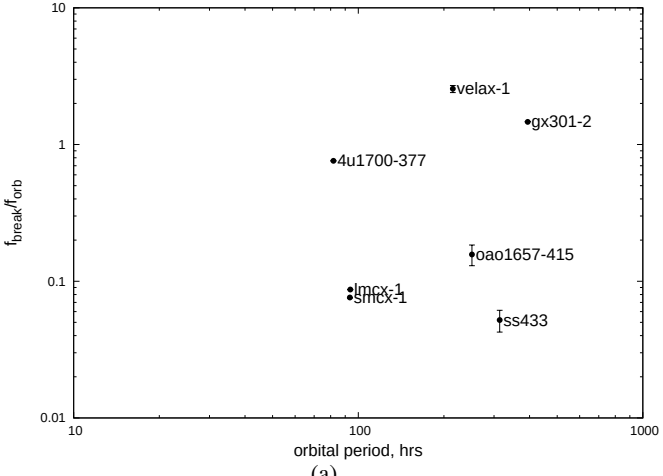
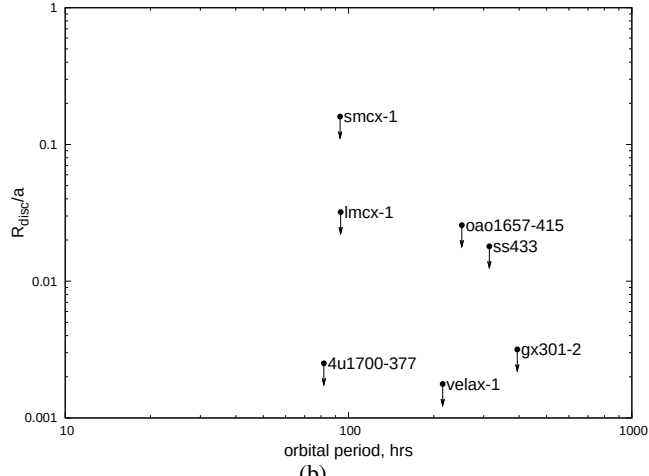

10
1
0.1
0.01
10
100
1000
f_{break}/f_{orb}
orbital period, hrs
velax-1
gx301-2
4u1700-377
oao1657-415
lmcx-1
smcx-1
ss433

(a)


1
0.1
0.01
0.001
10
100
1000
R_{disc}/a
orbital period, hrs
smcx-1
lmcx-1
oao1657-415
ss433
4u1700-377
gx301-2
velax-1

(b)