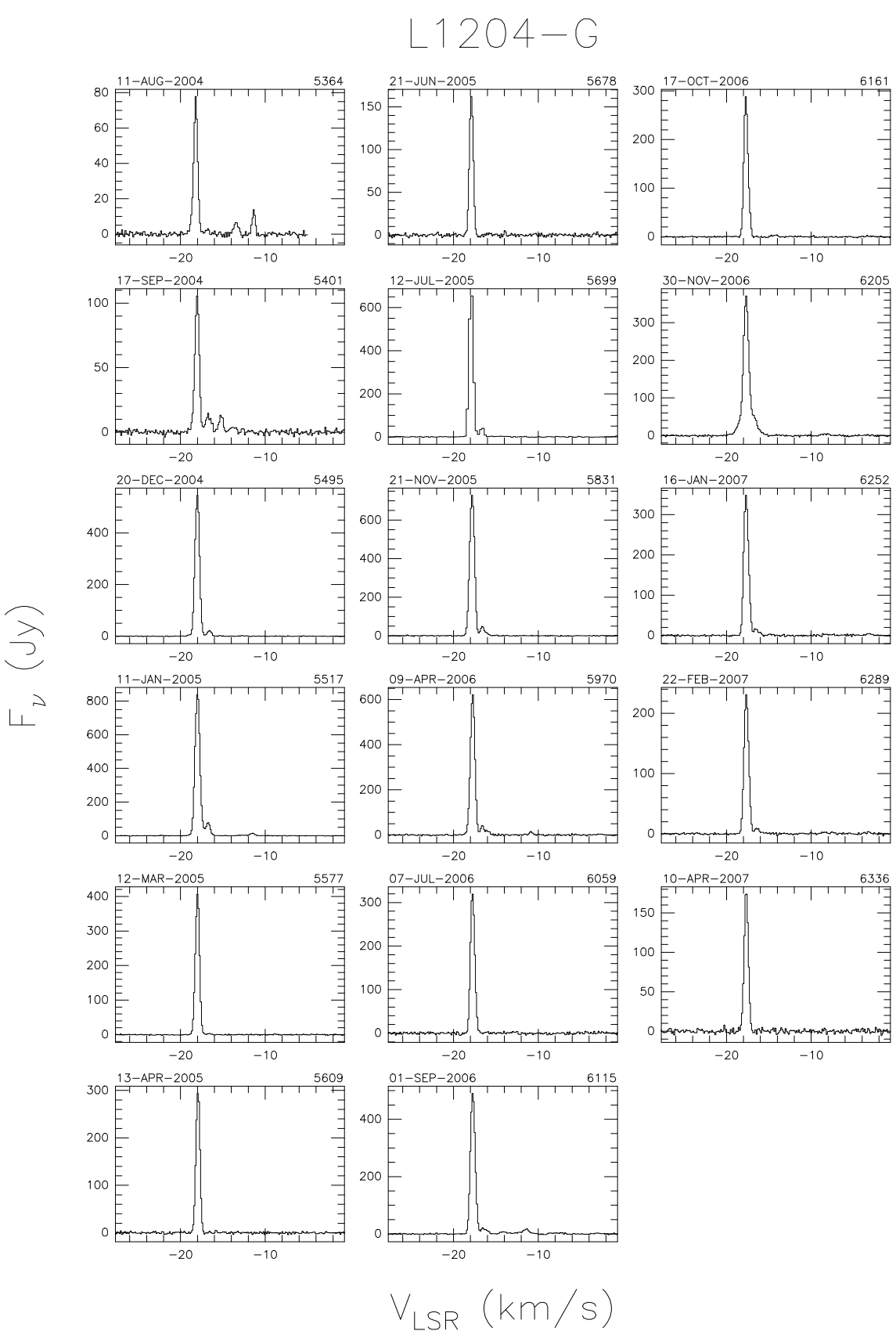

Fig. A.37. a continued

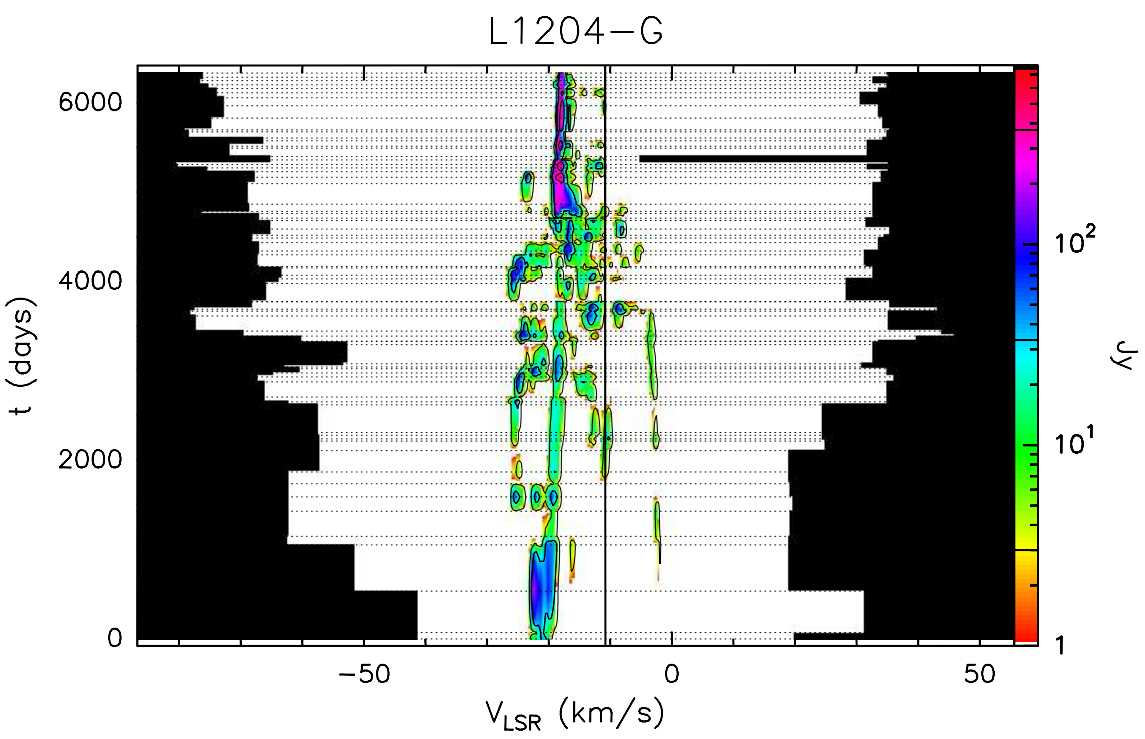

Fig. A.37. b Velocity–time–flux density *full* plot for source L1204-G. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

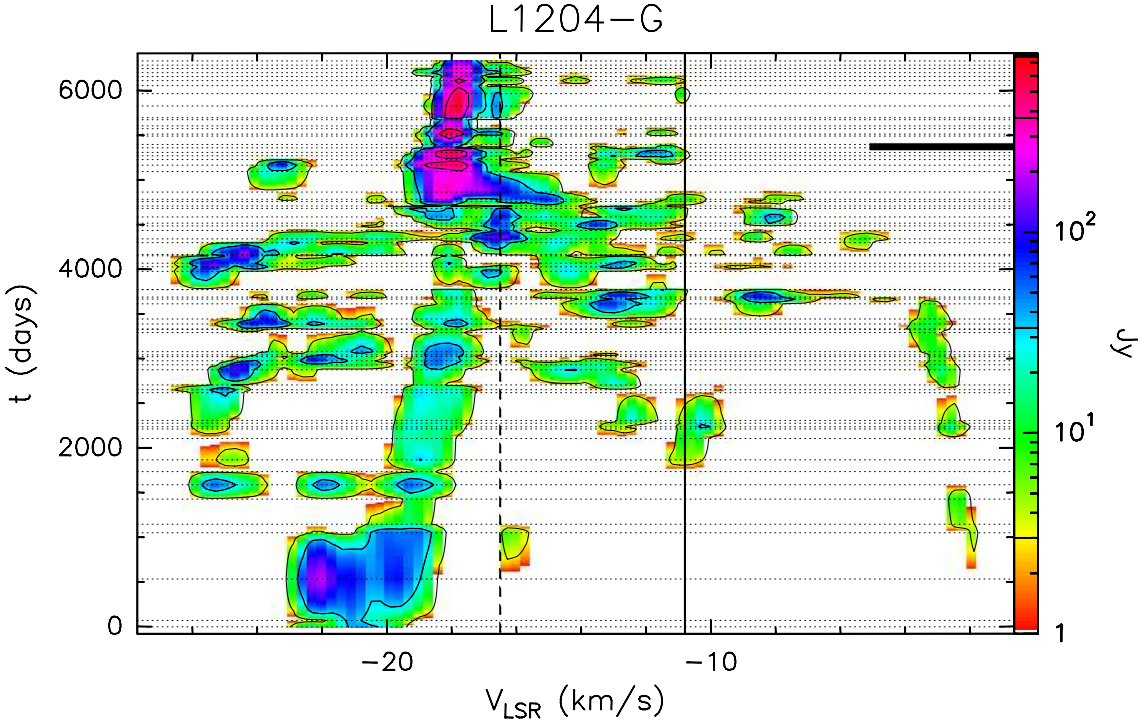

Fig. A.37. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

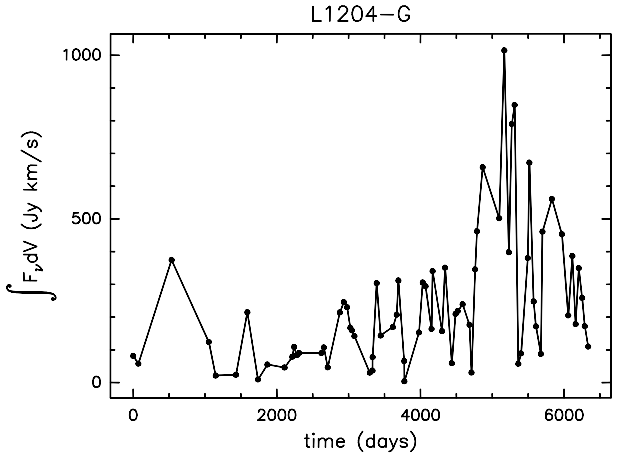

Fig. A.37. d Integral of the flux density over the observed velocity range as a function of time for source L1204-G.

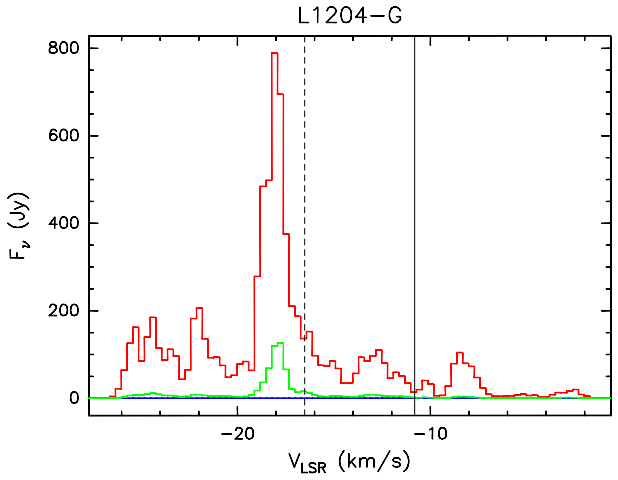

Fig. A.37. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source L1204-G measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

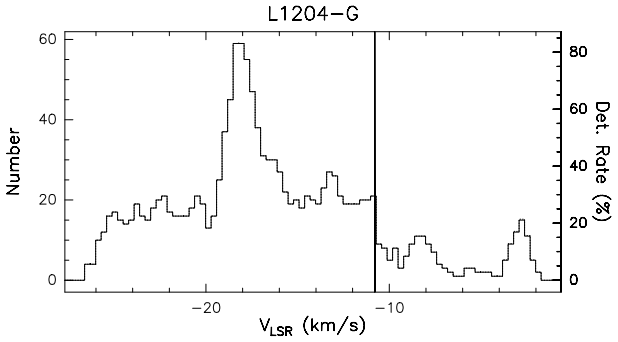

Fig. A.37. f Rate-of-occurrence plot for source L1204-G. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

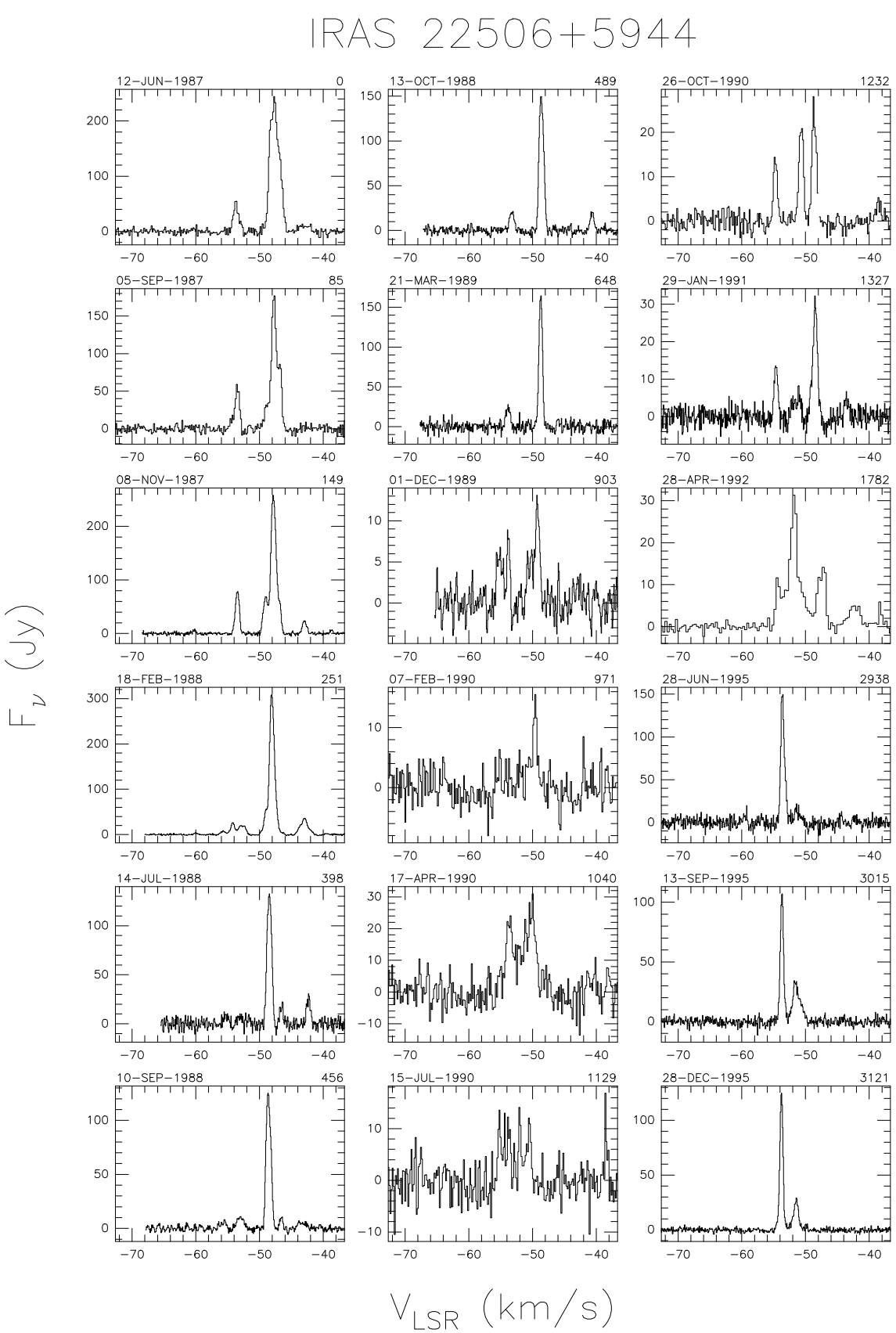

Fig. A.38. a Spectra of source IRAS 22506+5944 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

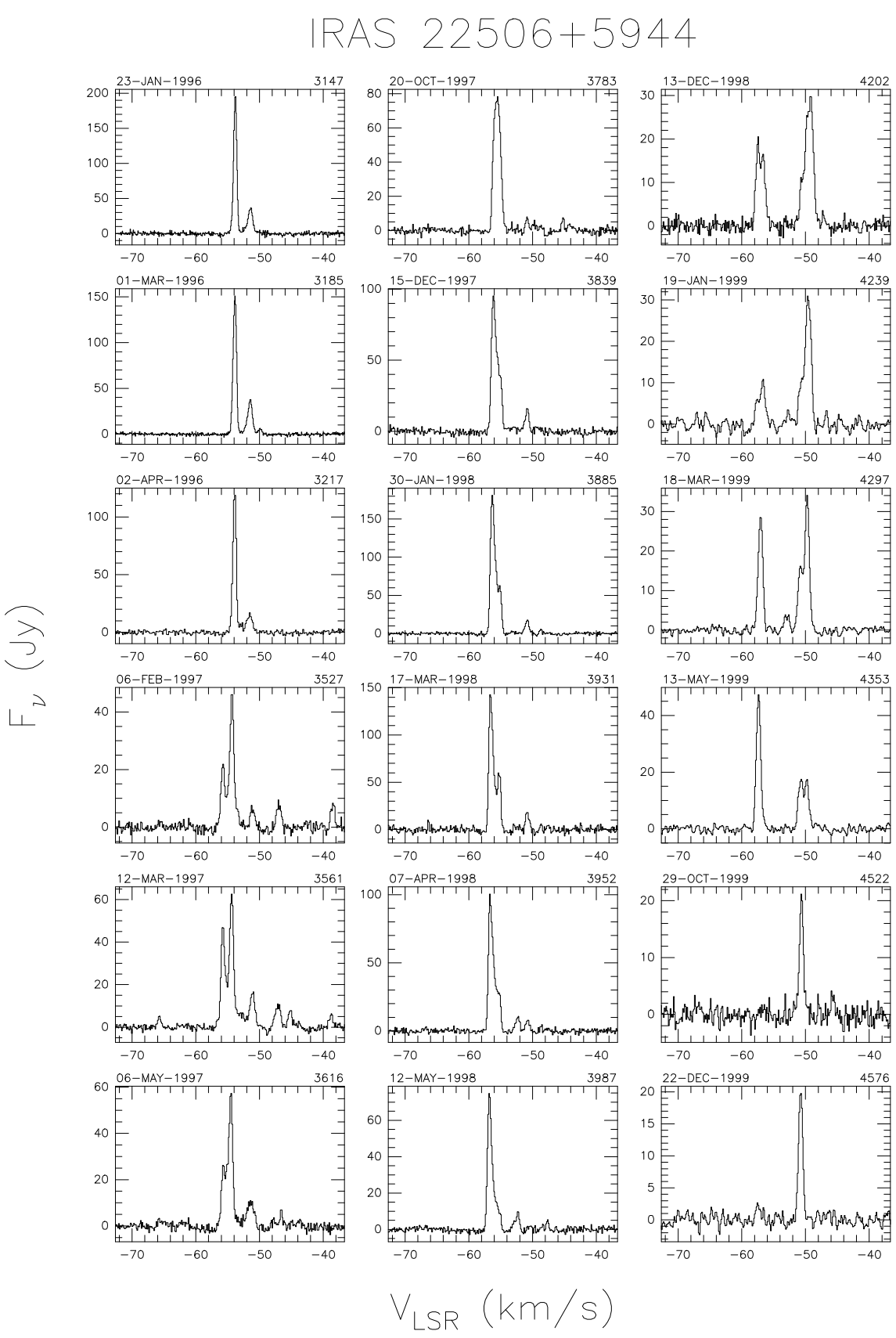

Fig. A.38. a continued

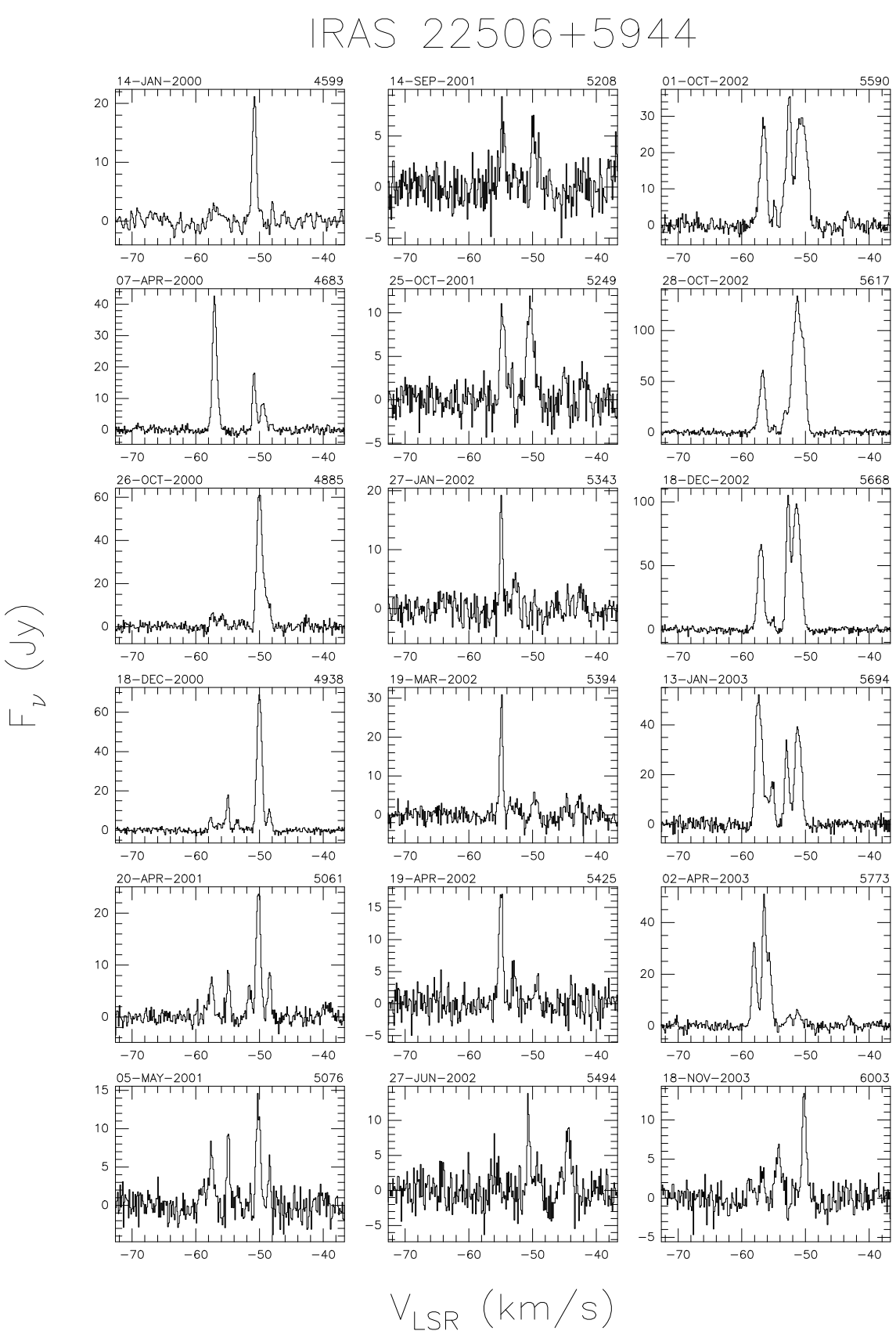

Fig. A.38. a continued

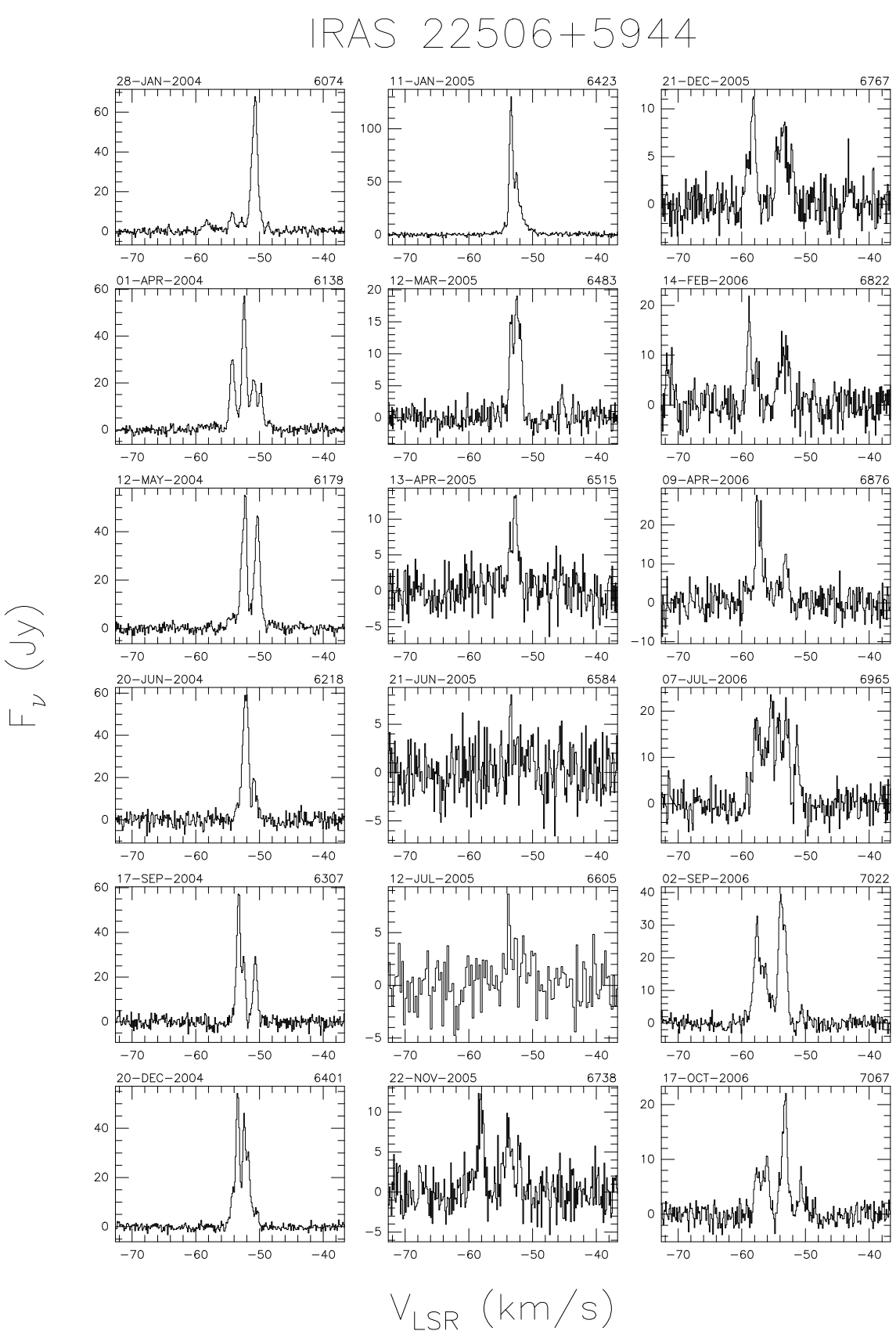

Fig. A.38. a continued

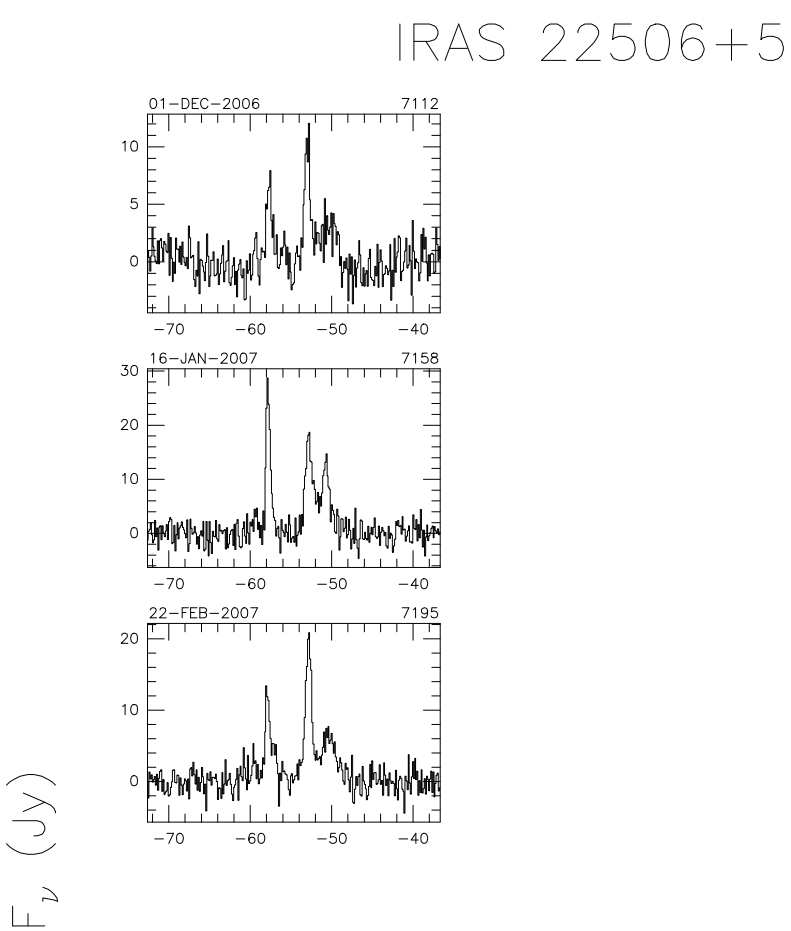

Fig. A.38. a continued

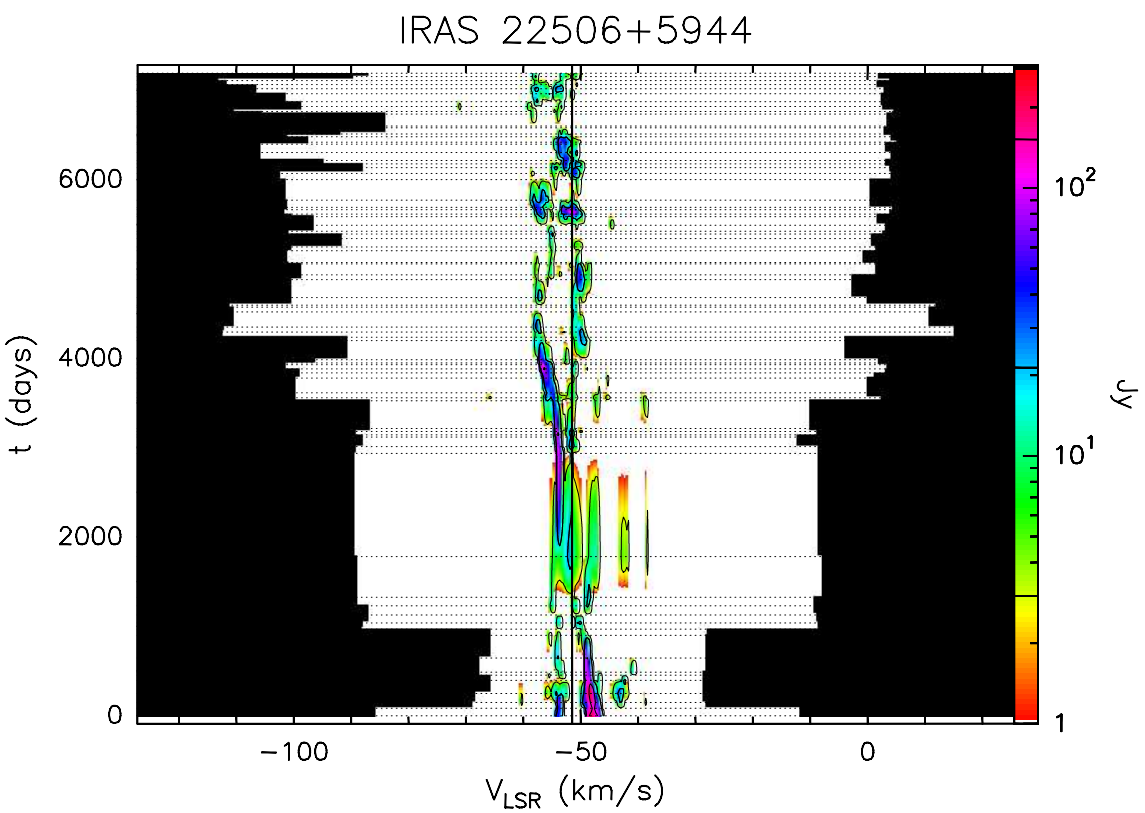

Fig. A.38. b Velocity–time–flux density *full* plot for source IRAS 22506+5944. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

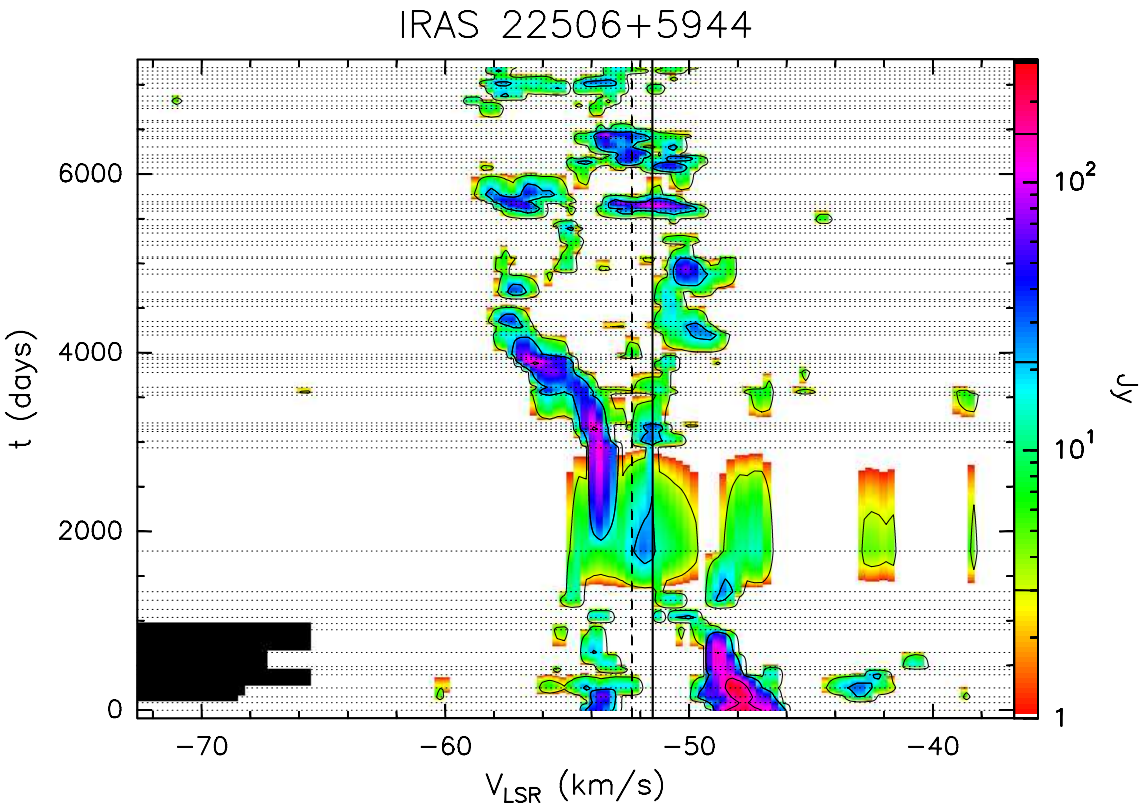

Fig. A.38. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

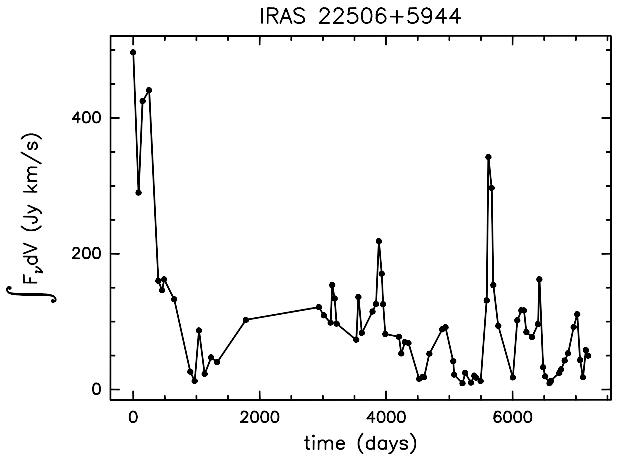

Fig. A.38. d Integral of the flux density over the observed velocity range as a function of time for source IRAS 22506+5944.

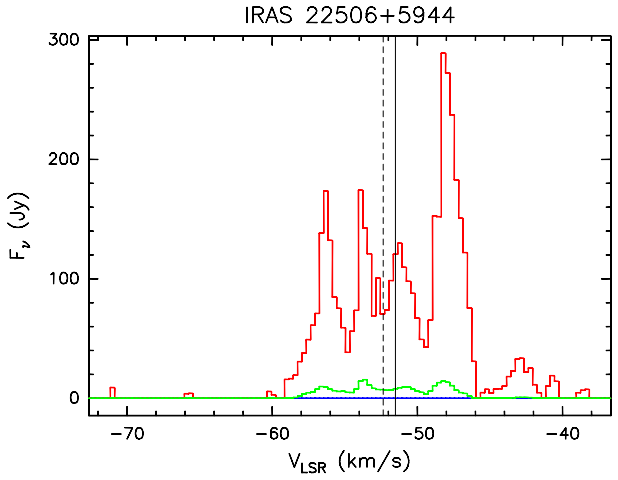

Fig. A.38. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source IRAS 22506+5944 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

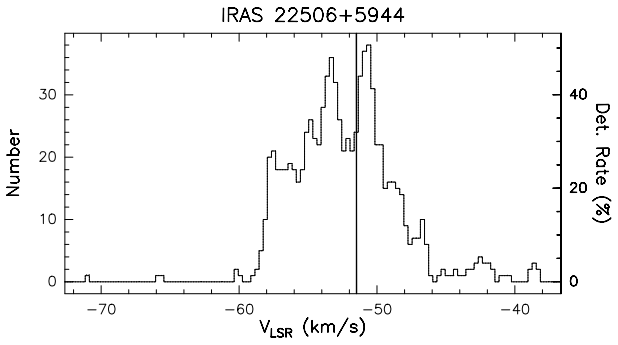

Fig. A.38. f Rate-of-occurrence plot for source IRAS 22506+5944. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

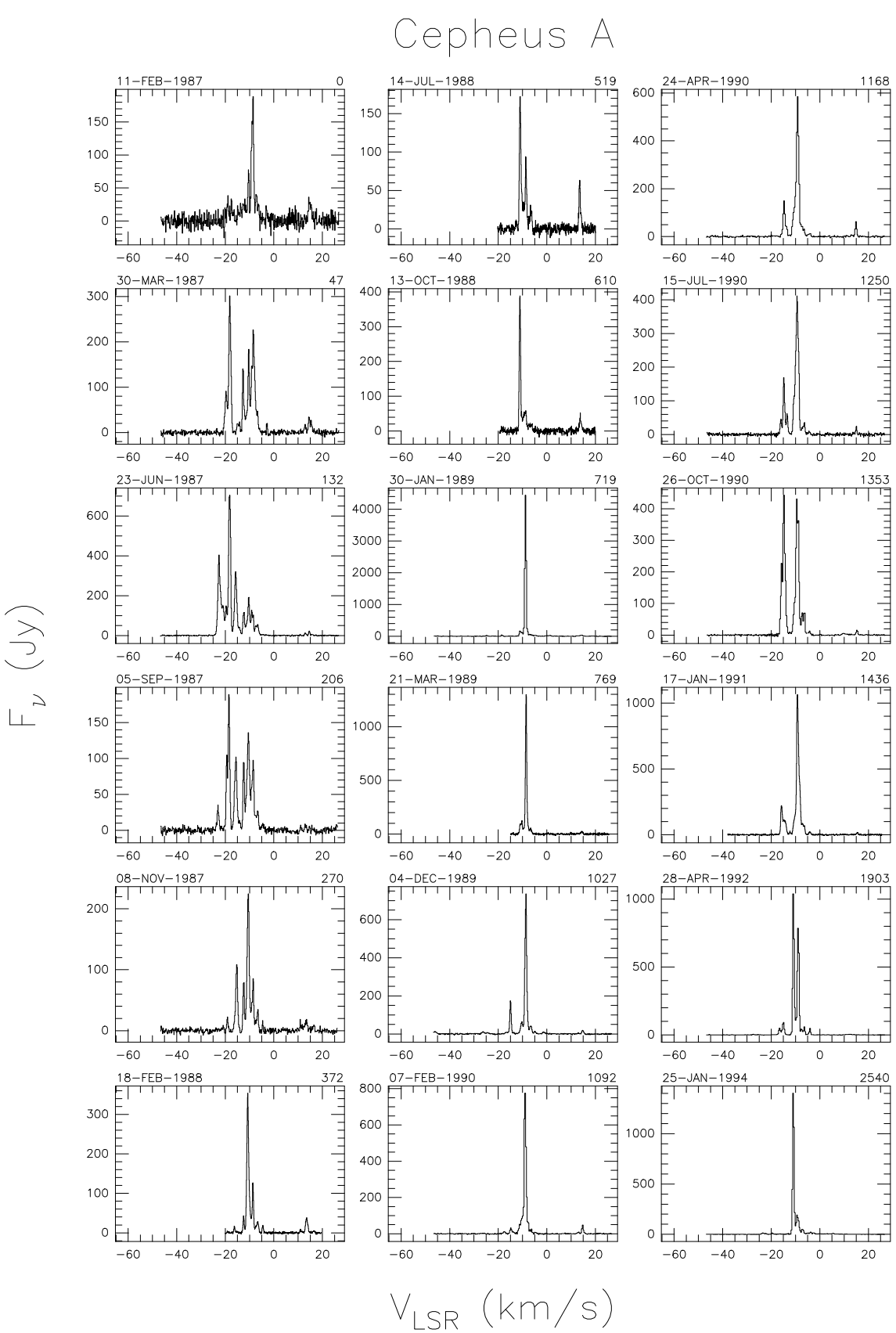

Fig. A.39. a Spectra of source Cepheus A with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

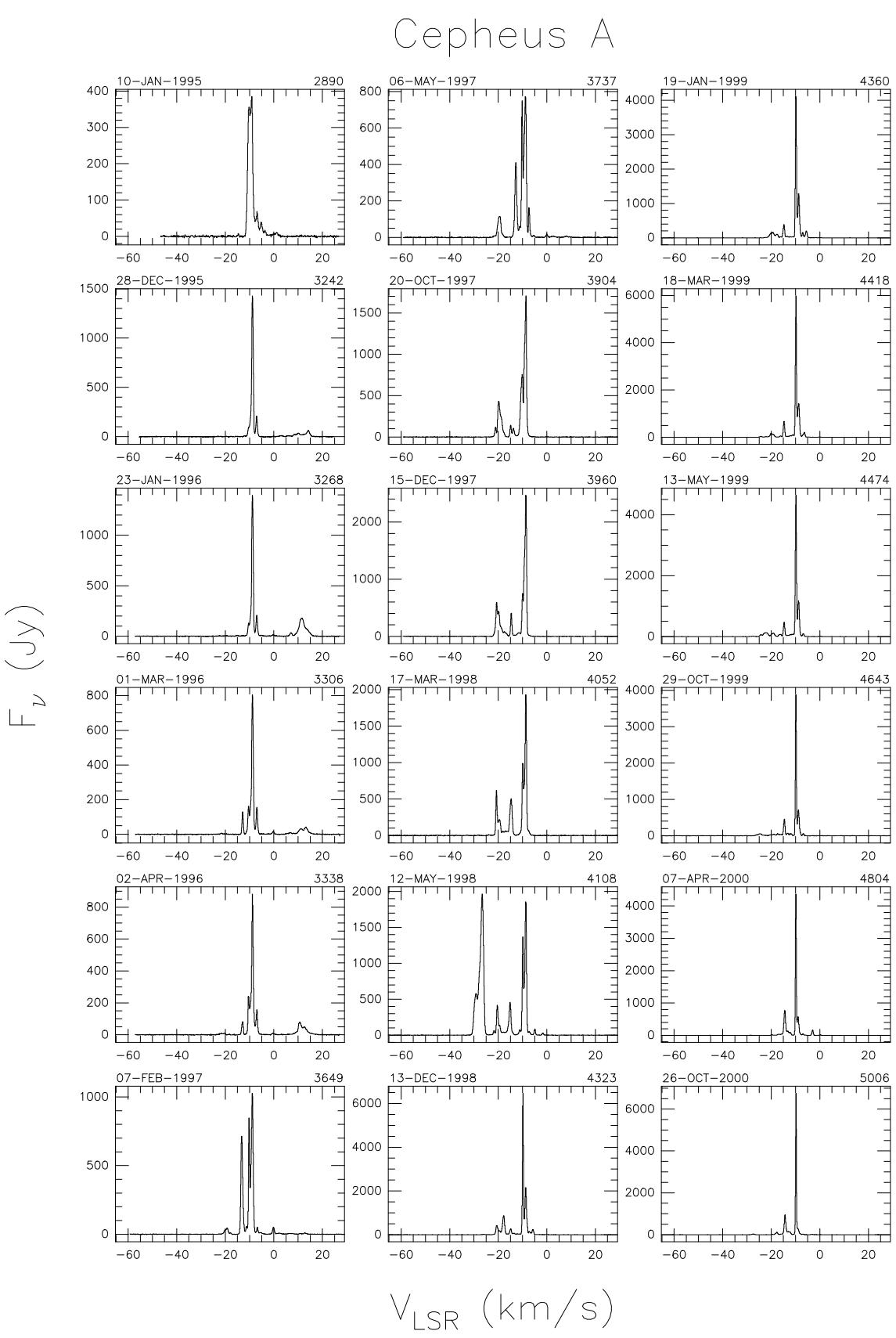

Fig. A.39. a continued

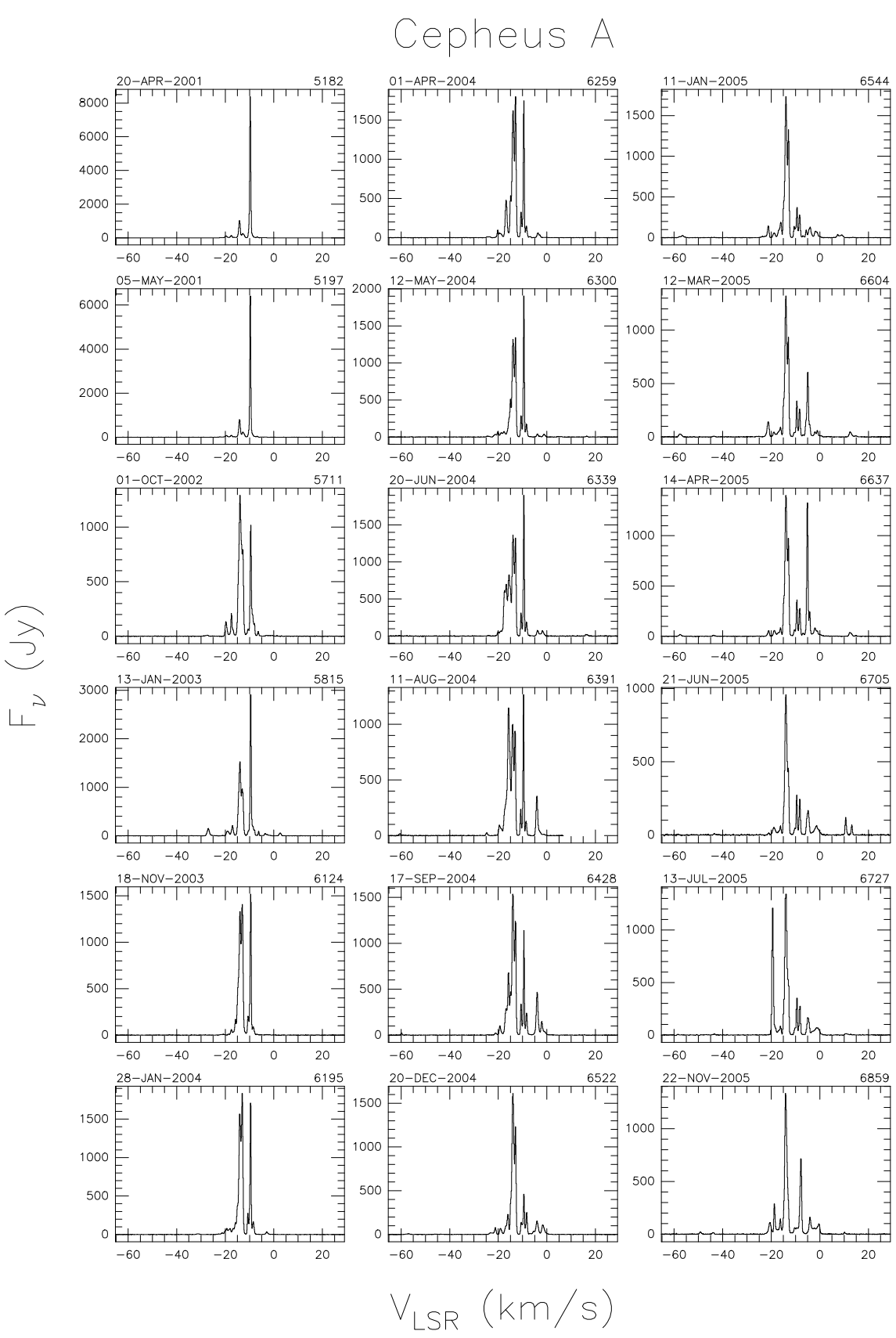

Fig. A.39. a continued

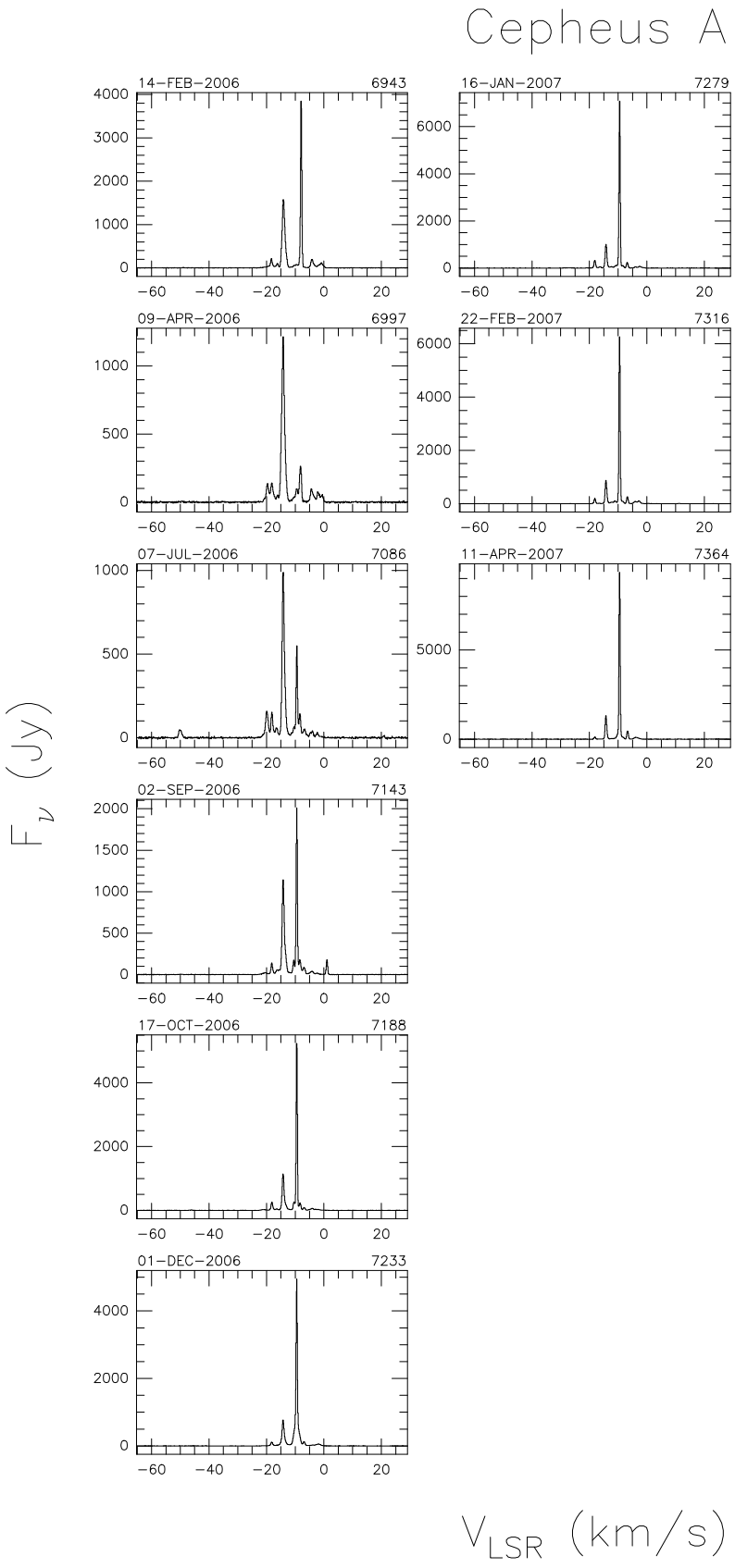

Fig. A.39. a continued

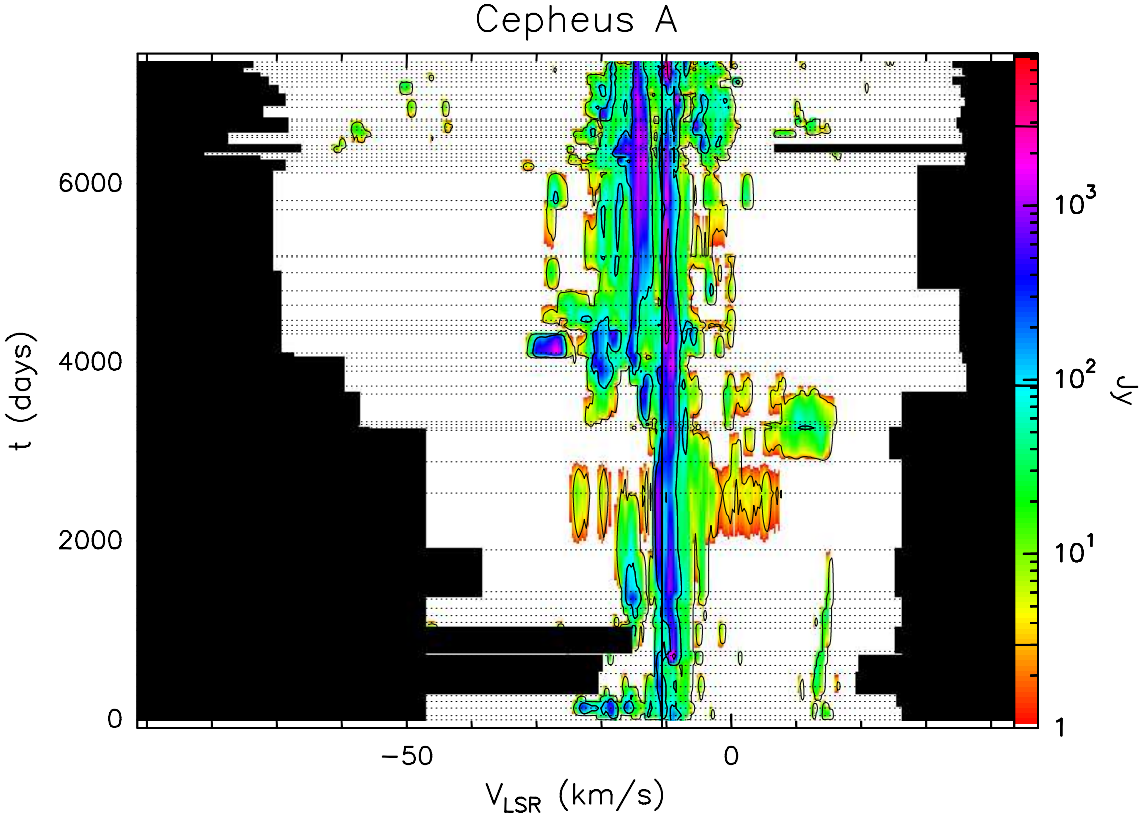

Fig. A.39. b Velocity–time–flux density *full* plot for source Cepheus A. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

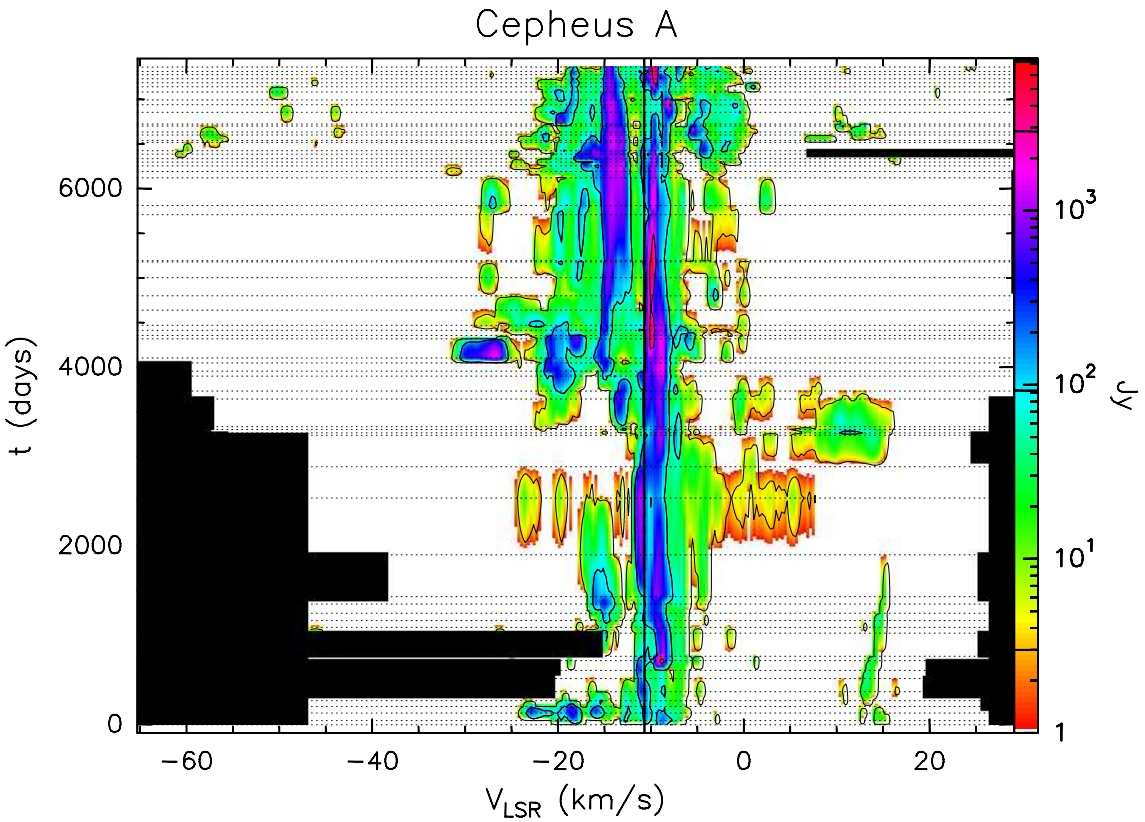

Fig. A.39. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

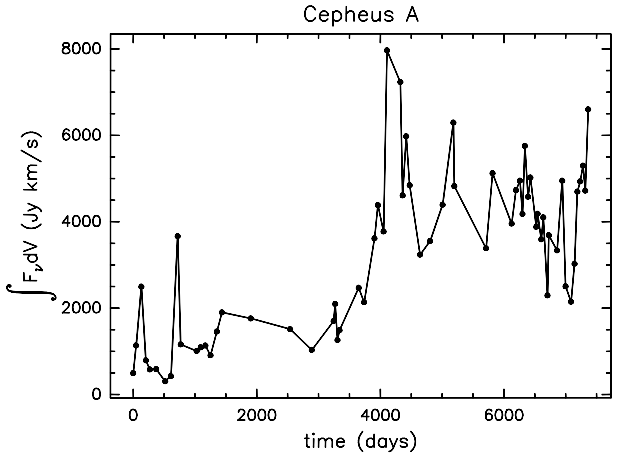

Fig. A.39. d Integral of the flux density over the observed velocity range as a function of time for source Cepheus A.

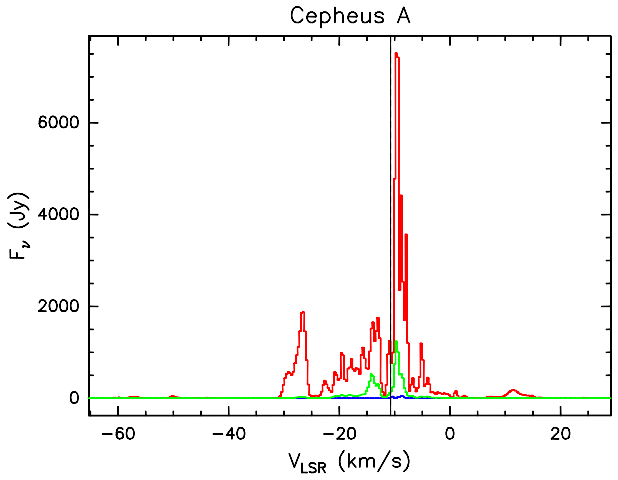

Fig. A.39. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source Cepheus A measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

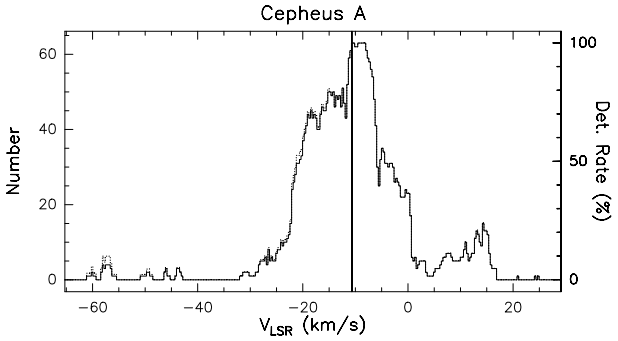

Fig. A.39. f Rate-of-occurrence plot for source Cepheus A. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

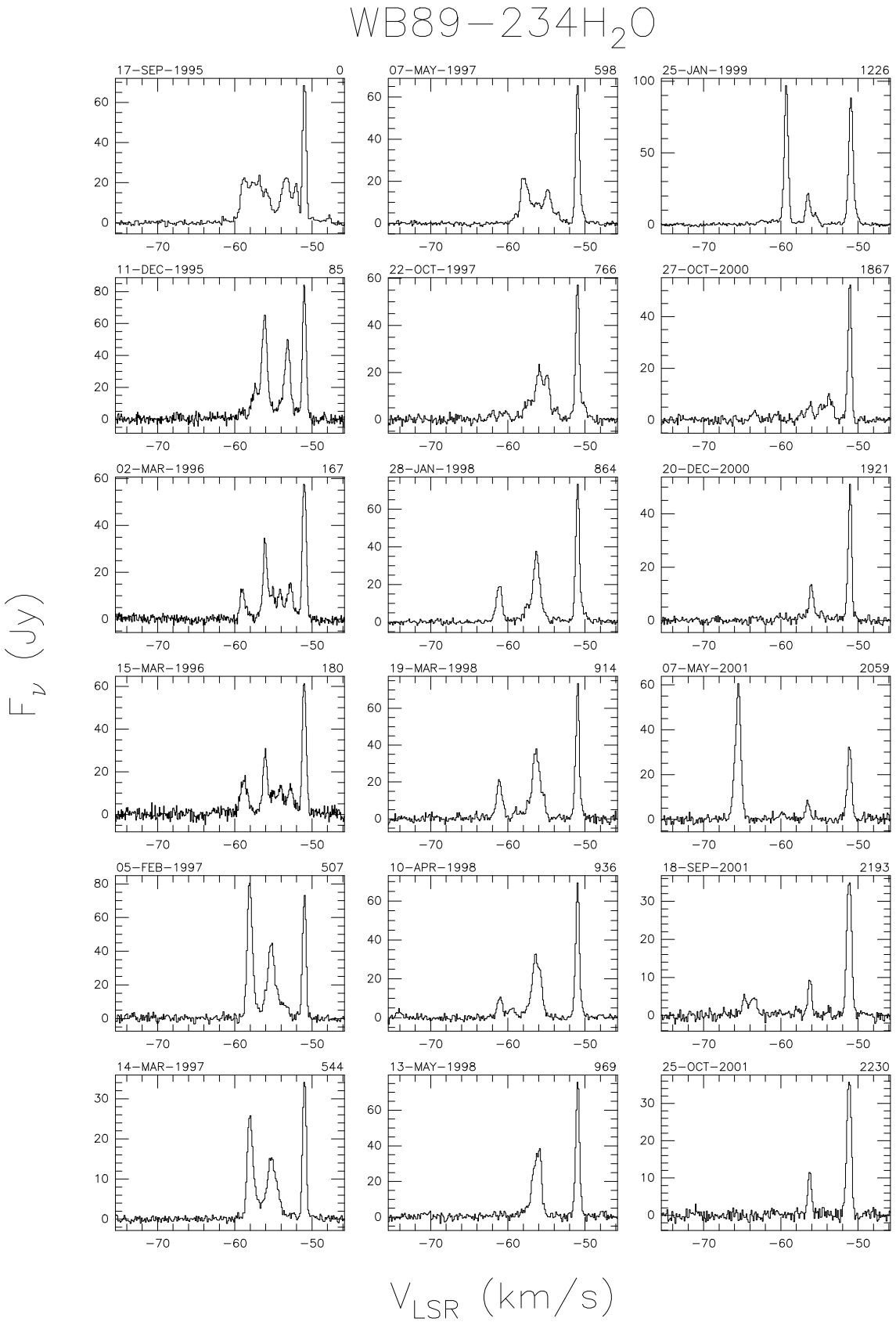

Fig. A.40. a Spectra of source WB89-234H_2O with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

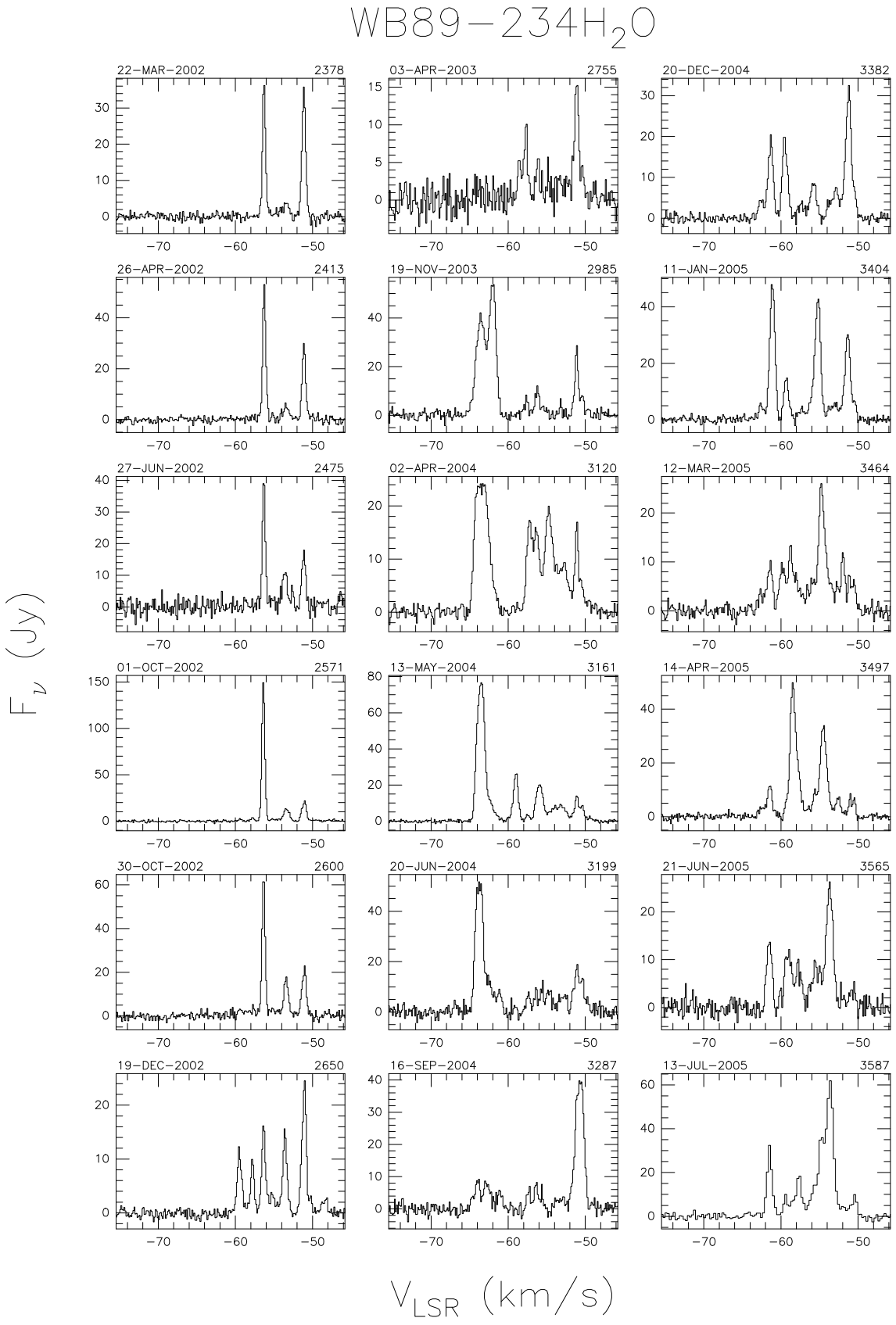

Fig. A.40. a continued

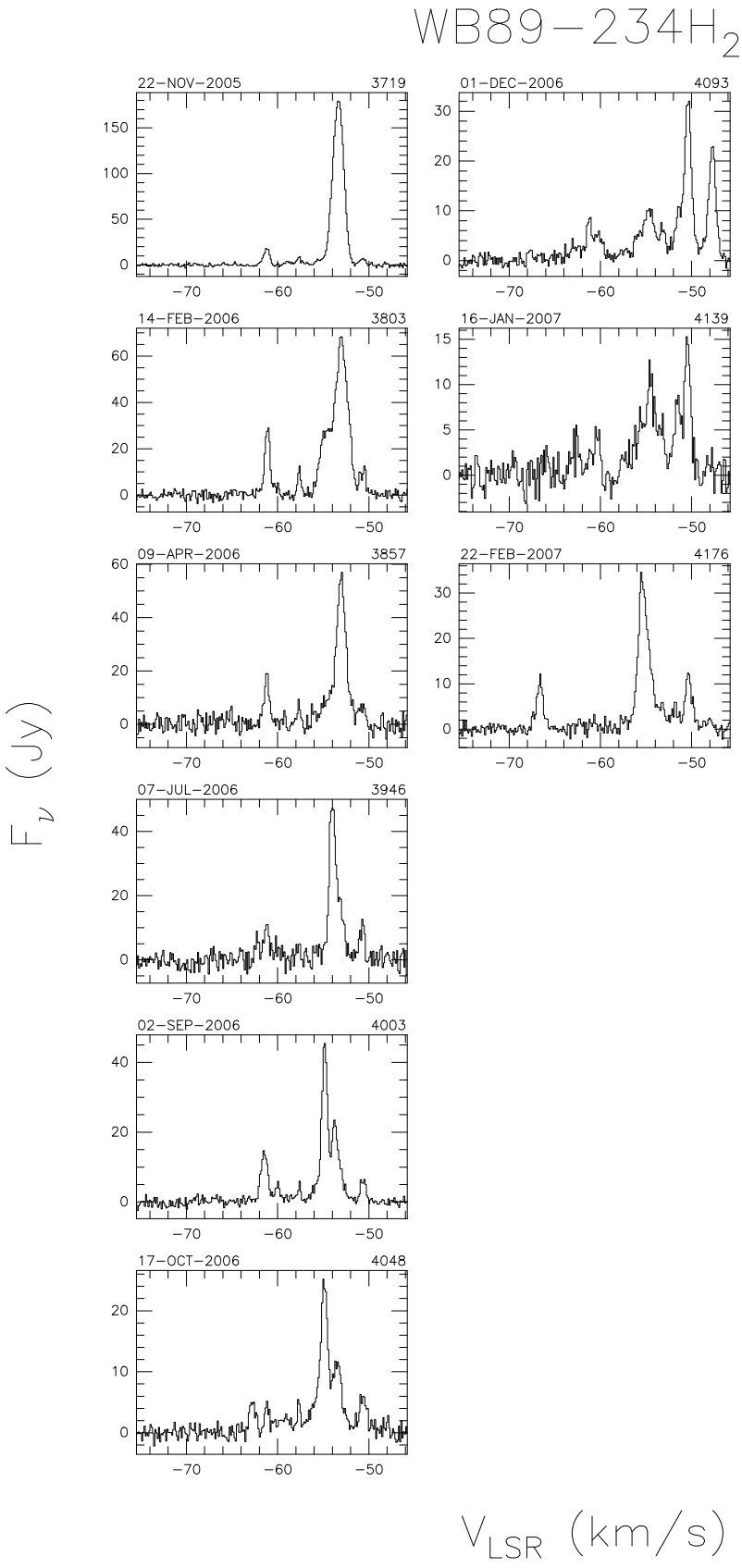

Fig. A.40. a continued

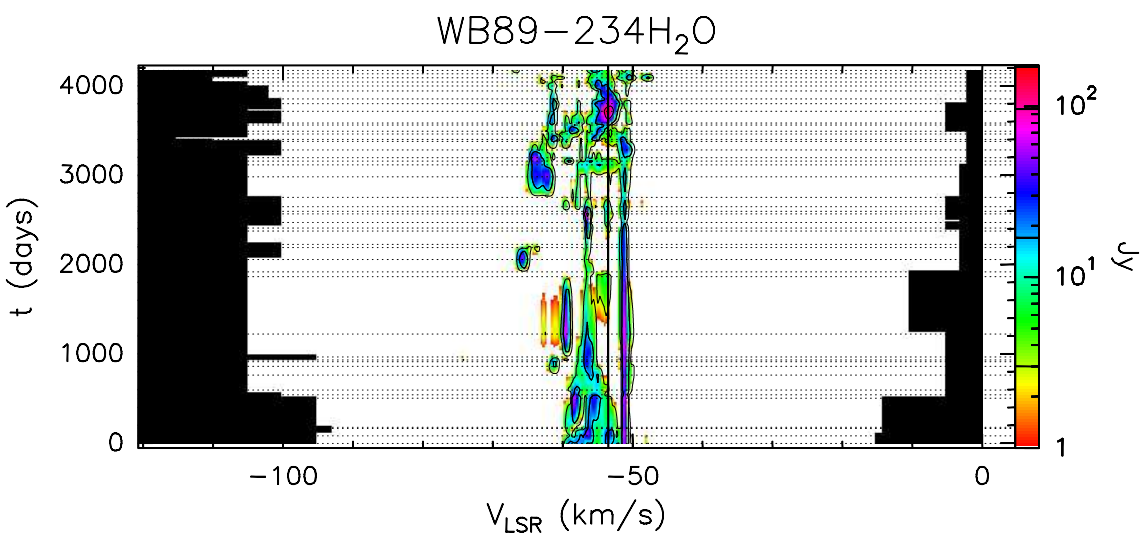

Fig. A.40. b Velocity–time–flux density *full* plot for source WB89-234H_2O. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

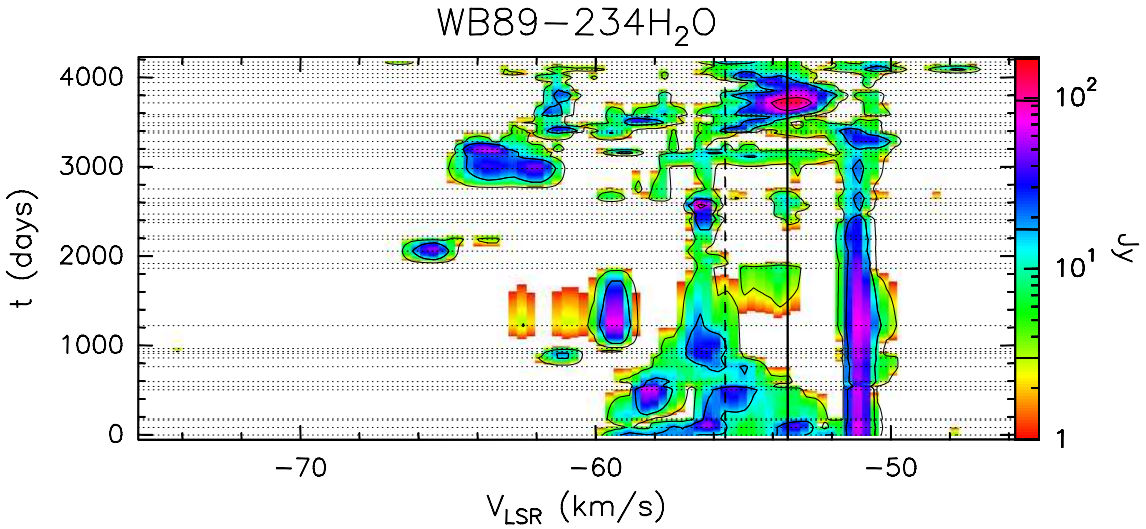

Fig. A.40. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

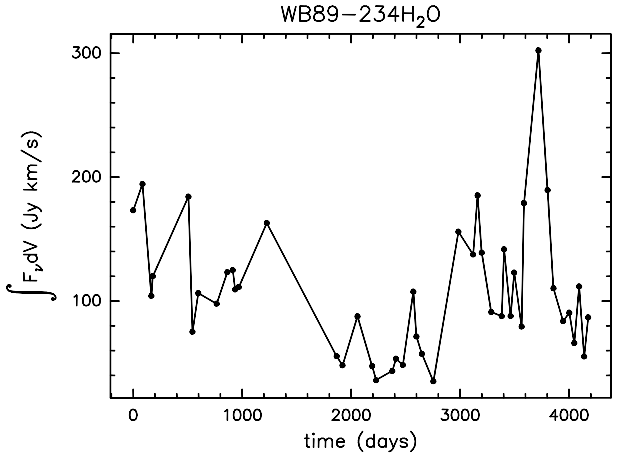

Fig. A.40. d Integral of the flux density over the observed velocity range as a function of time for source WB89-234H_2O.

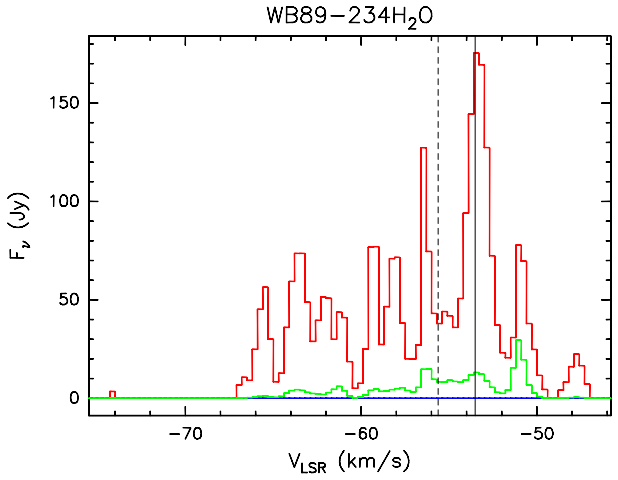

Fig. A.40. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source WB89-234H_2O measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

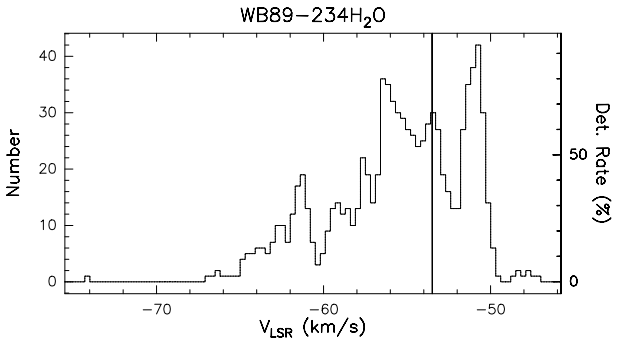

Fig. A.40. f Rate-of-occurrence plot for source WB89-234H_2O. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

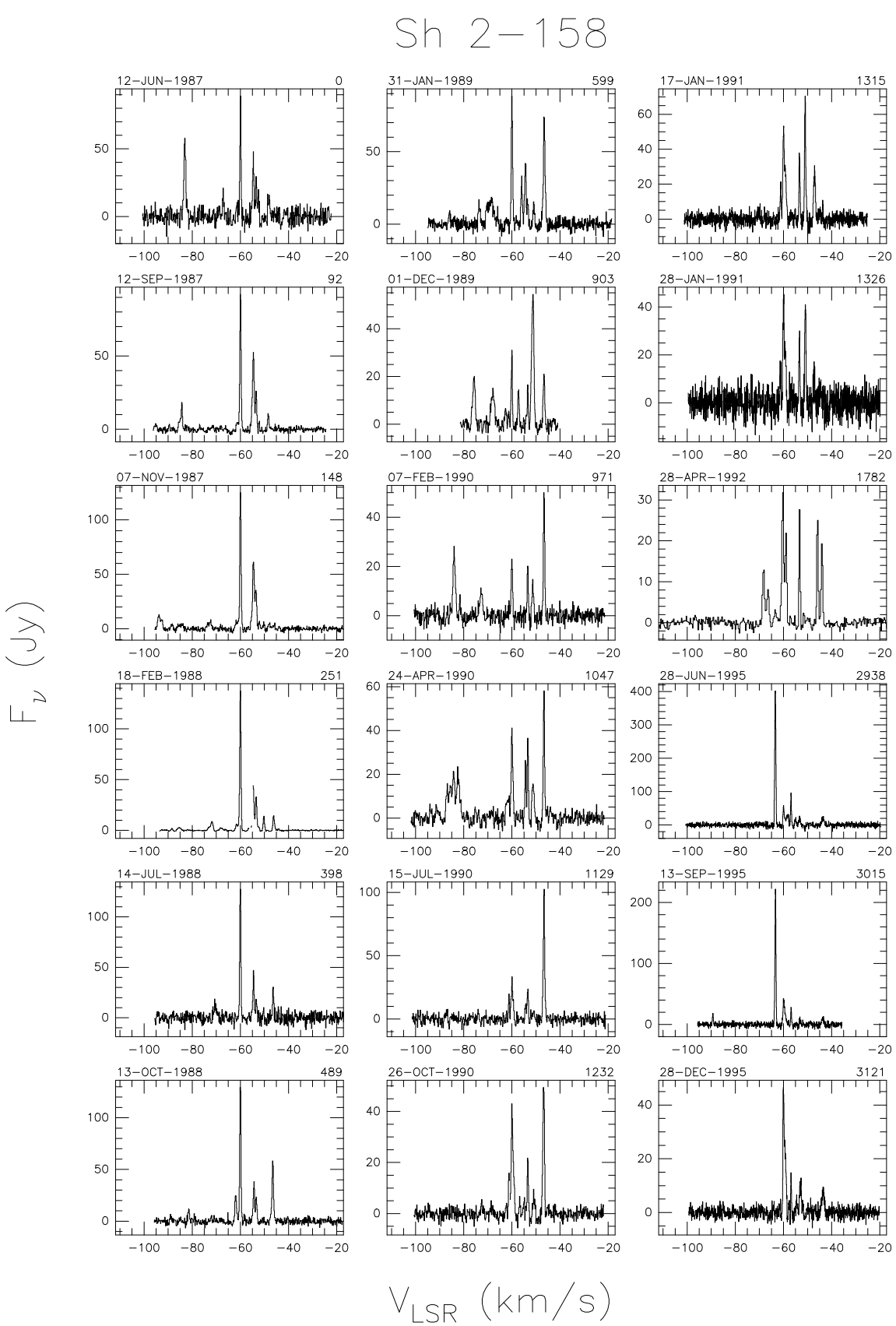

Fig. A.41. a Spectra of source Sh 2-158 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

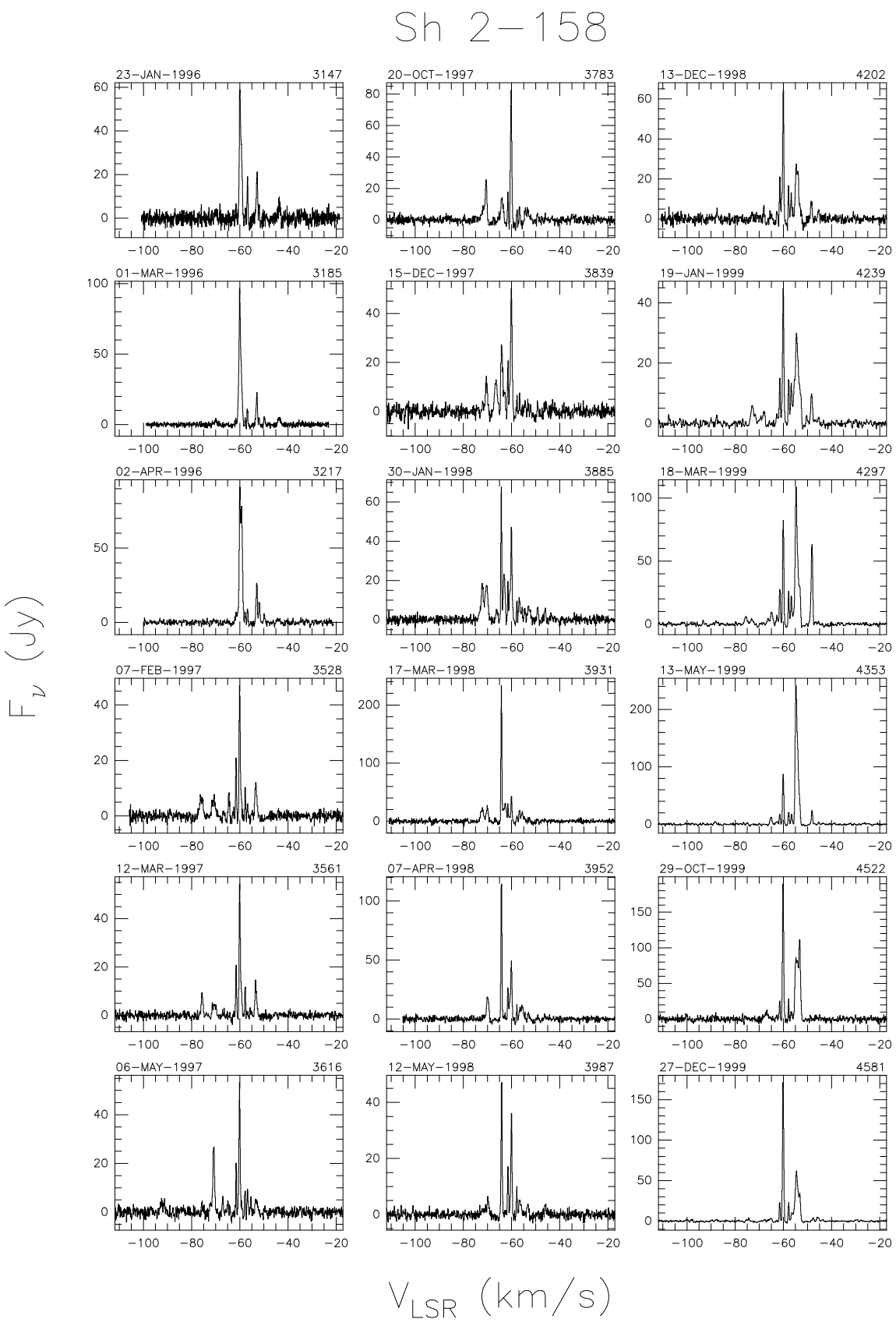

Fig. A.41. a continued

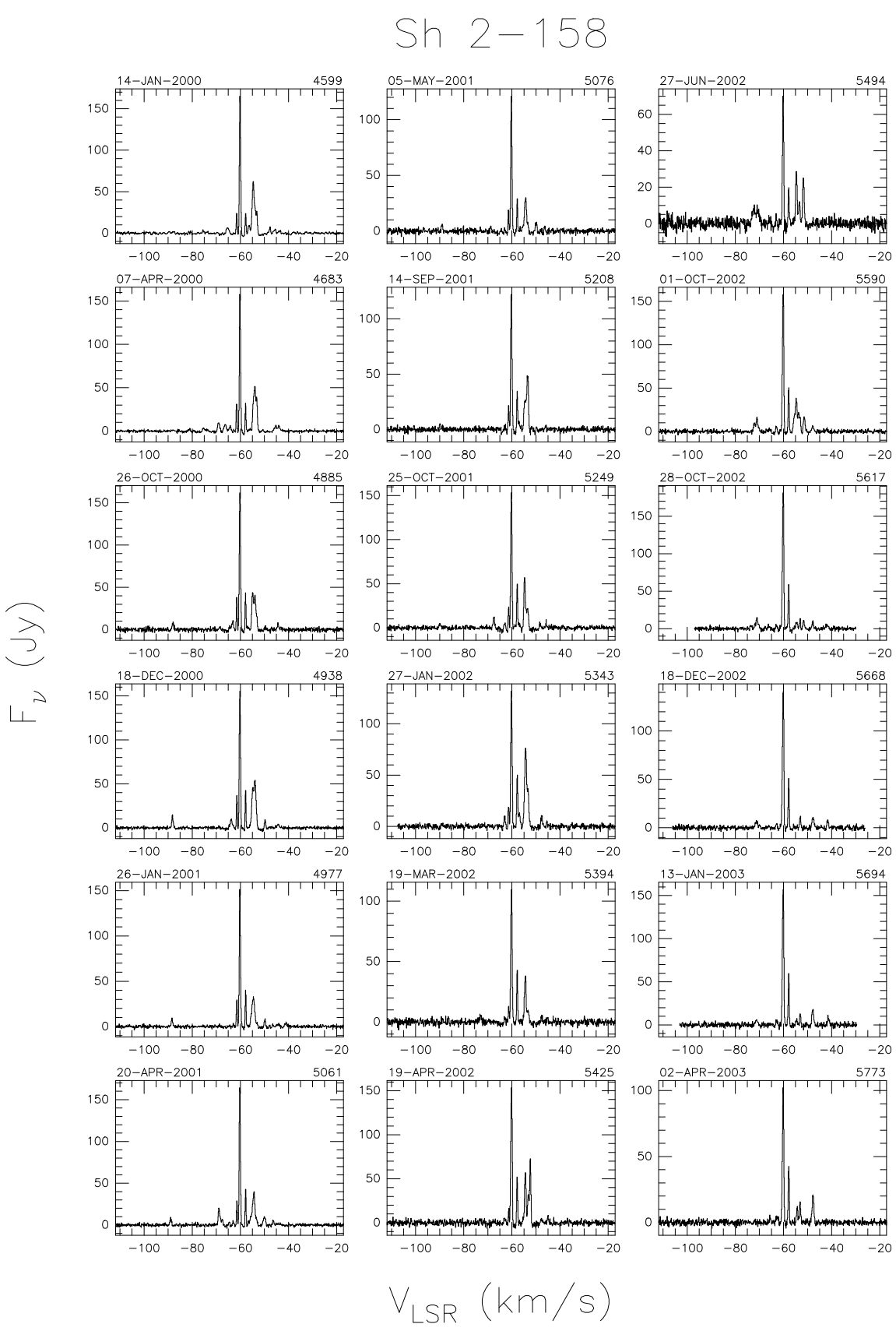

Fig. A.41. a continued

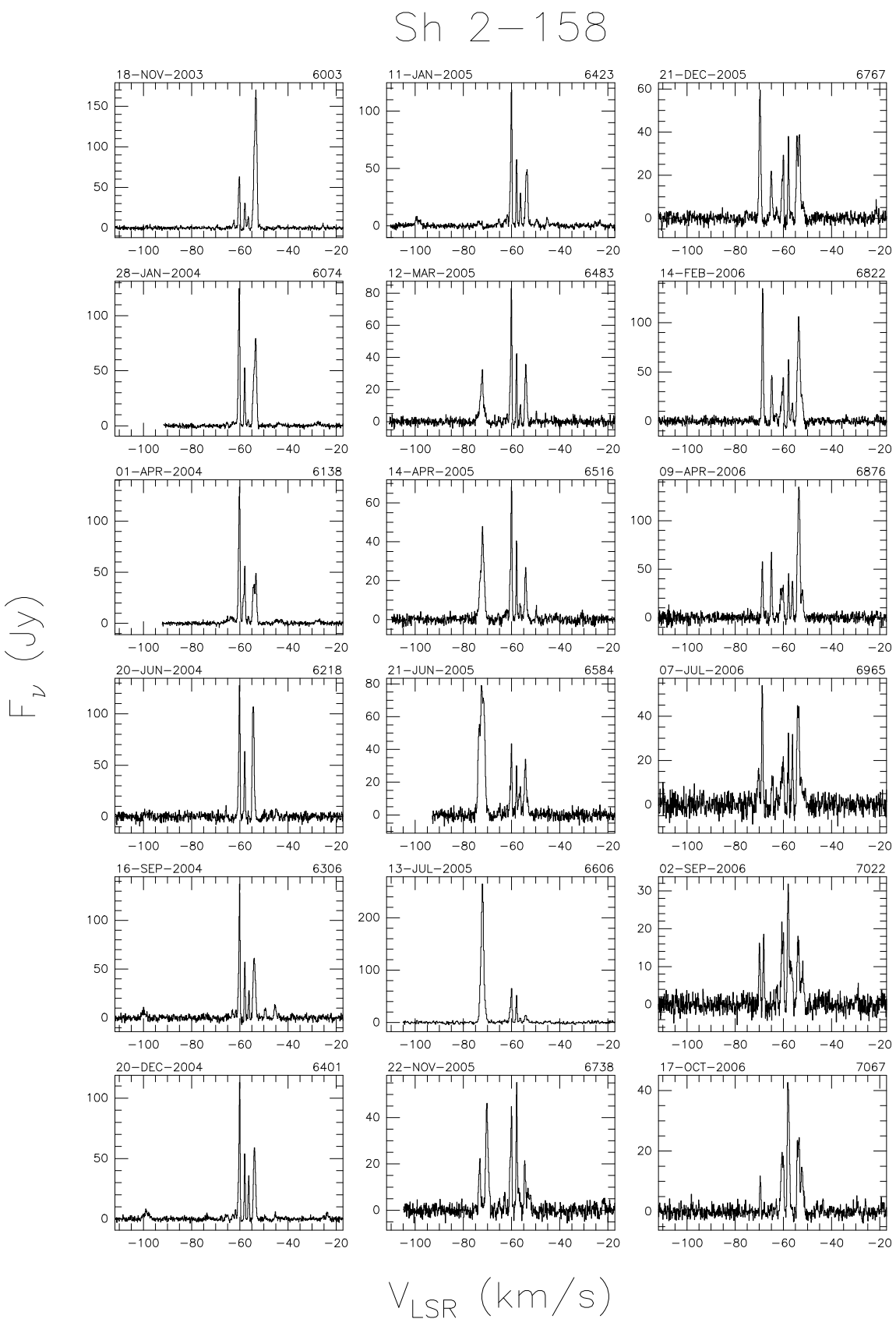

Fig. A.41. a continued

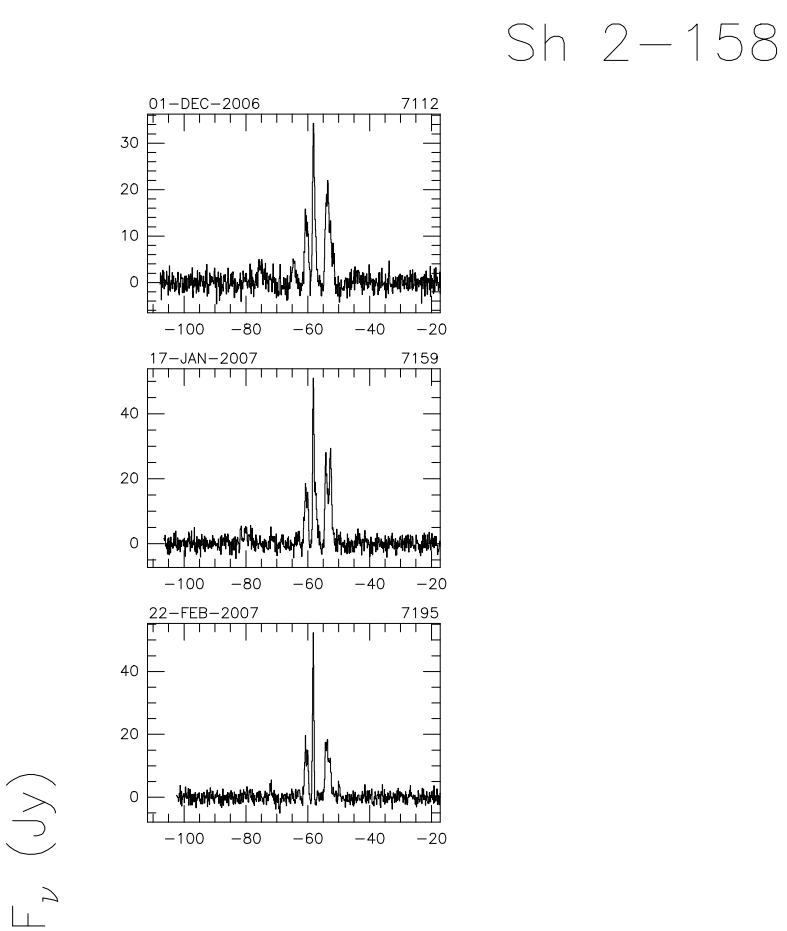

Fig. A.41. a continued

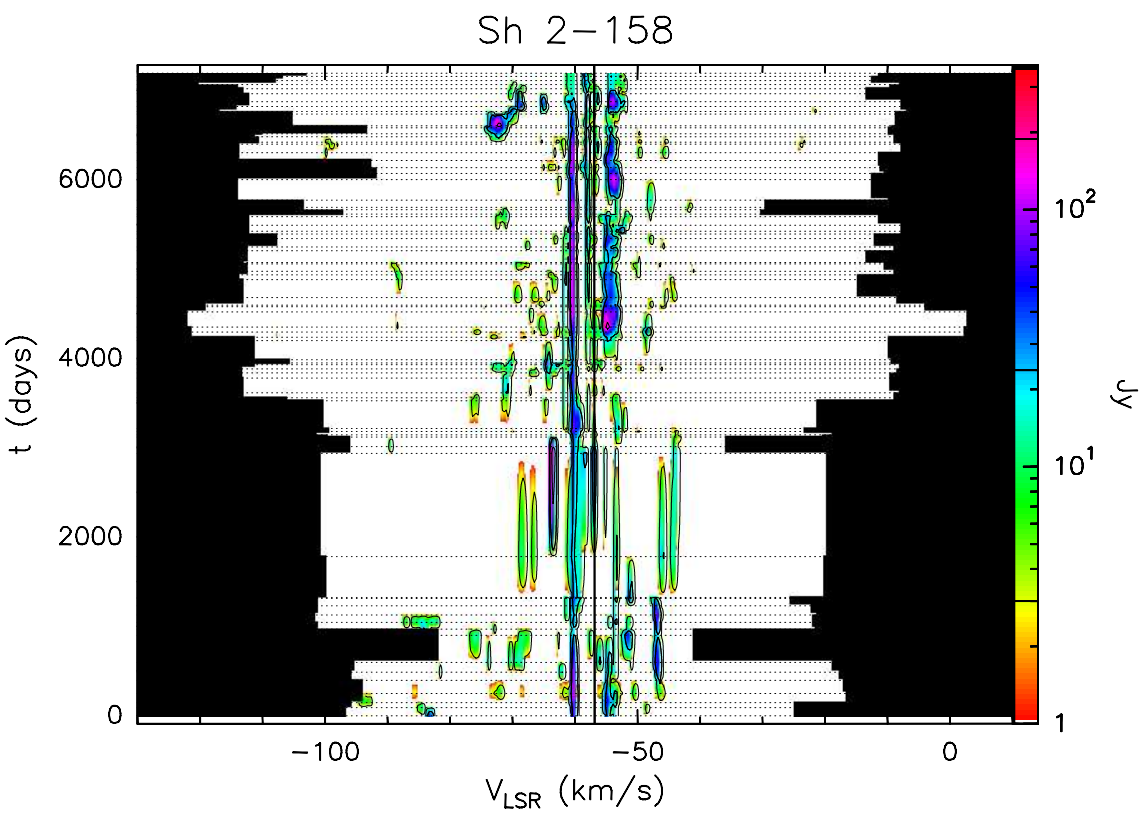

Fig. A.41. b Velocity–time–flux density *full* plot for source Sh 2-158. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

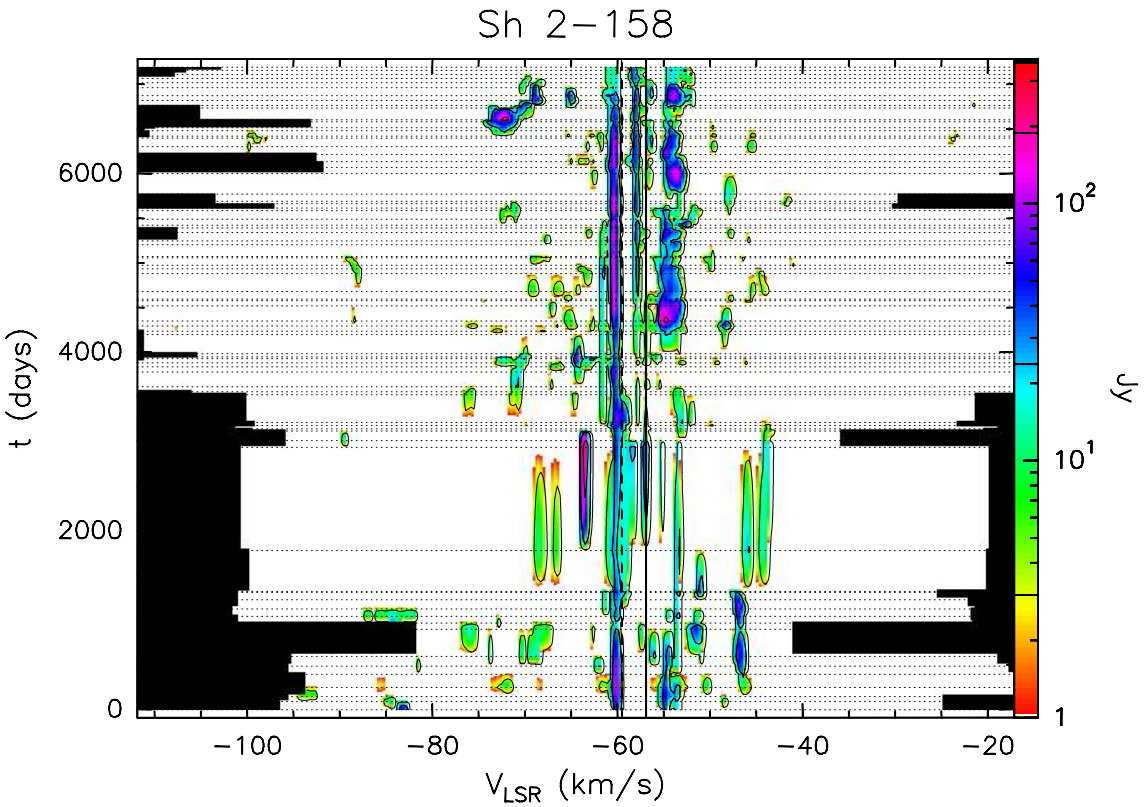

Fig. A.41. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

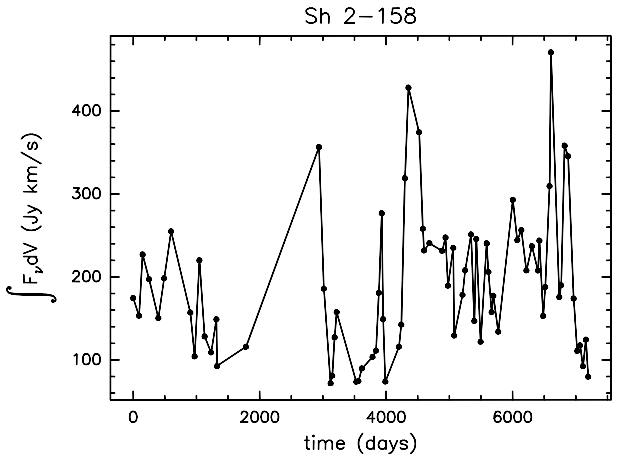

Fig. A.41. d Integral of the flux density over the observed velocity range as a function of time for source Sh 2-158.

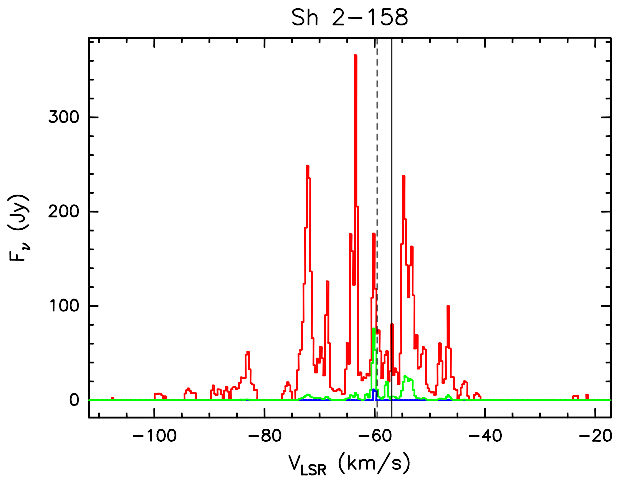

Fig. A.41. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source Sh 2-158 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

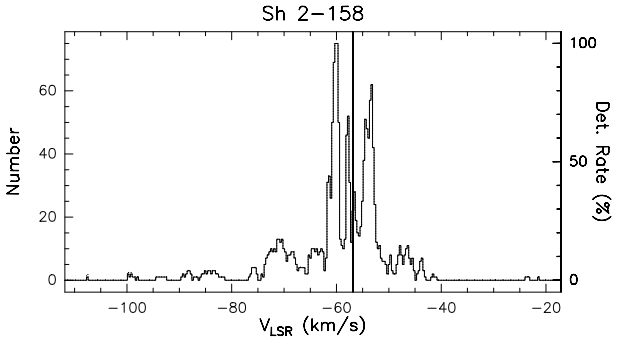

Fig. A.41. f Rate-of-occurrence plot for source Sh 2-158. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

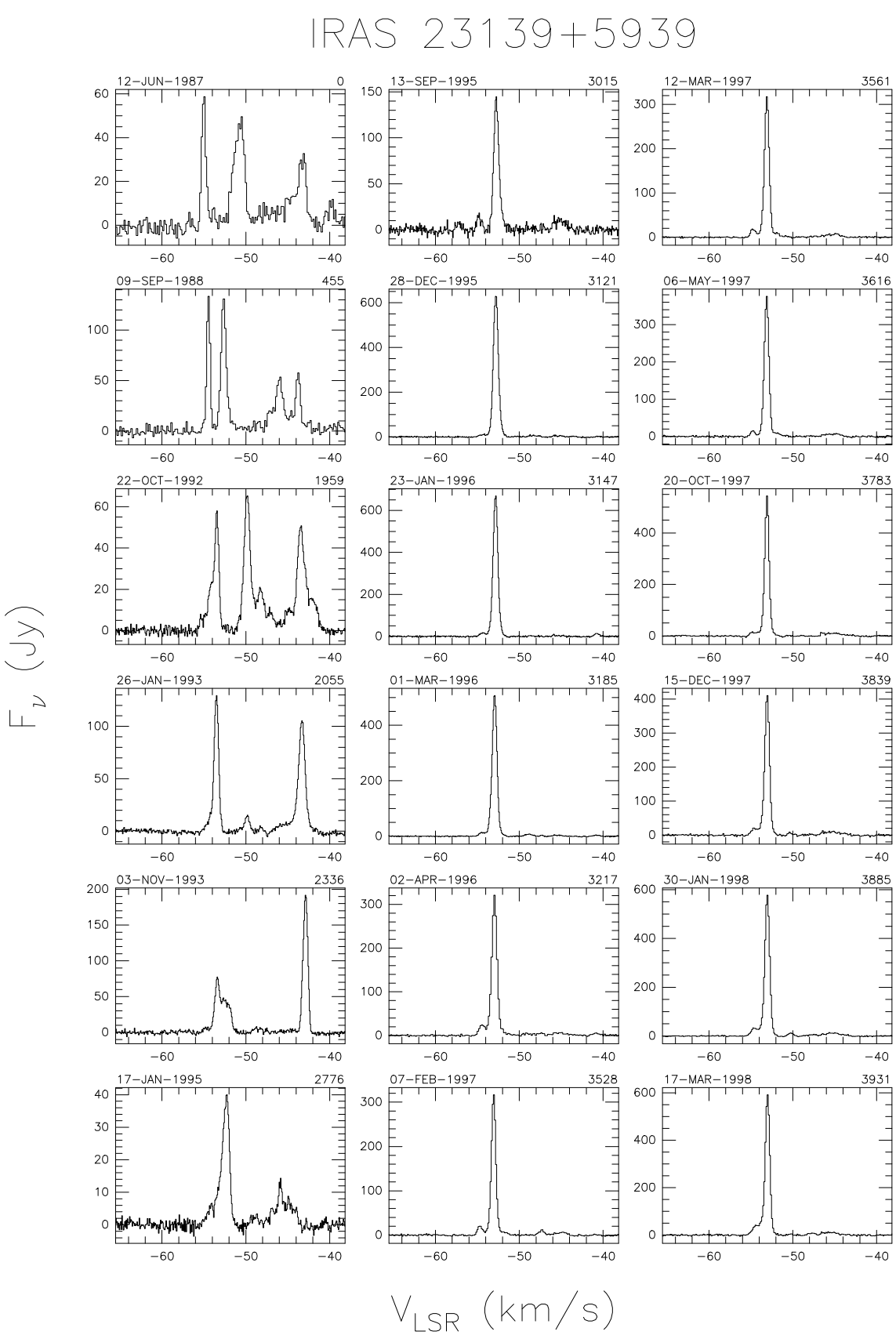

Fig. A.42. a Spectra of source IRAS 23139+5939 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

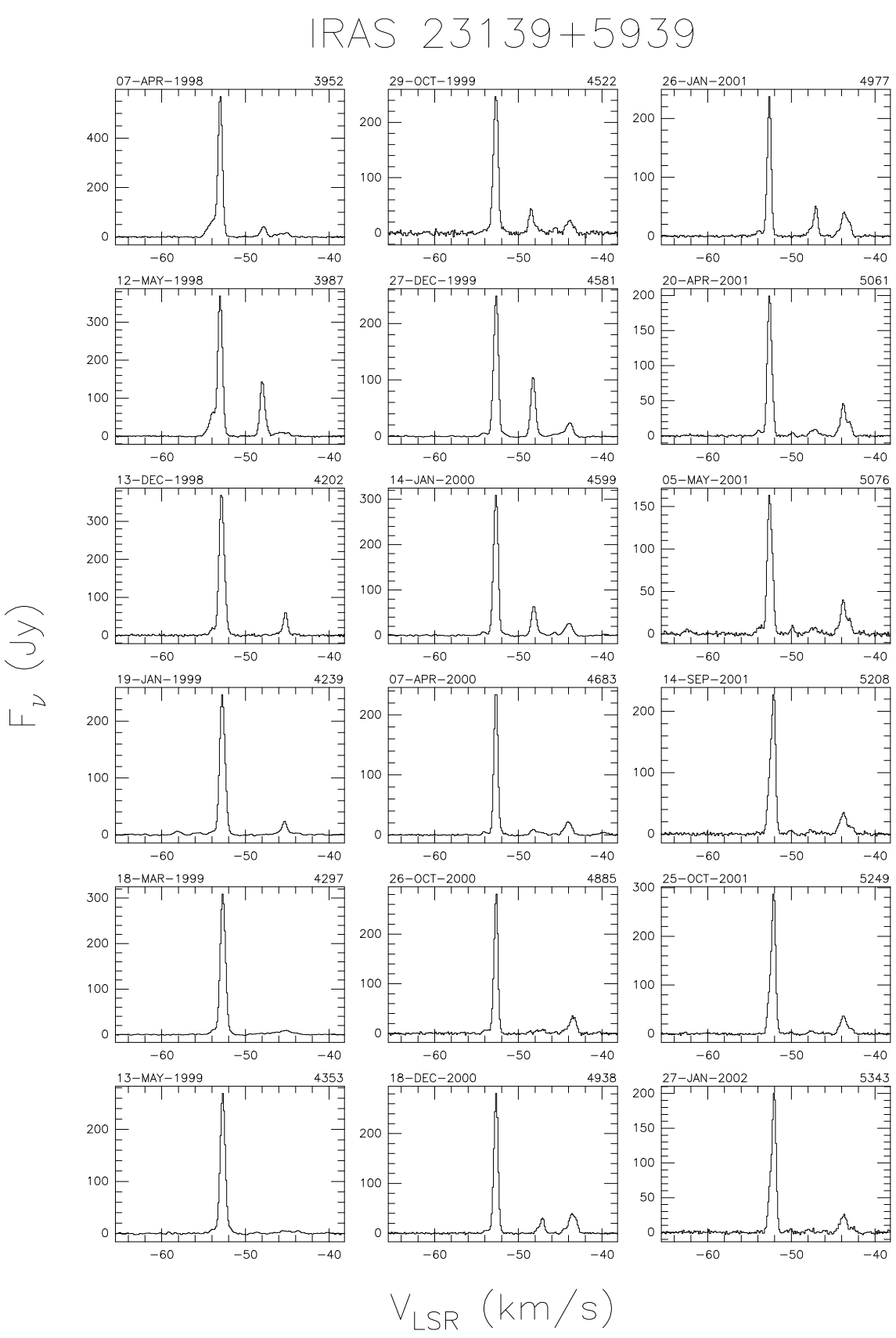

Fig. A.42. a continued

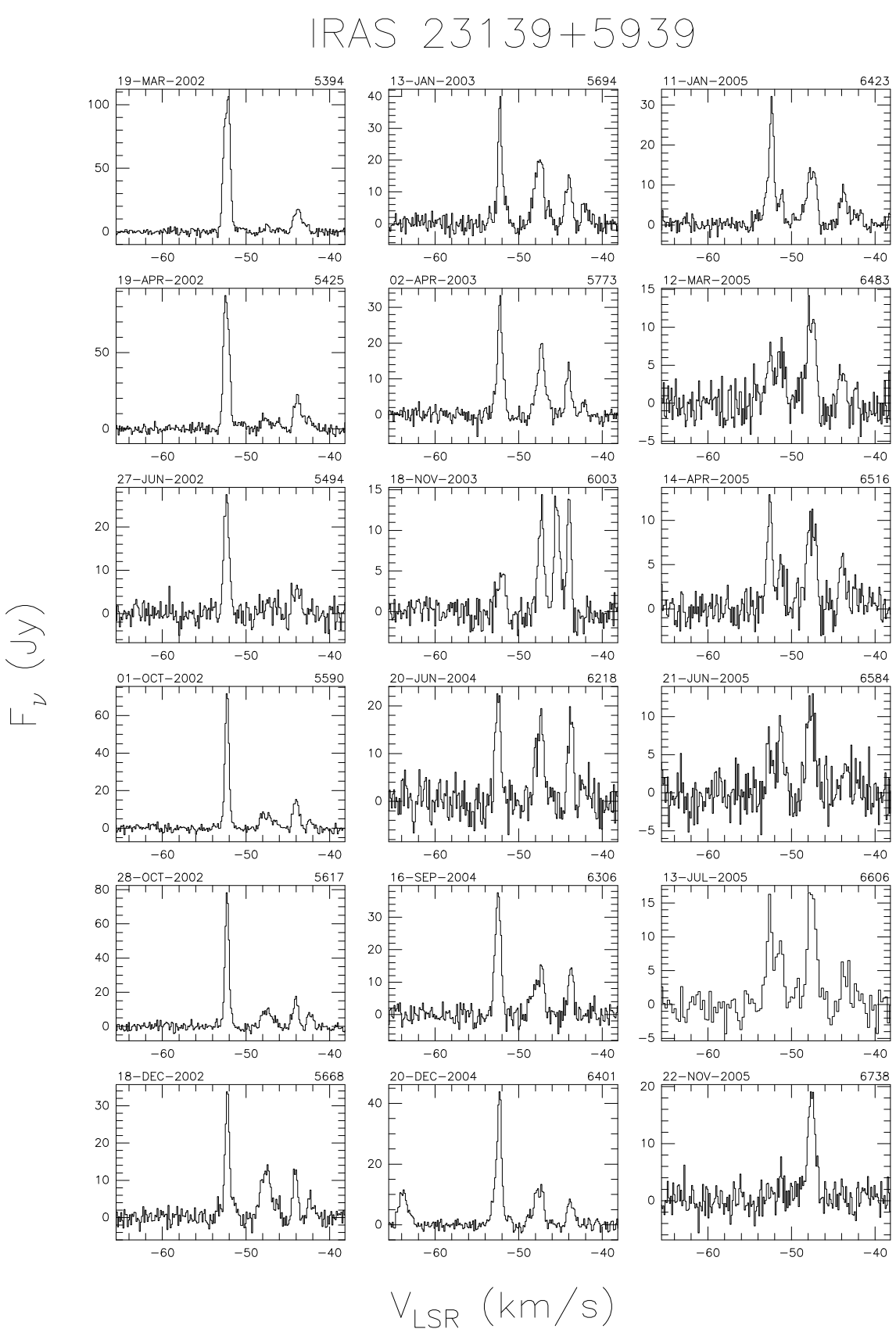

Fig. A.42. a continued

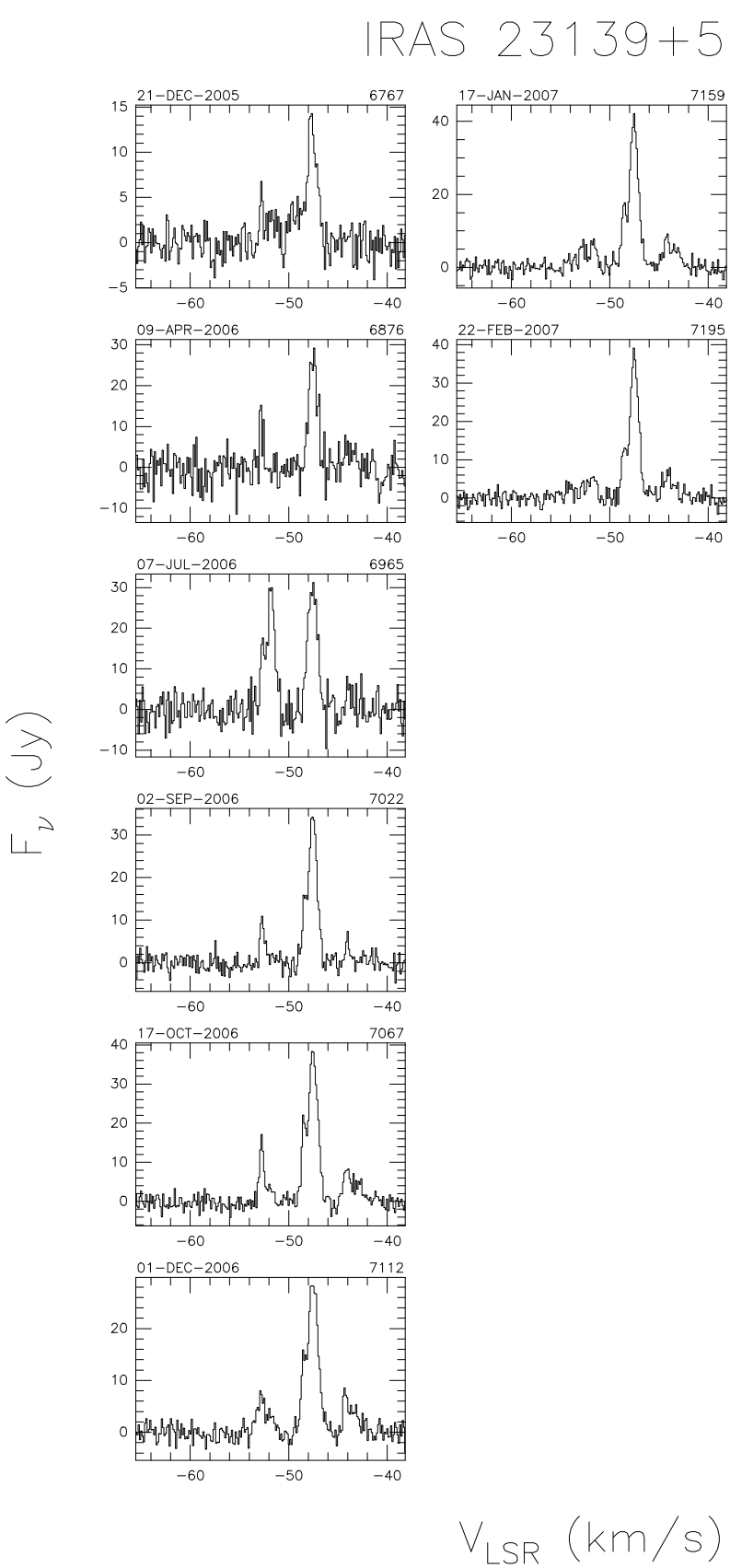

Fig. A.42. a continued

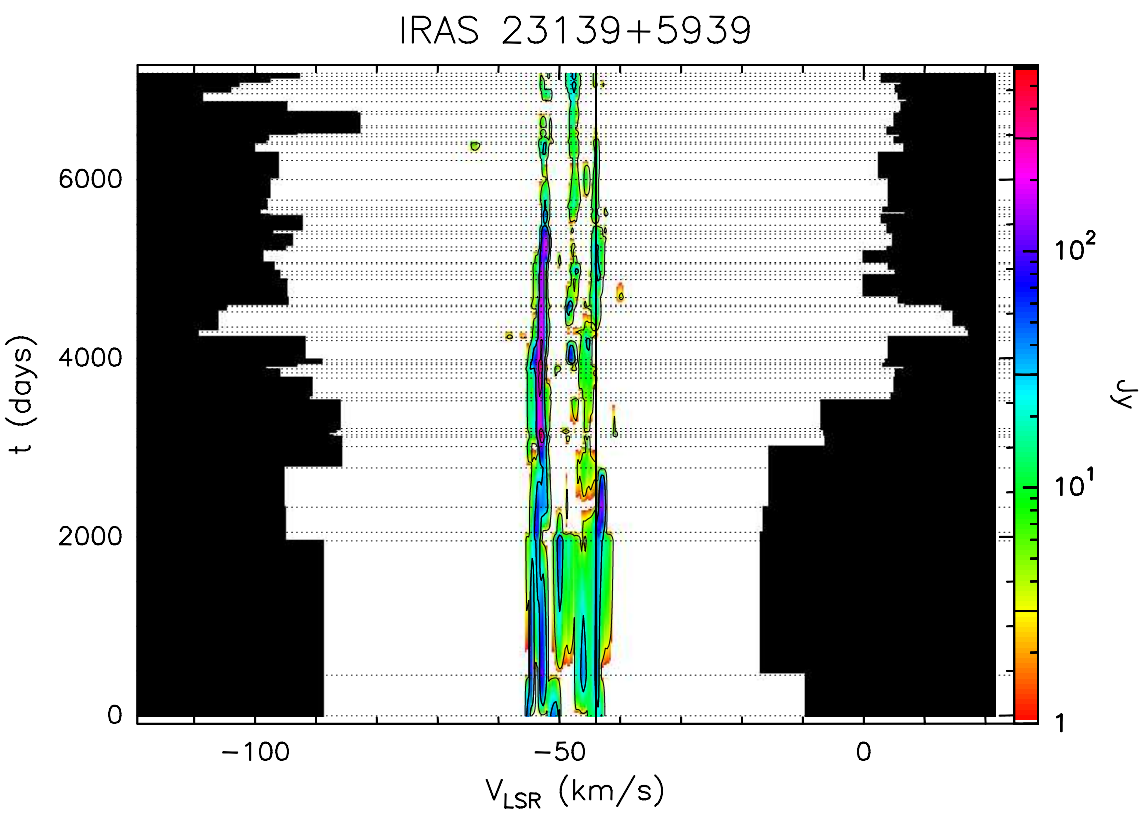

Fig. A.42. b Velocity–time–flux density *full* plot for source IRAS 23139+5939. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

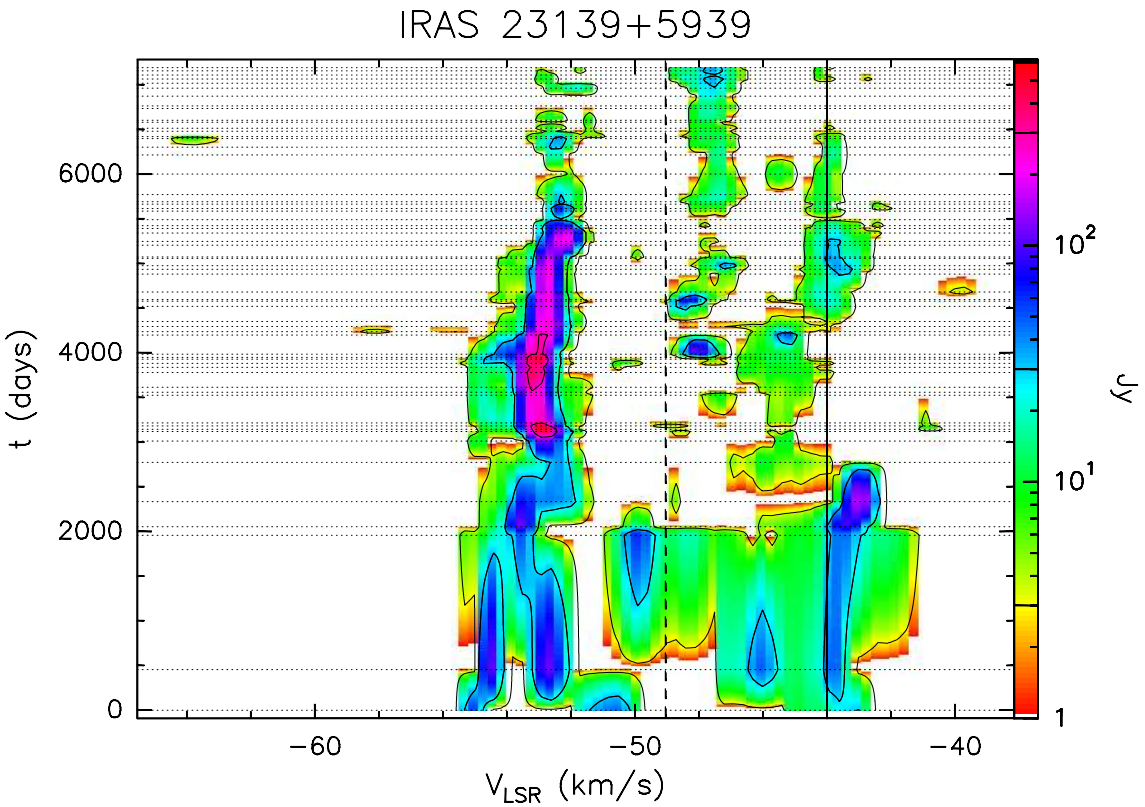

Fig. A.42. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

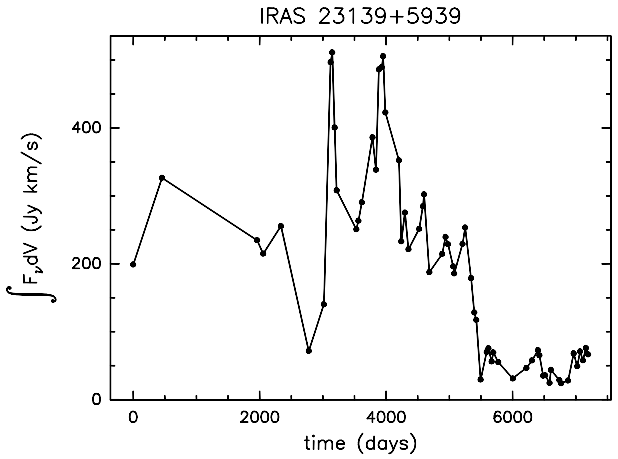

Fig. A.42. d Integral of the flux density over the observed velocity range as a function of time for source IRAS 23139+5939.

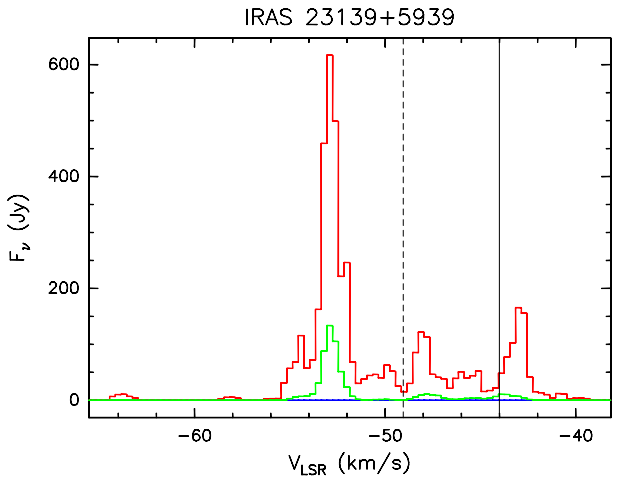

Fig. A.42. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source IRAS 23139+5939 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

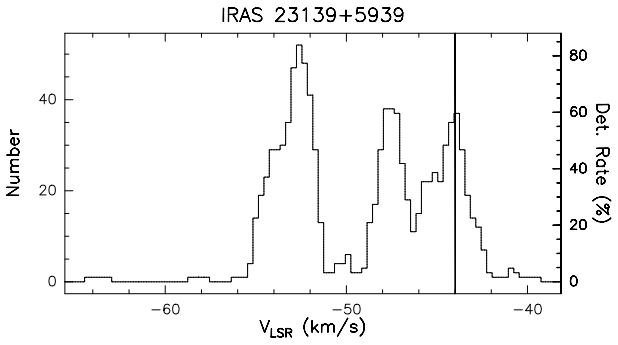

Fig. A.42. f Rate-of-occurrence plot for source IRAS 23139+5939. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

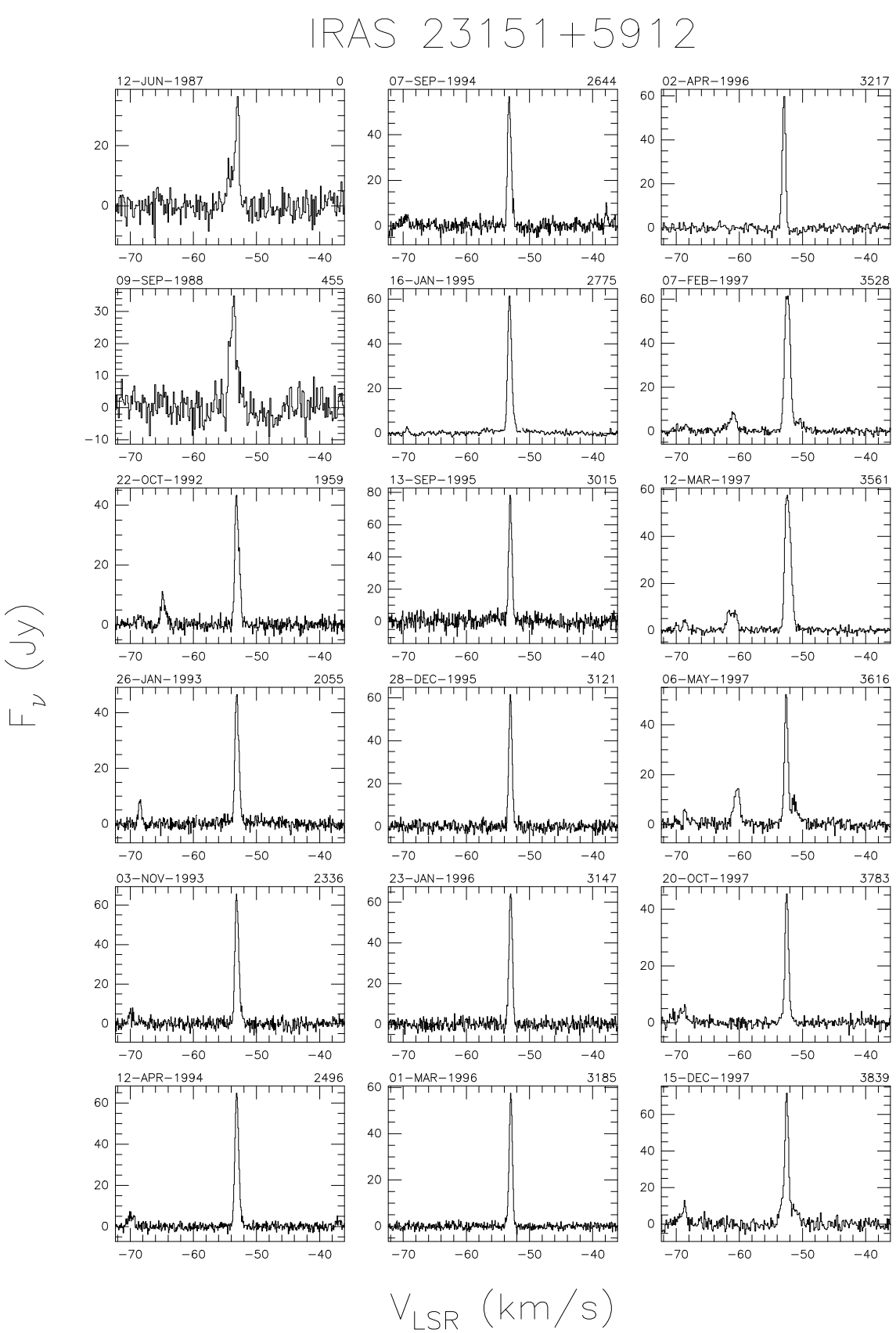

Fig. A.43. a Spectra of source IRAS 23151+5912 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

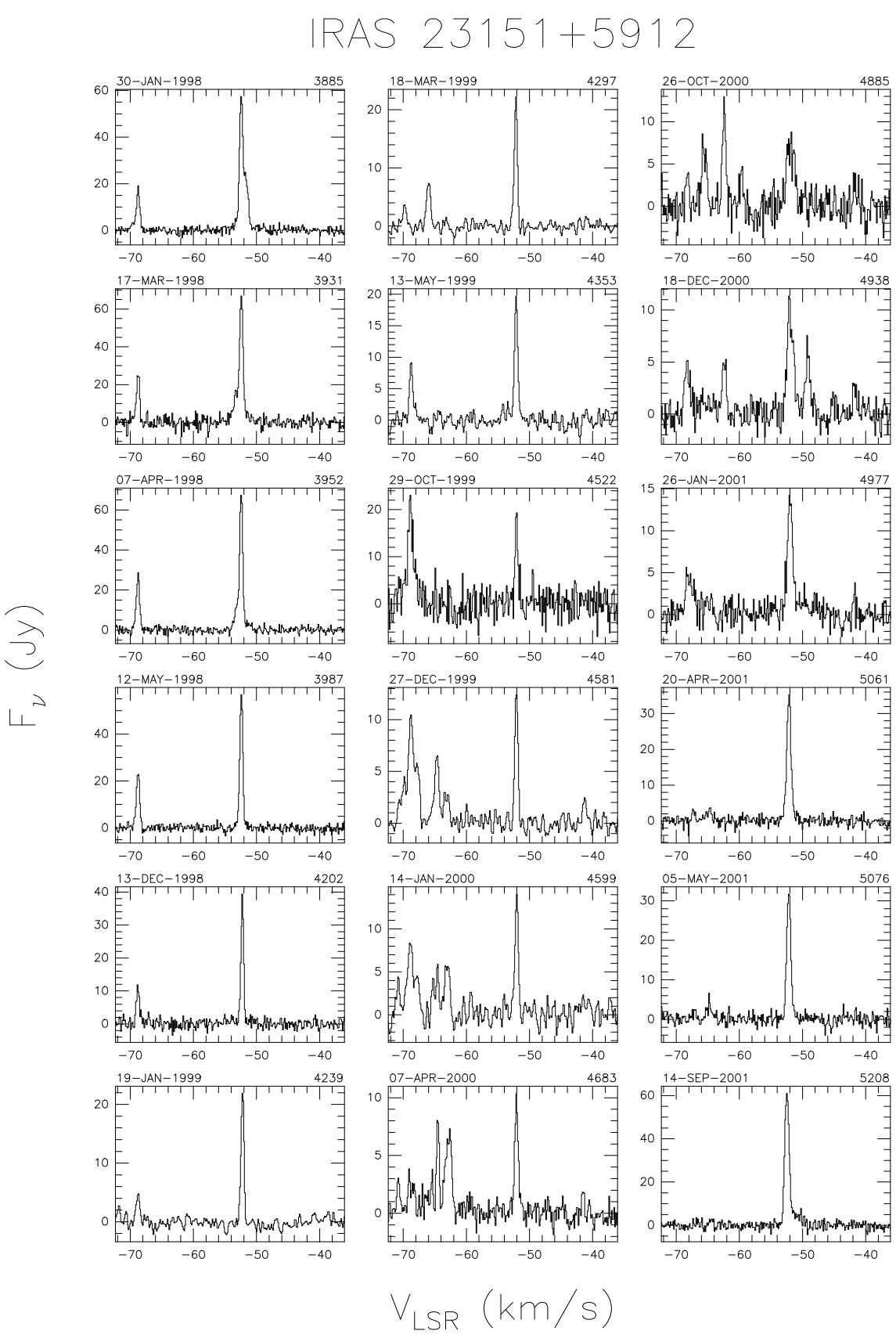

Fig. A.43. a continued

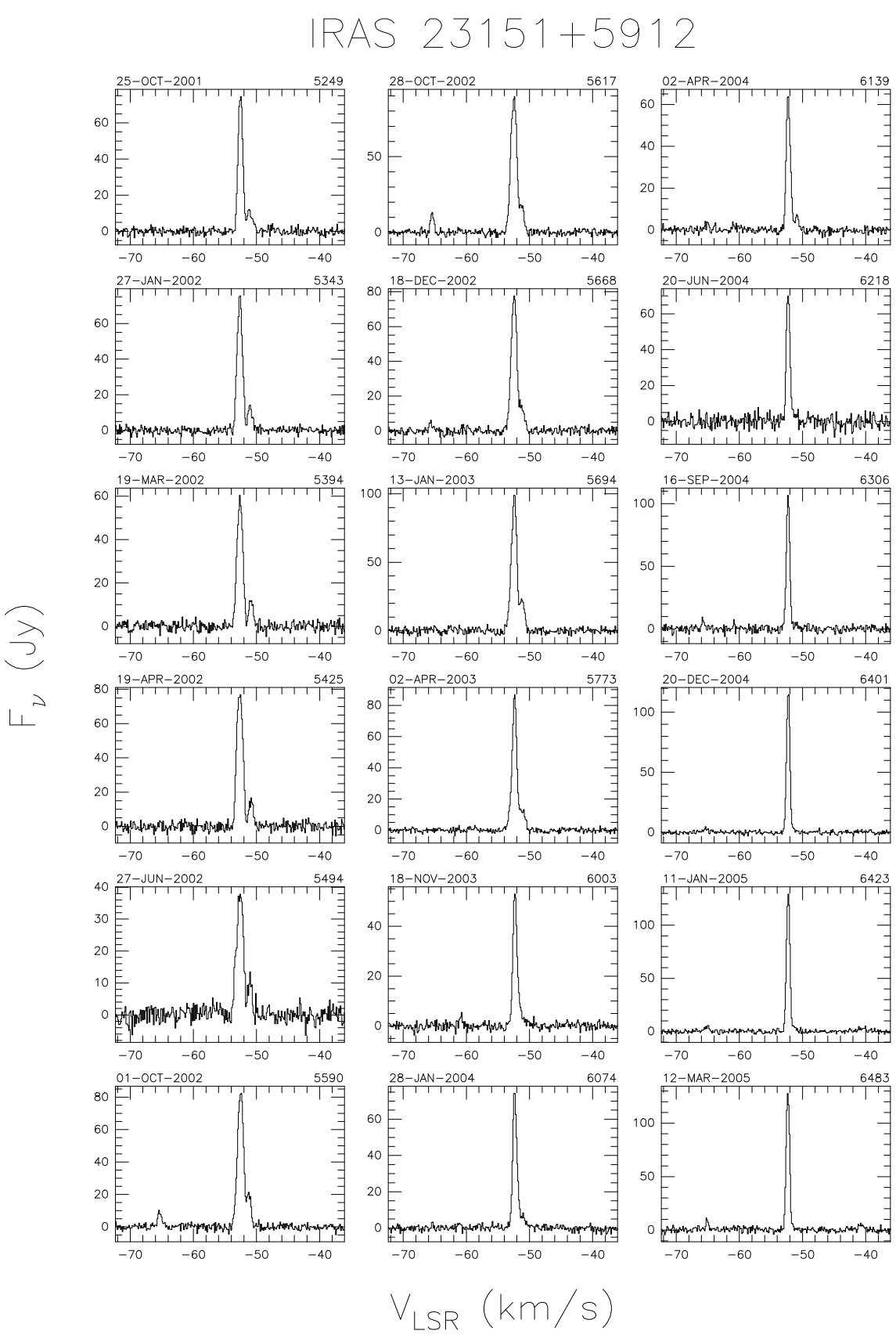

Fig. A.43. a continued

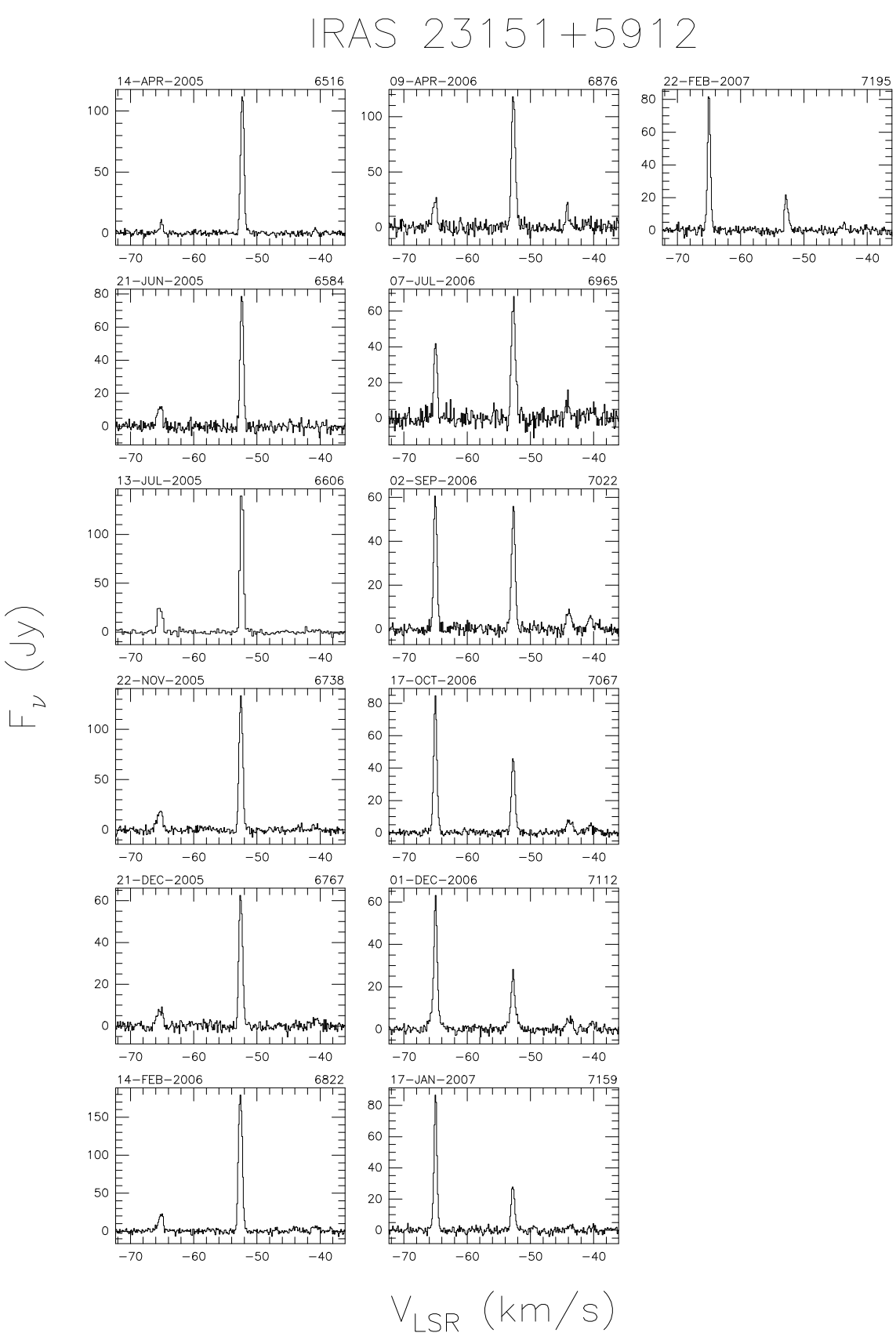

Fig. A.43. a continued

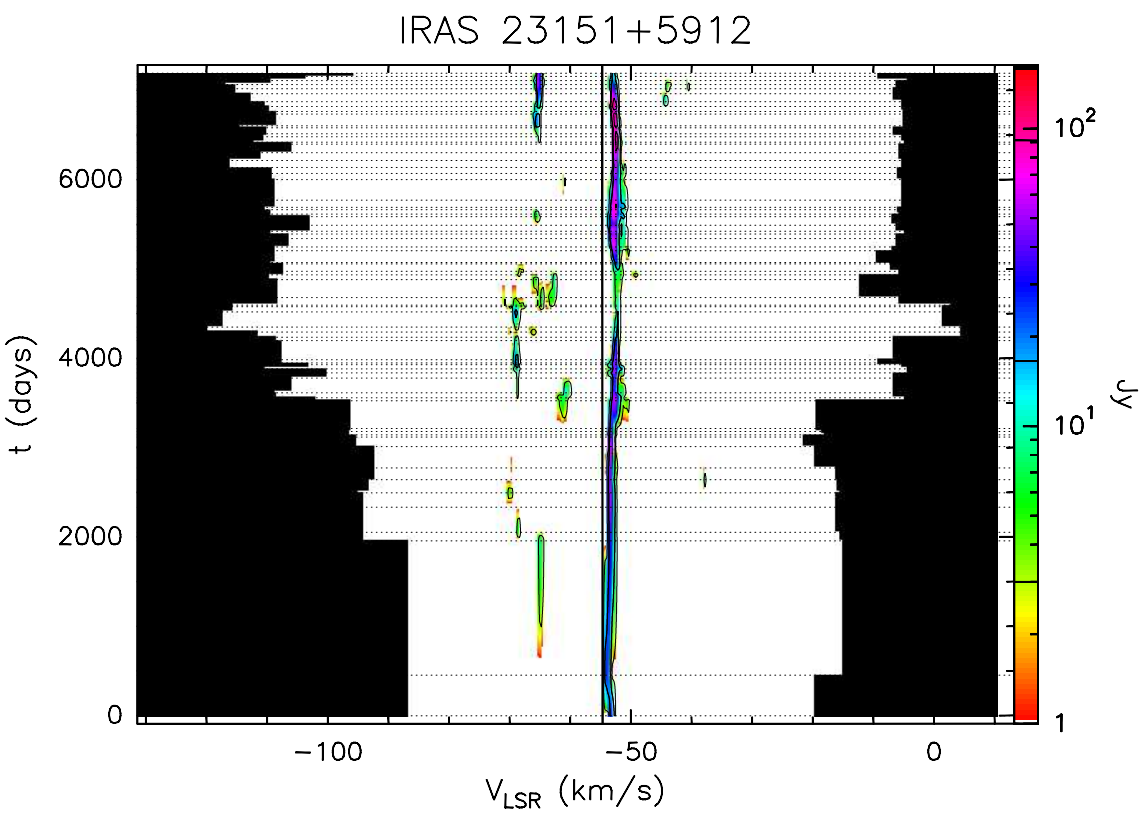

Fig. A.43. b Velocity–time–flux density *full* plot for source IRAS 23151+5912. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

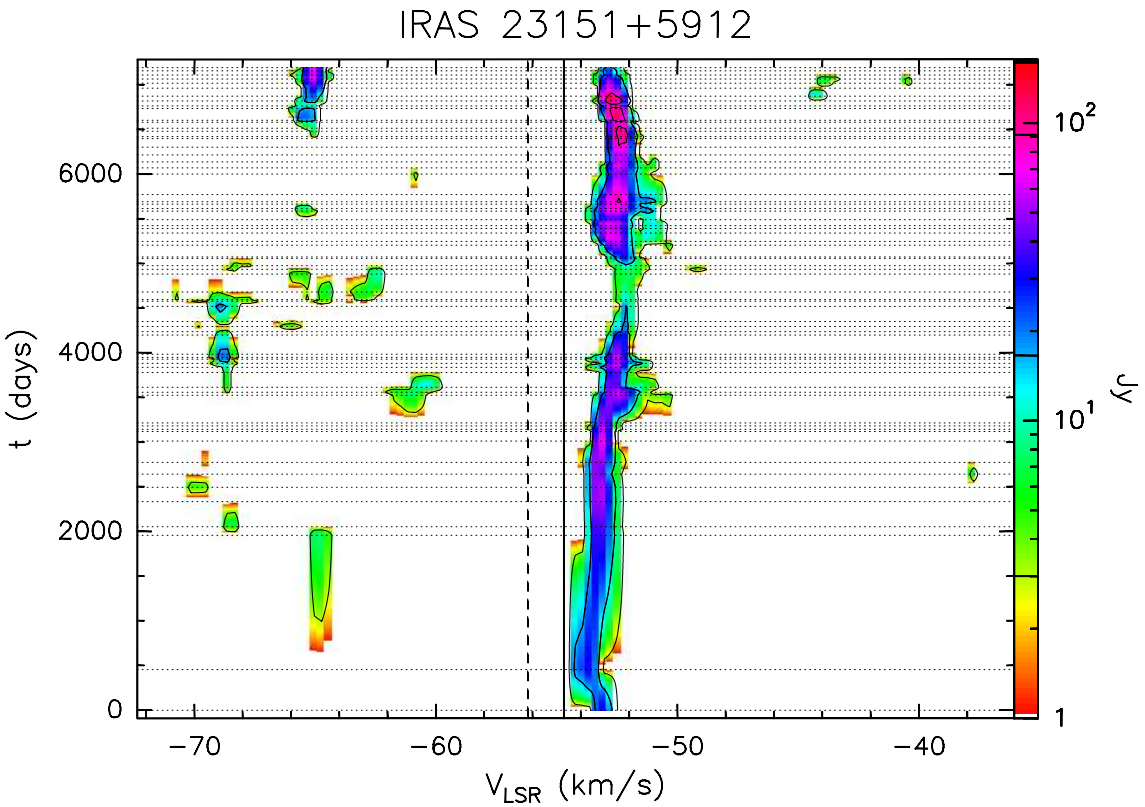

Fig. A.43. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

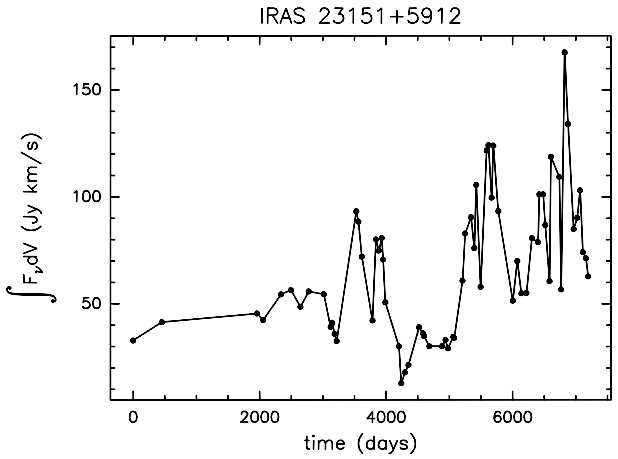

Fig. A.43. d Integral of the flux density over the observed velocity range as a function of time for source IRAS 23151+5912.

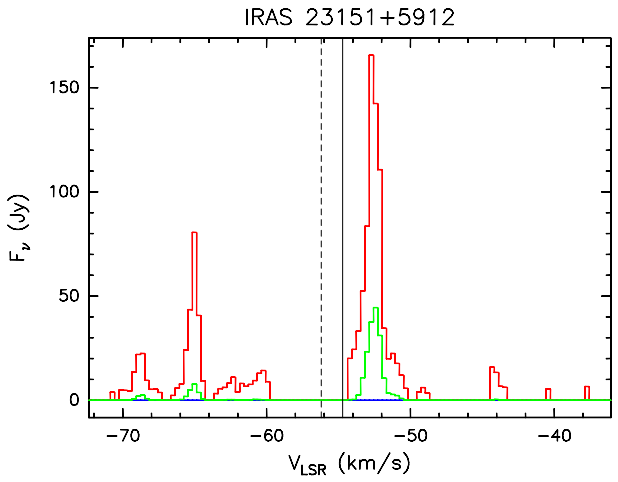

Fig. A.43. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source IRAS 23151+5912 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

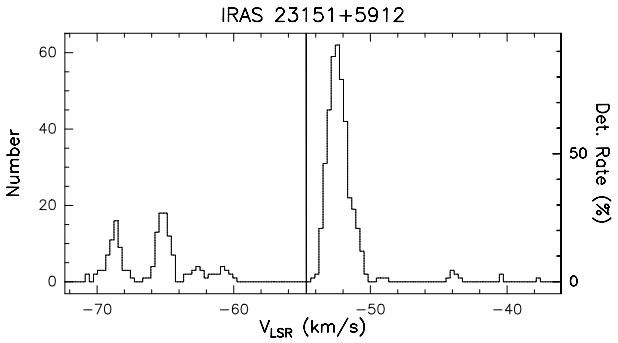

Fig. A.43. f Rate-of-occurrence plot for source IRAS 23151+5912. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.