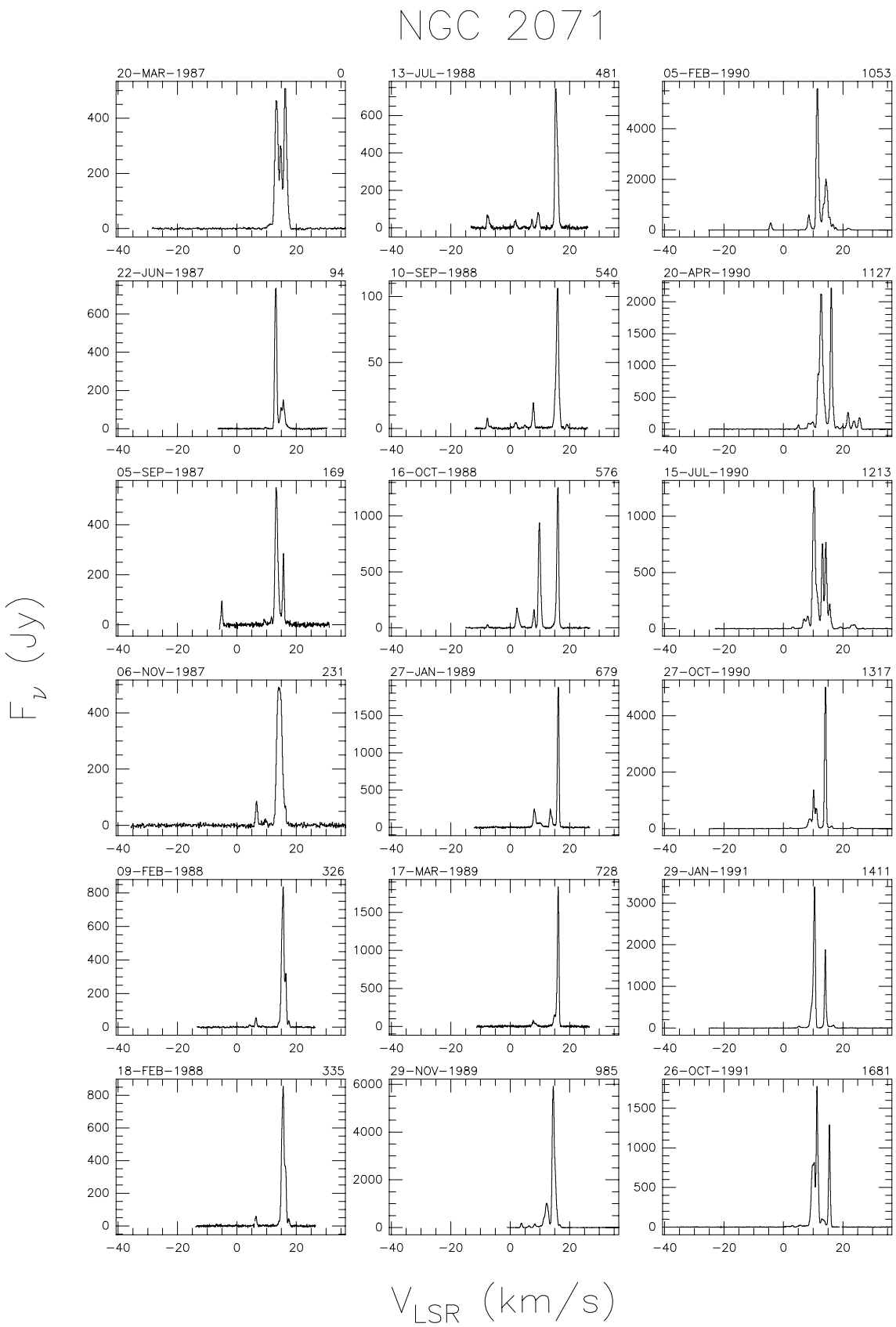

Fig. A.11. a Spectra of source NGC 2071 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

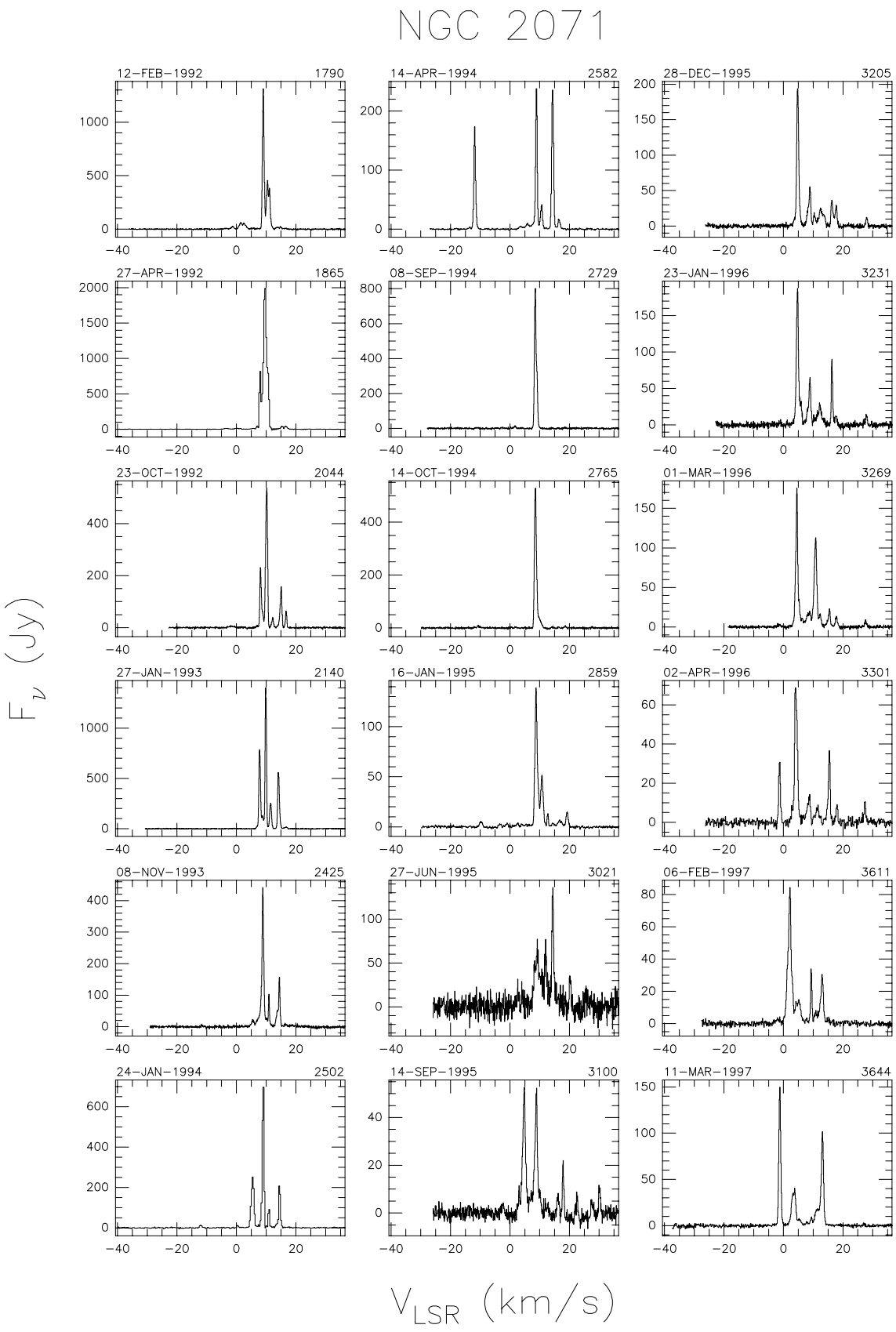

Fig. A.11. a continued.

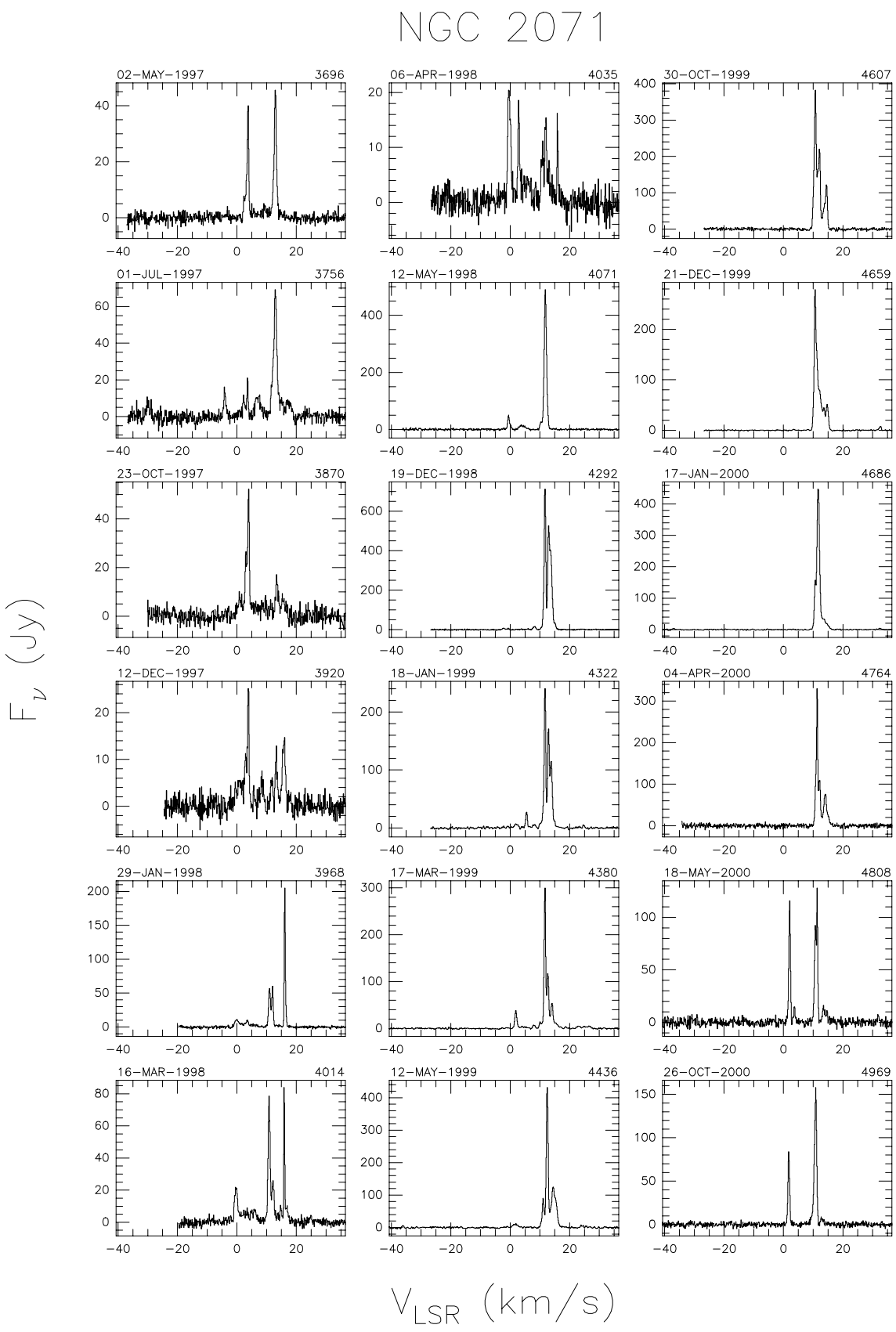

Fig. A.11. a continued.

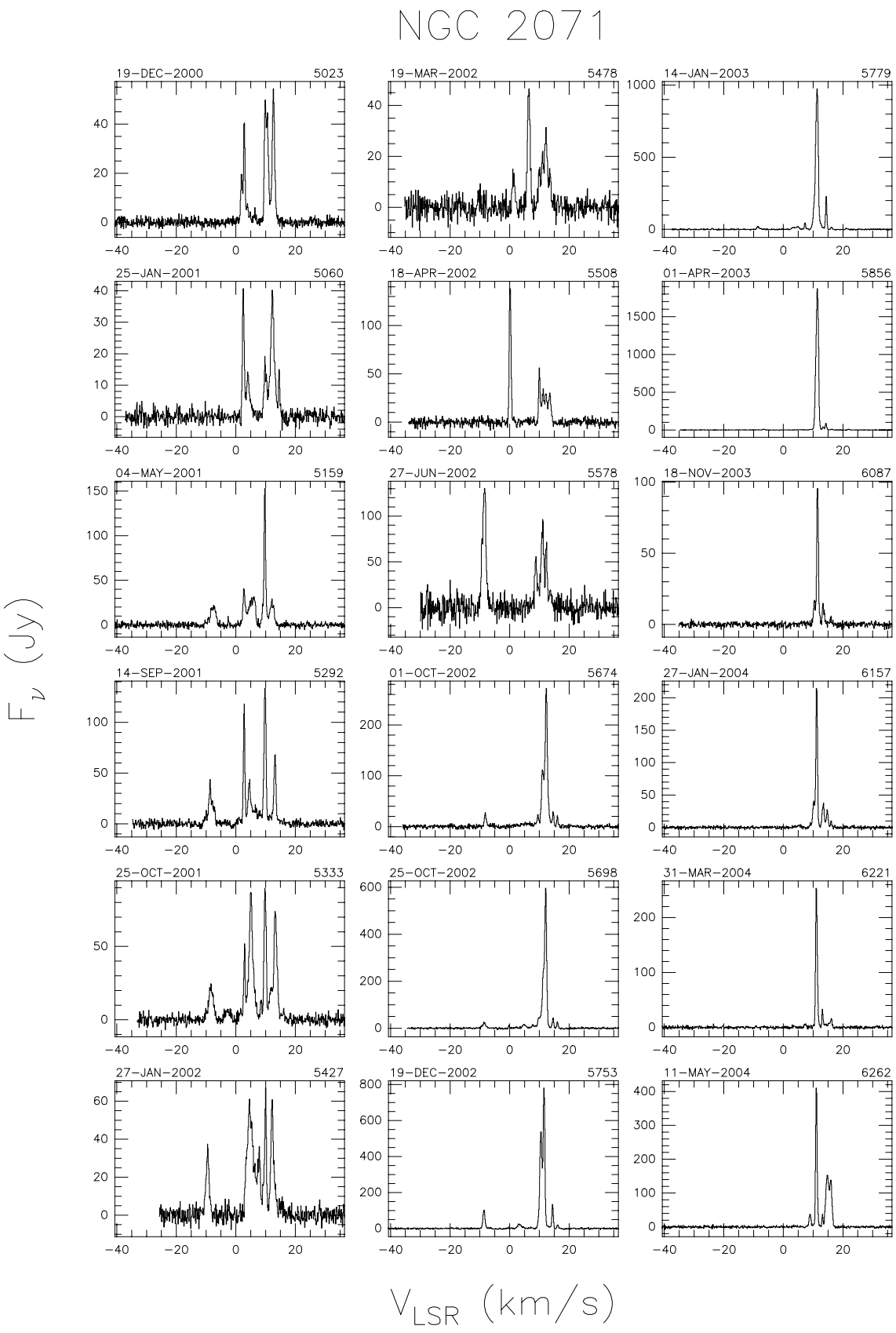

Fig. A.11. a continued.

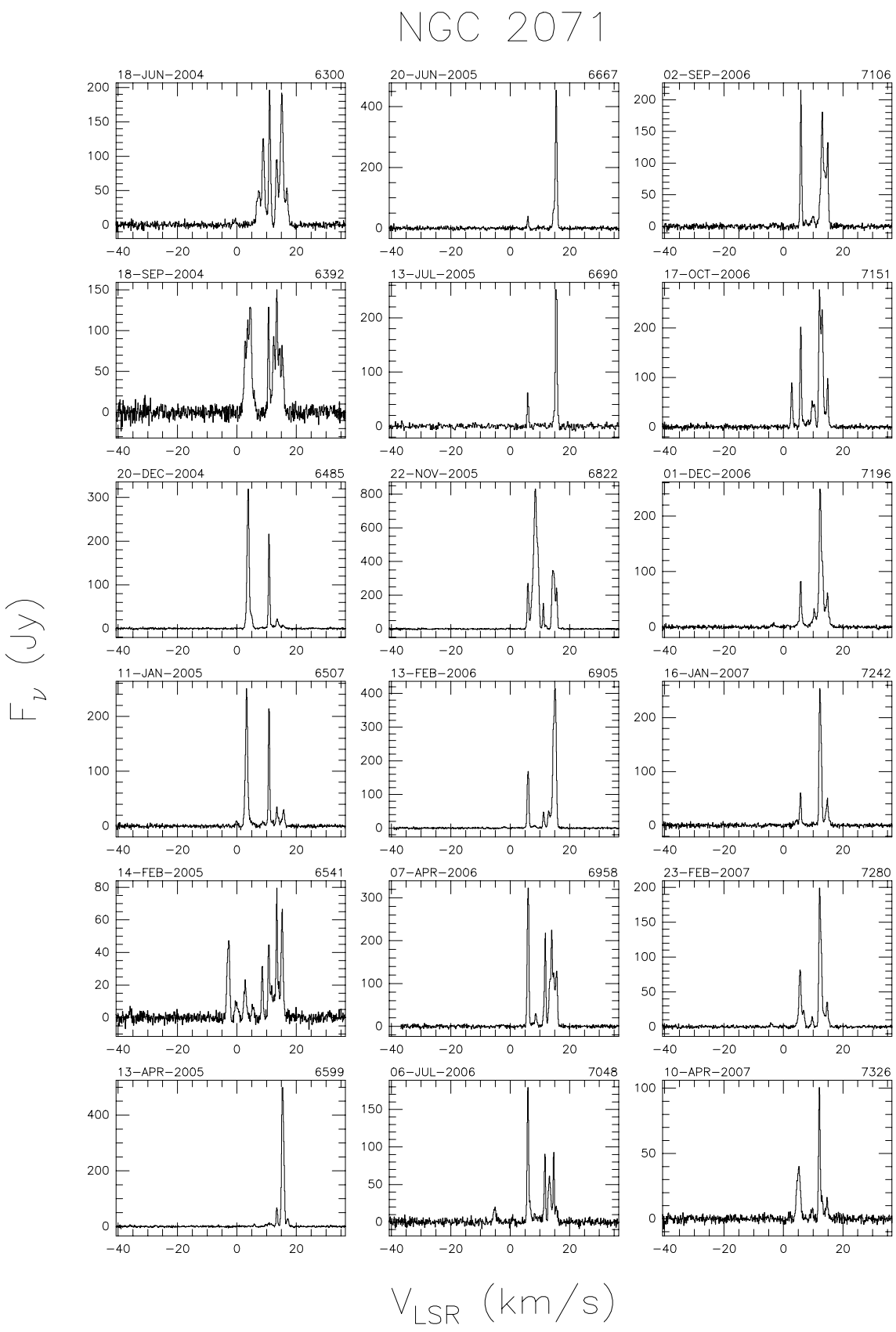

Fig. A.11. a continued.

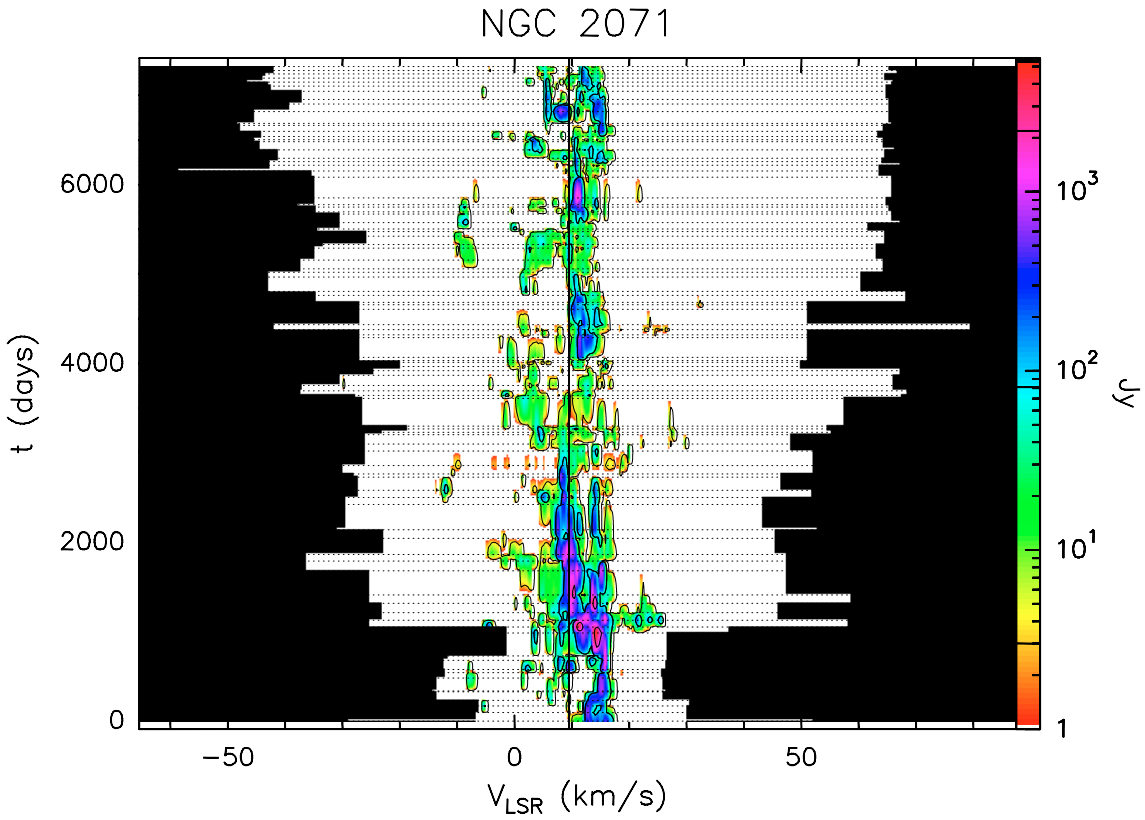

Fig. A.11. b Velocity–time–flux density *full* plot for source NGC 2071. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

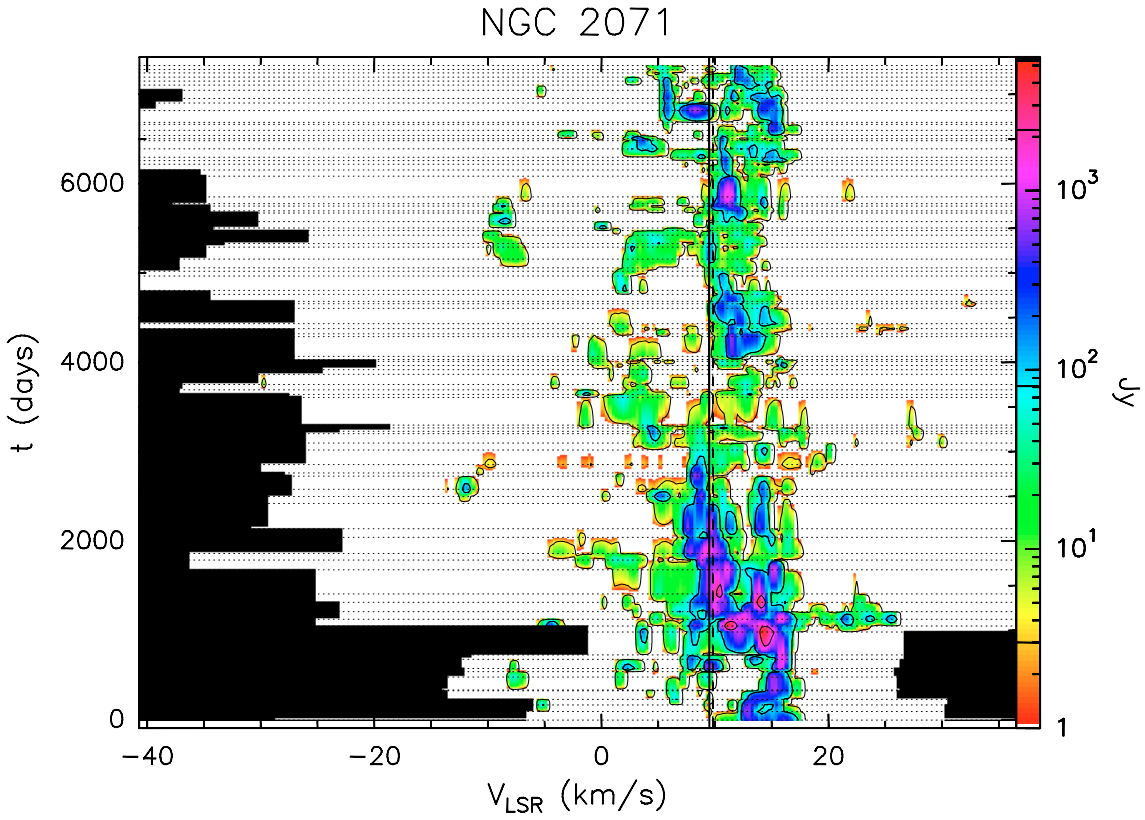

Fig. A.11. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

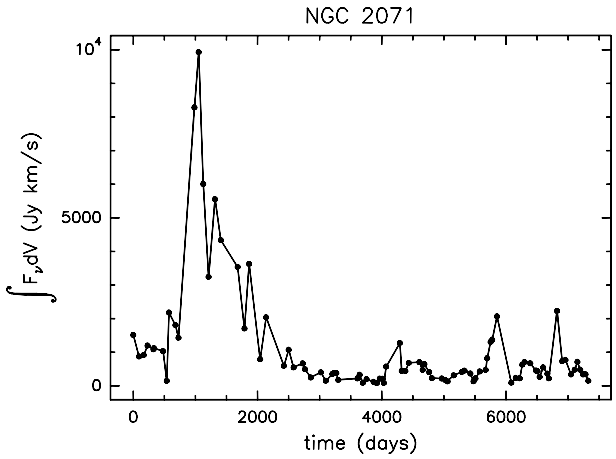

Fig. A.11. d Integral of the flux density over the observed velocity range as a function of time for source NGC 2071.

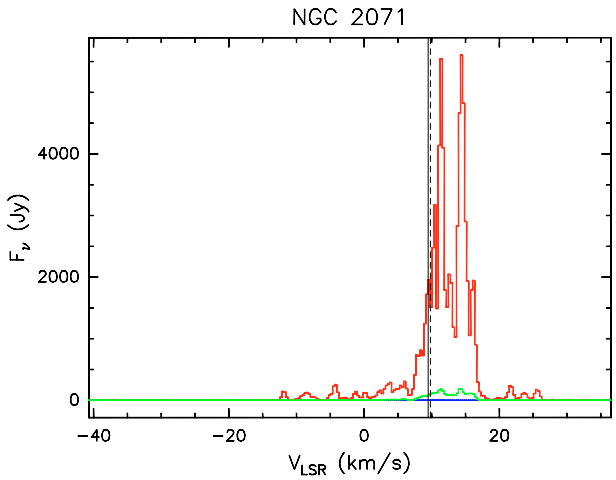

Fig. A.11. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source NGC 2071 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

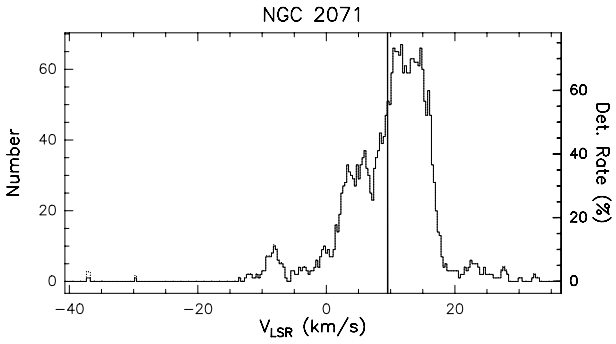

Fig. A.11. f Rate-of-occurrence plot for source NGC 2071. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

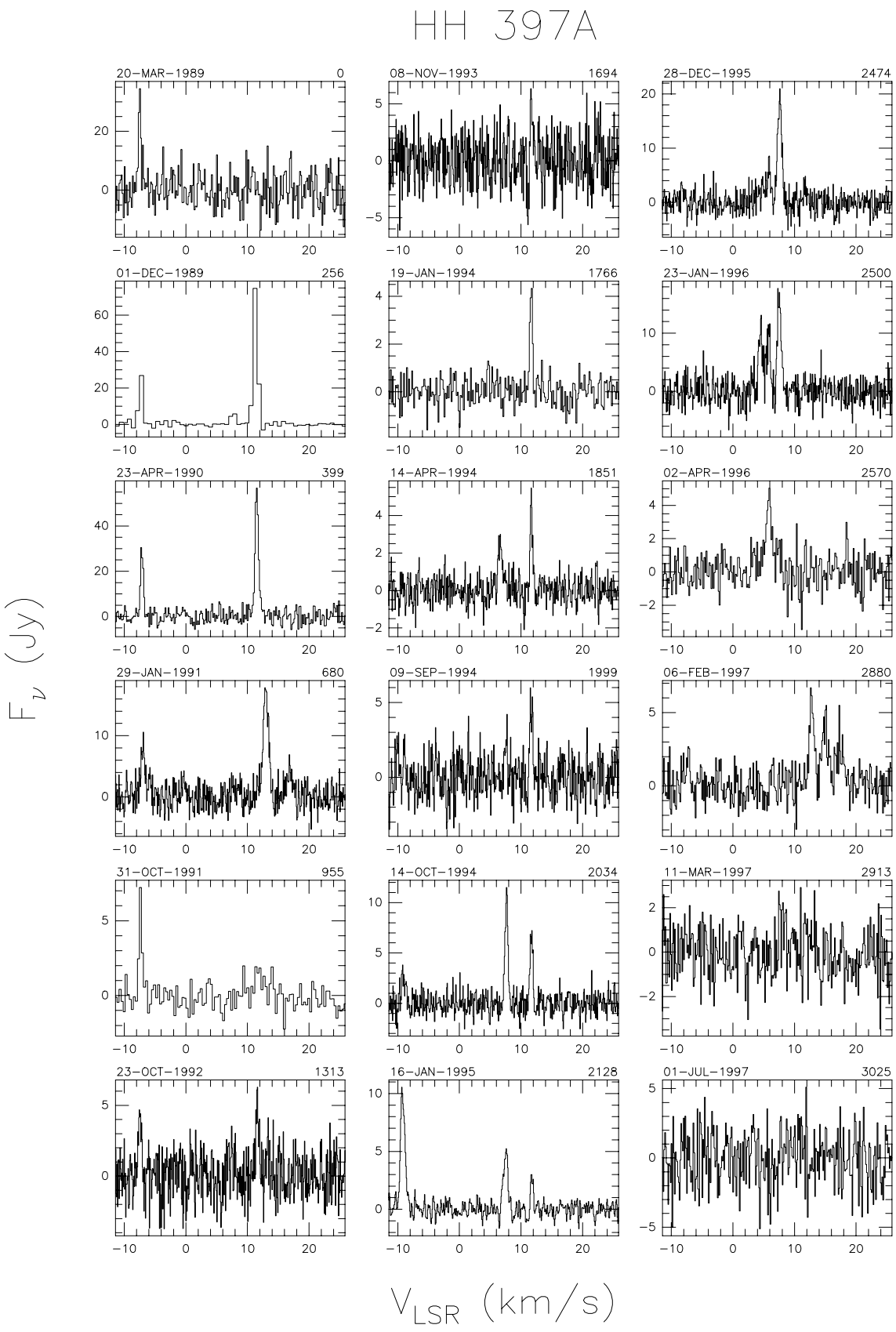

Fig. A.12. a Spectra of source HH 397A with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

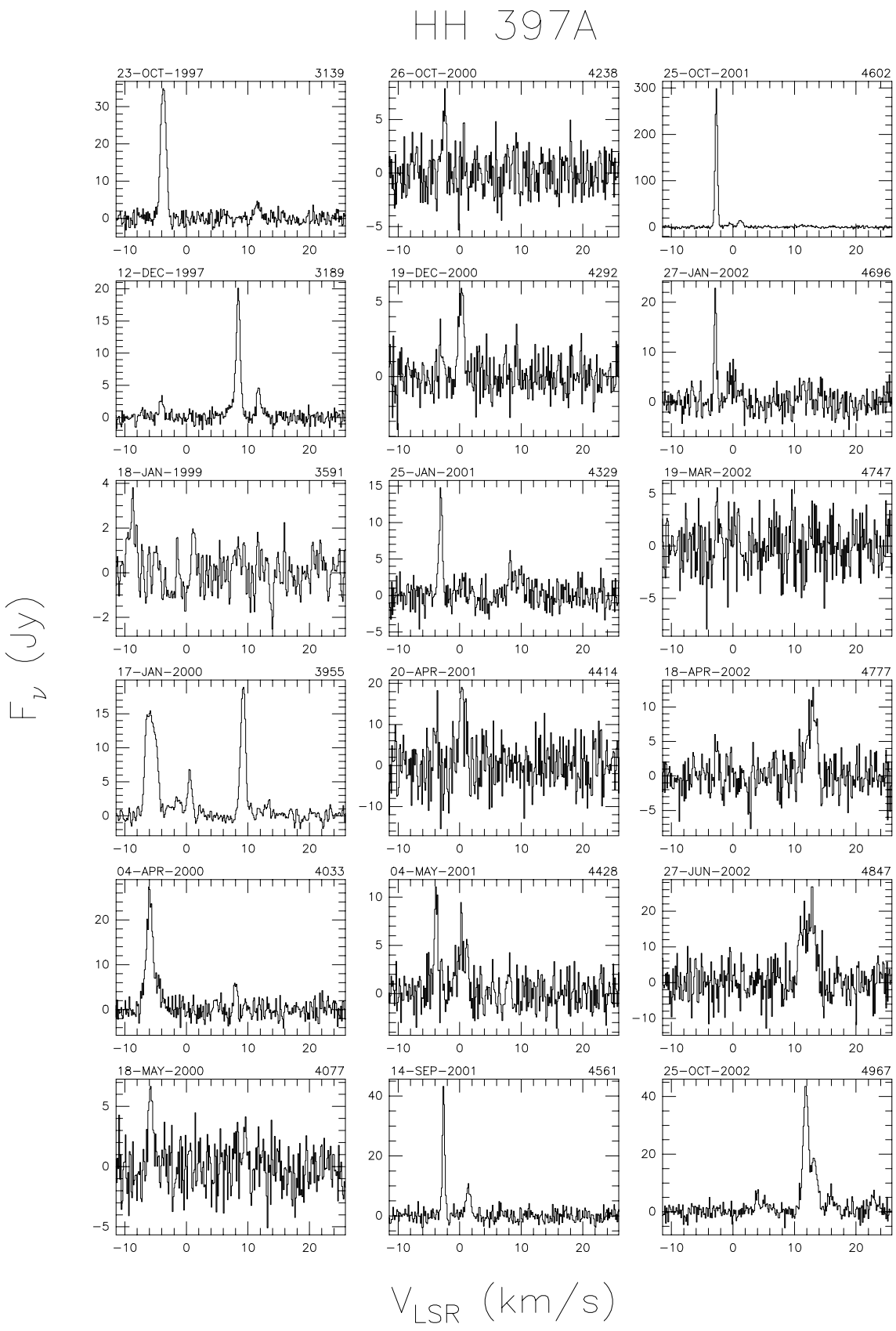

Fig. A.12. a continued.

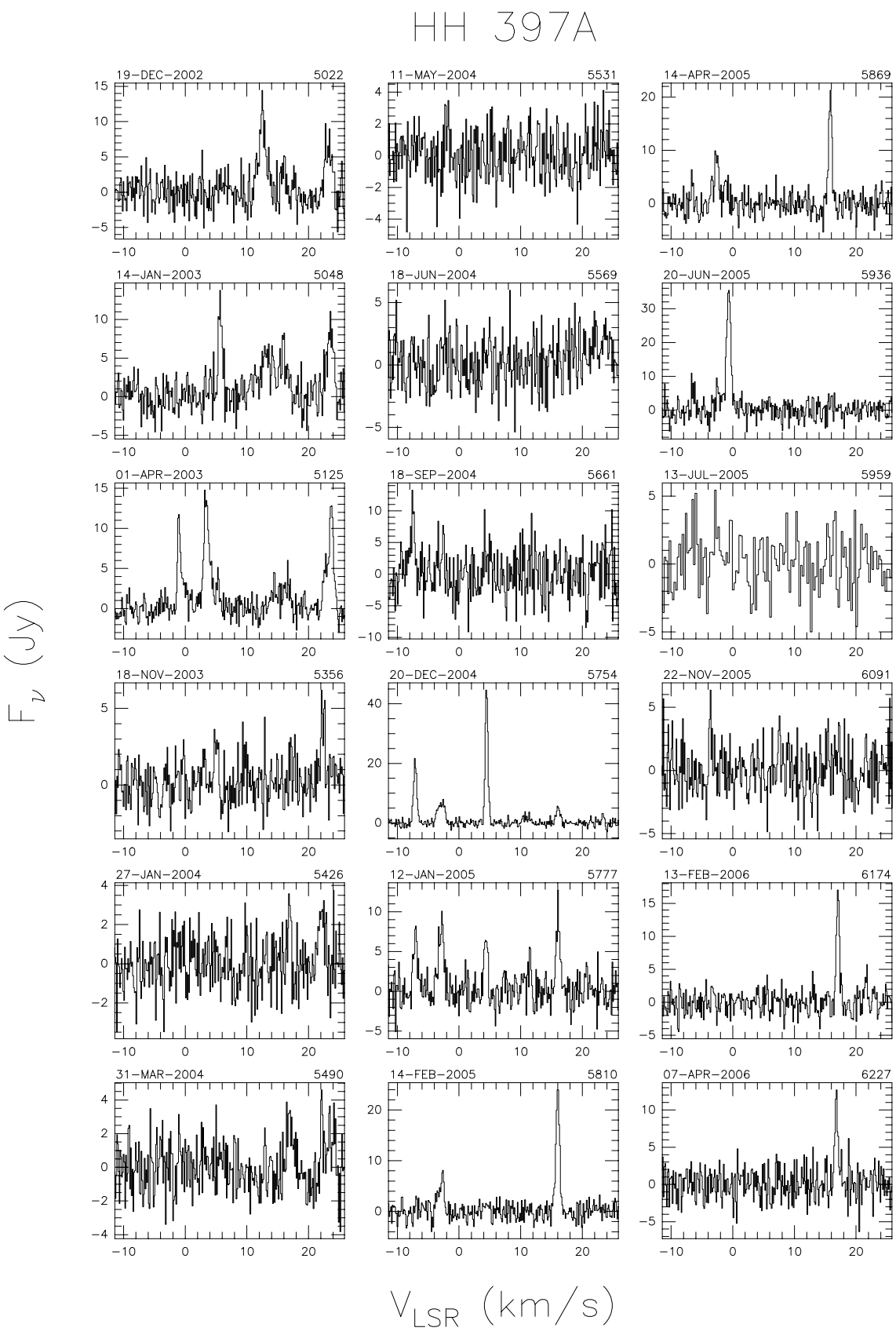

Fig. A.12. a continued.

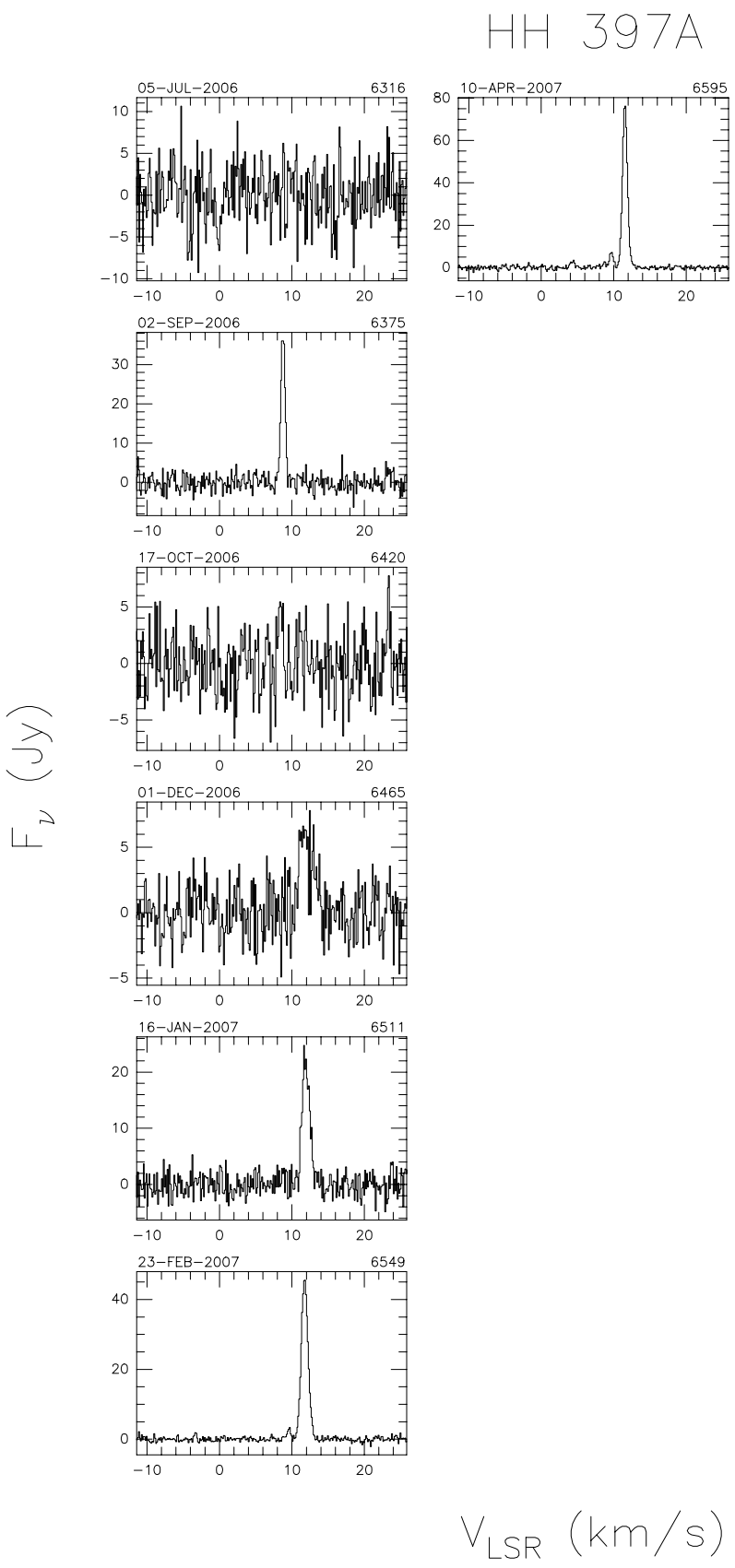

Fig. A.12. a continued.

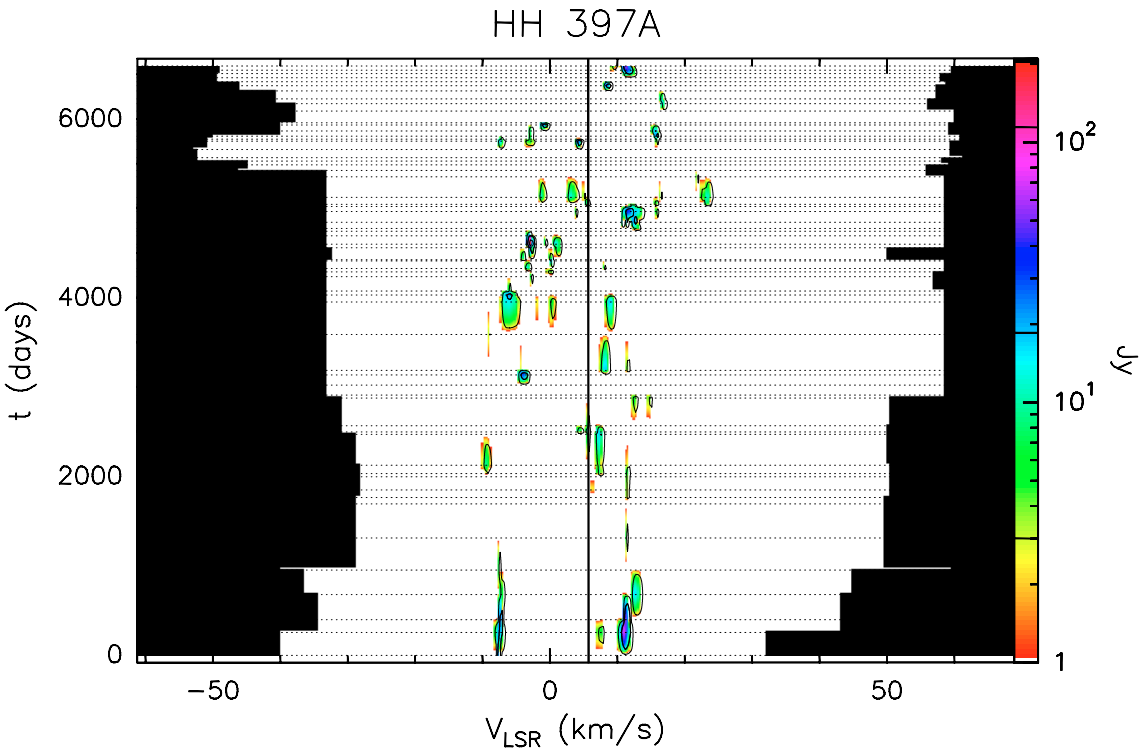

Fig. A.12. b Velocity–time–flux density *full* plot for source HH 397A. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

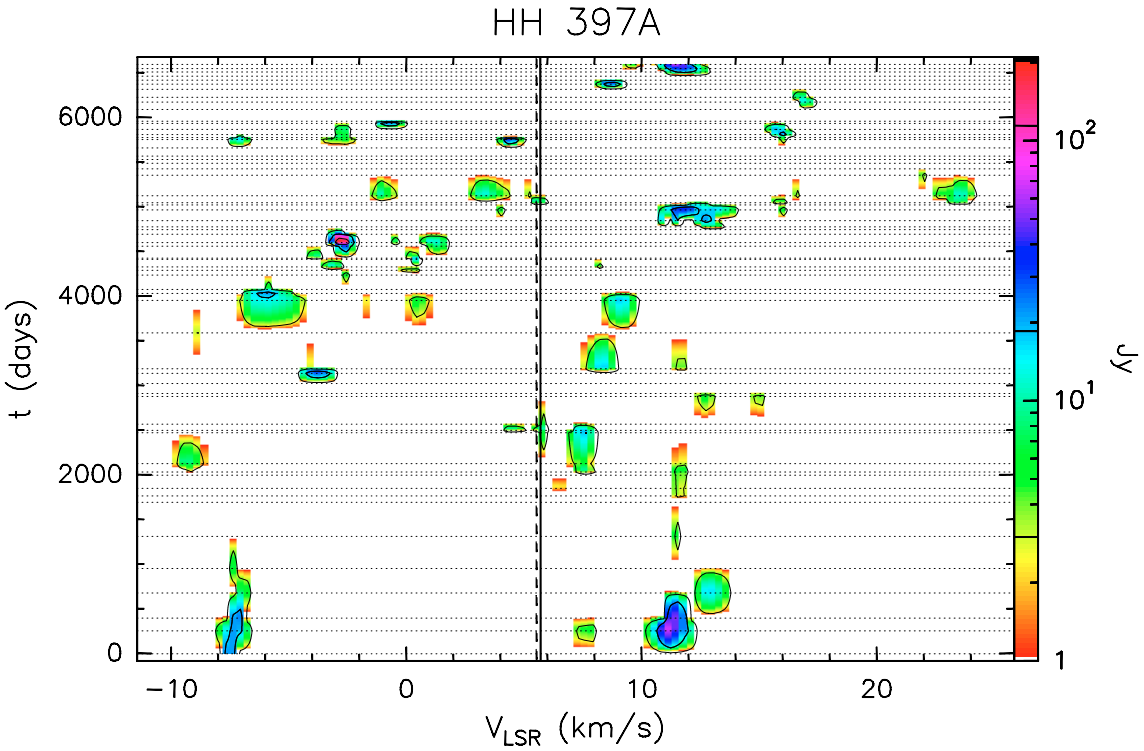

Fig. A.12. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

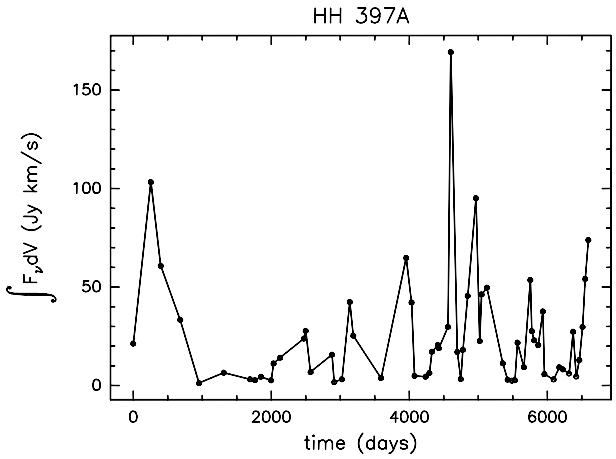

Fig. A.12. d Integral of the flux density over the observed velocity range as a function of time for source HH 397A.

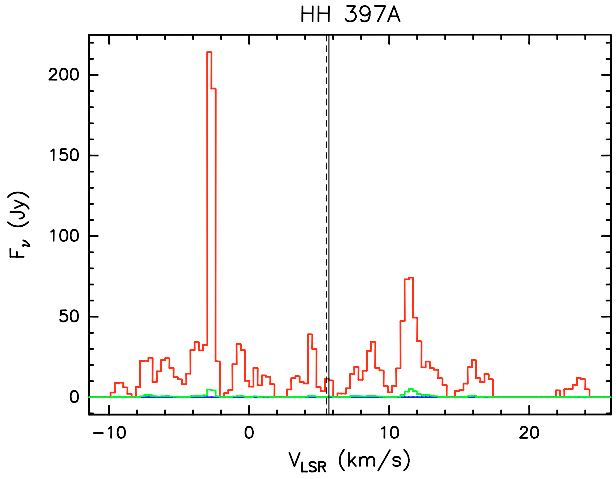

Fig. A.12. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source HH 397A measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

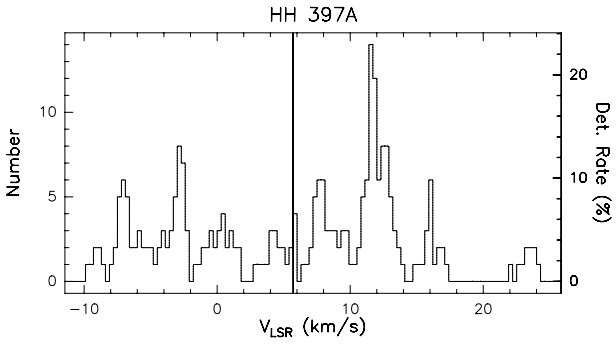

Fig. A.12. f Rate-of-occurrence plot for source HH 397A. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

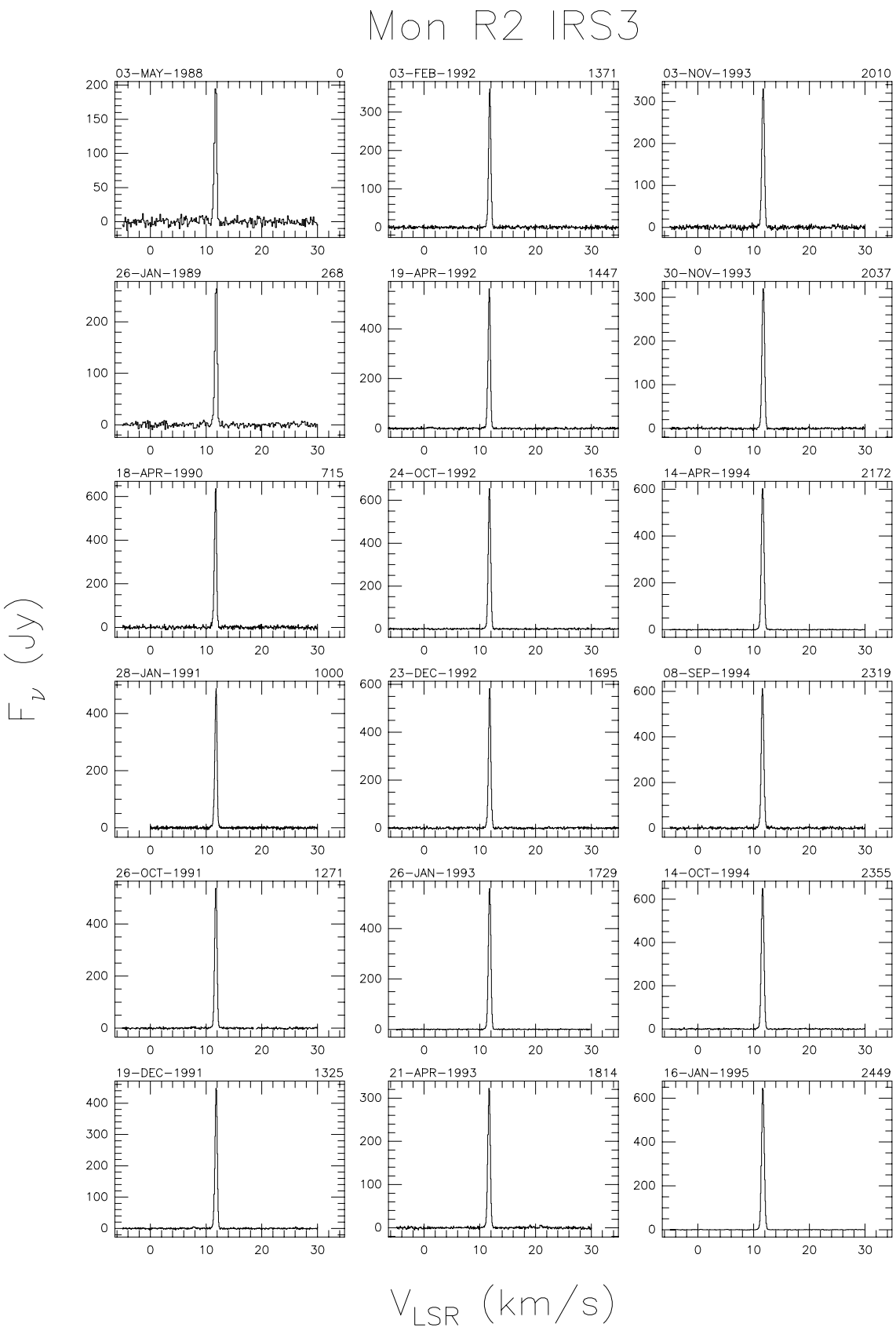

Fig. A.13. a Spectra of source Mon R2 IRS3 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

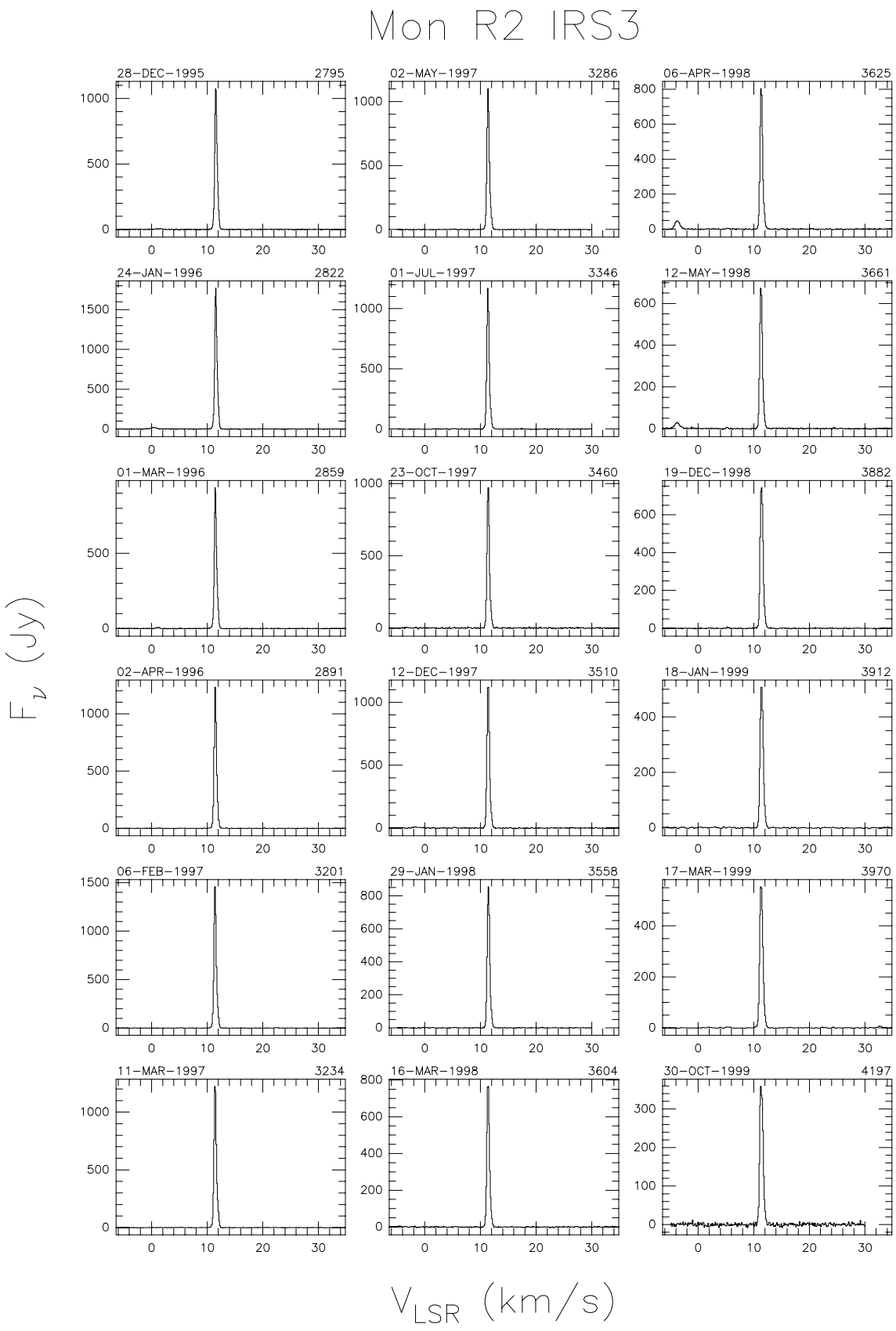

Fig. A.13. a continued.

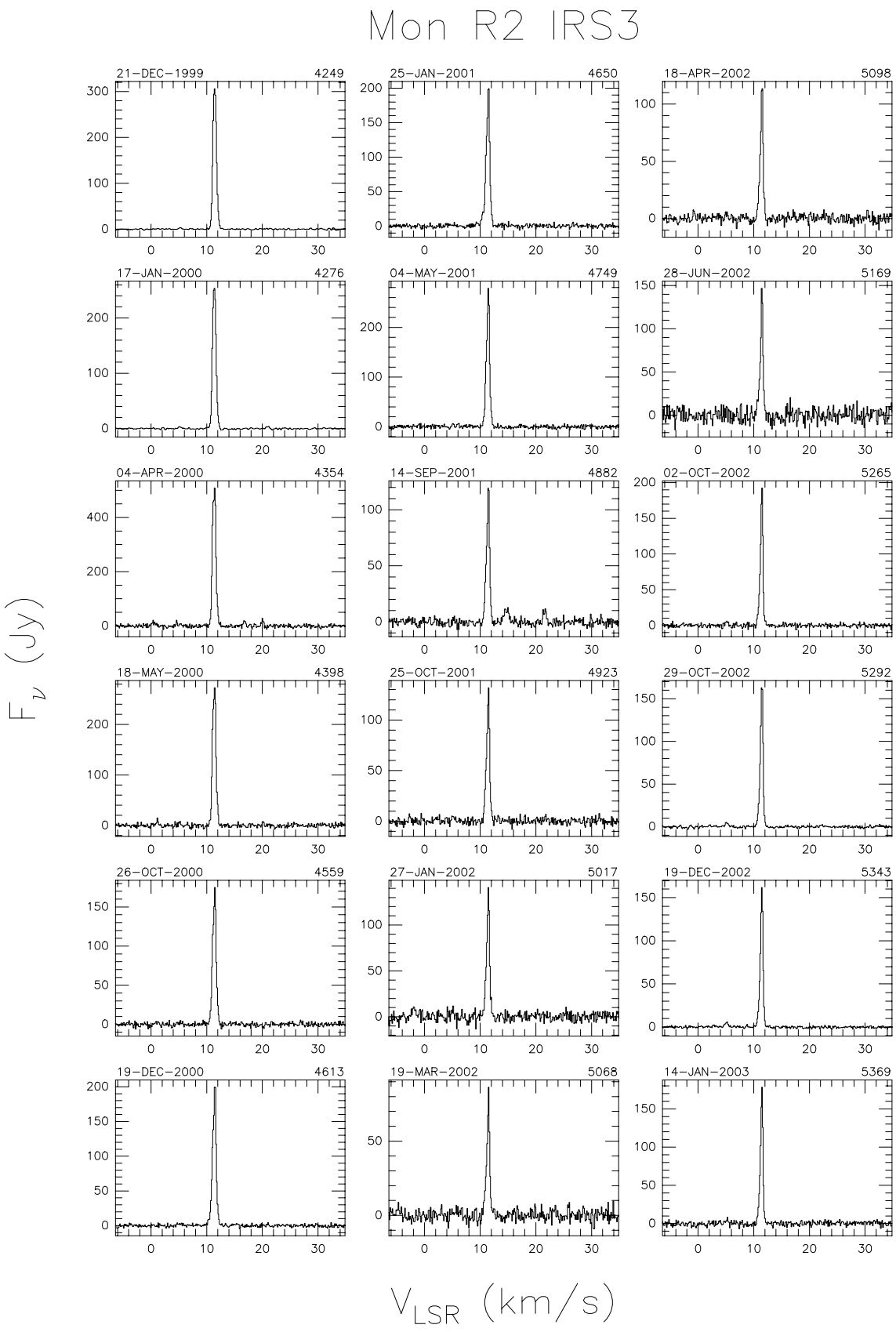

Fig. A.13. a continued.

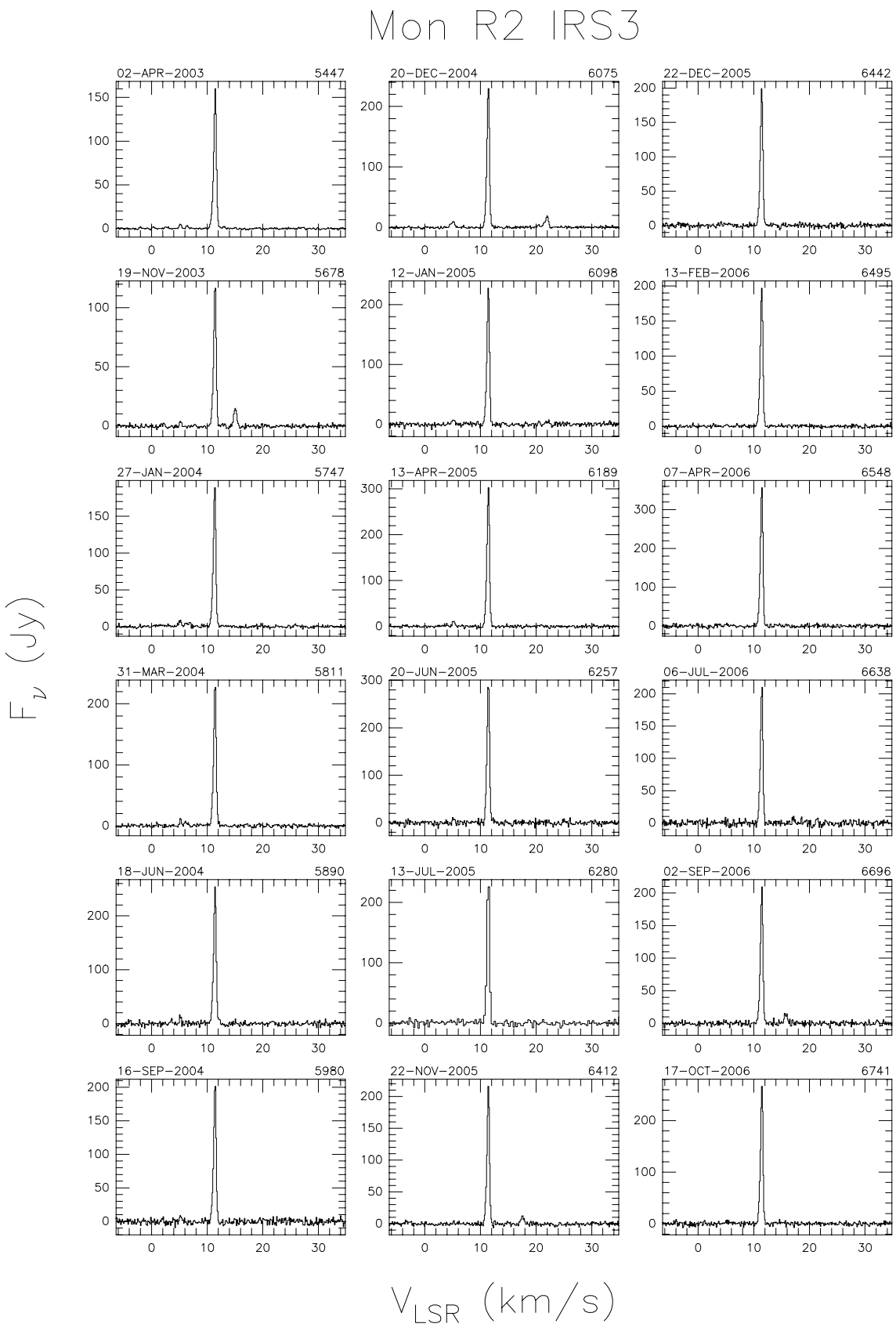

Fig. A.13. a continued.

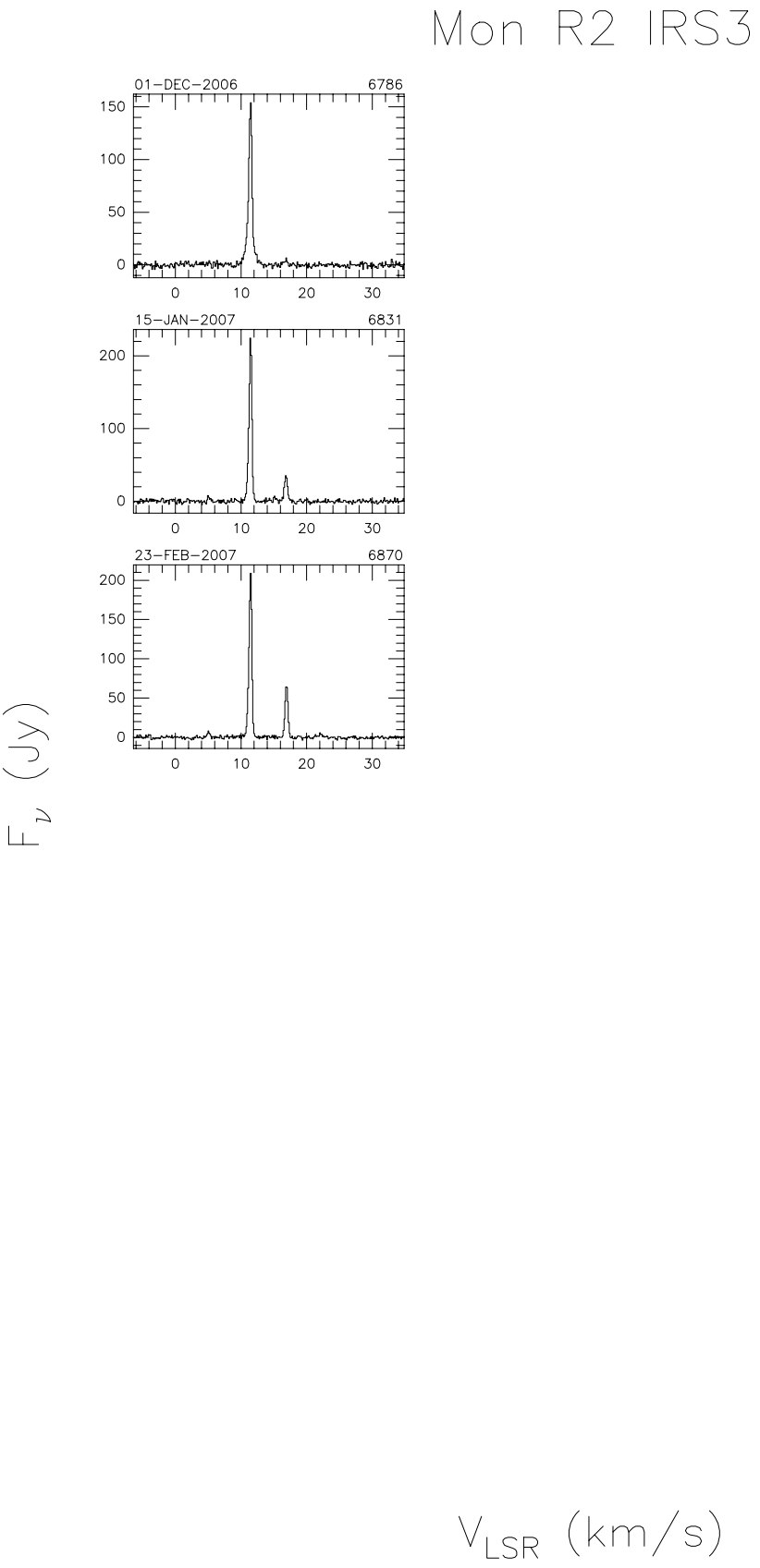

Fig. A.13. a continued.

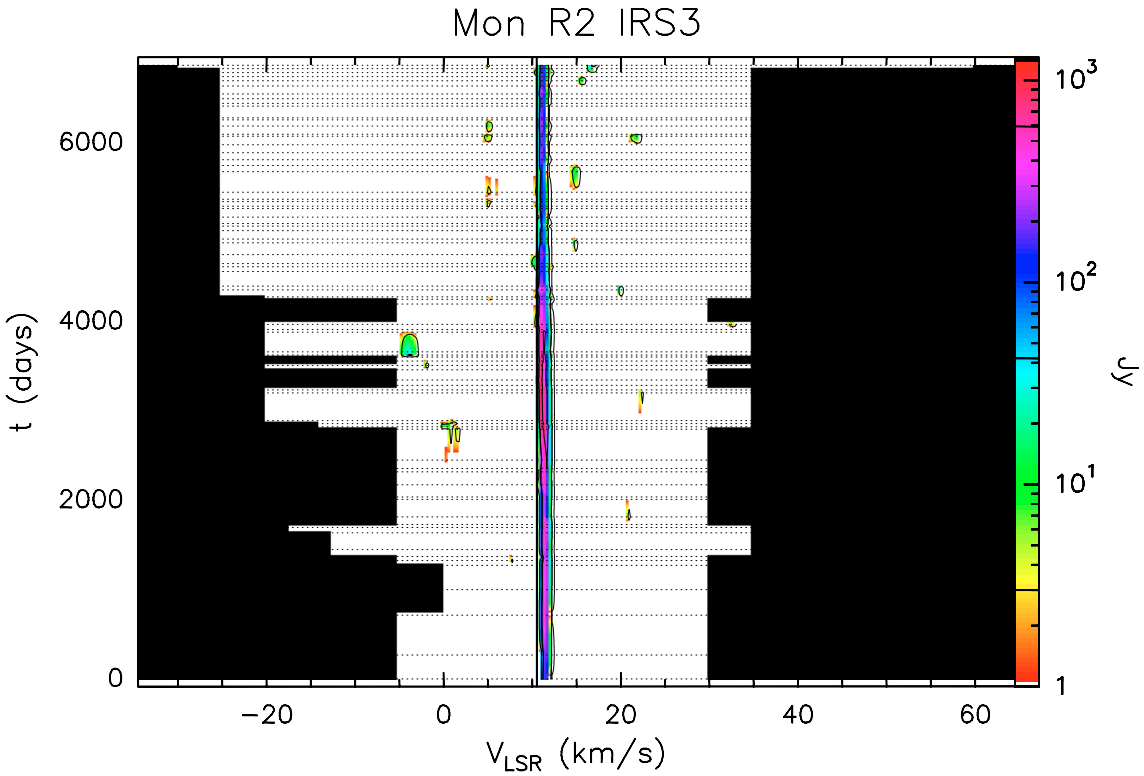

Fig. A.13. b Velocity–time–flux density *full* plot for source Mon R2 IRS3. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

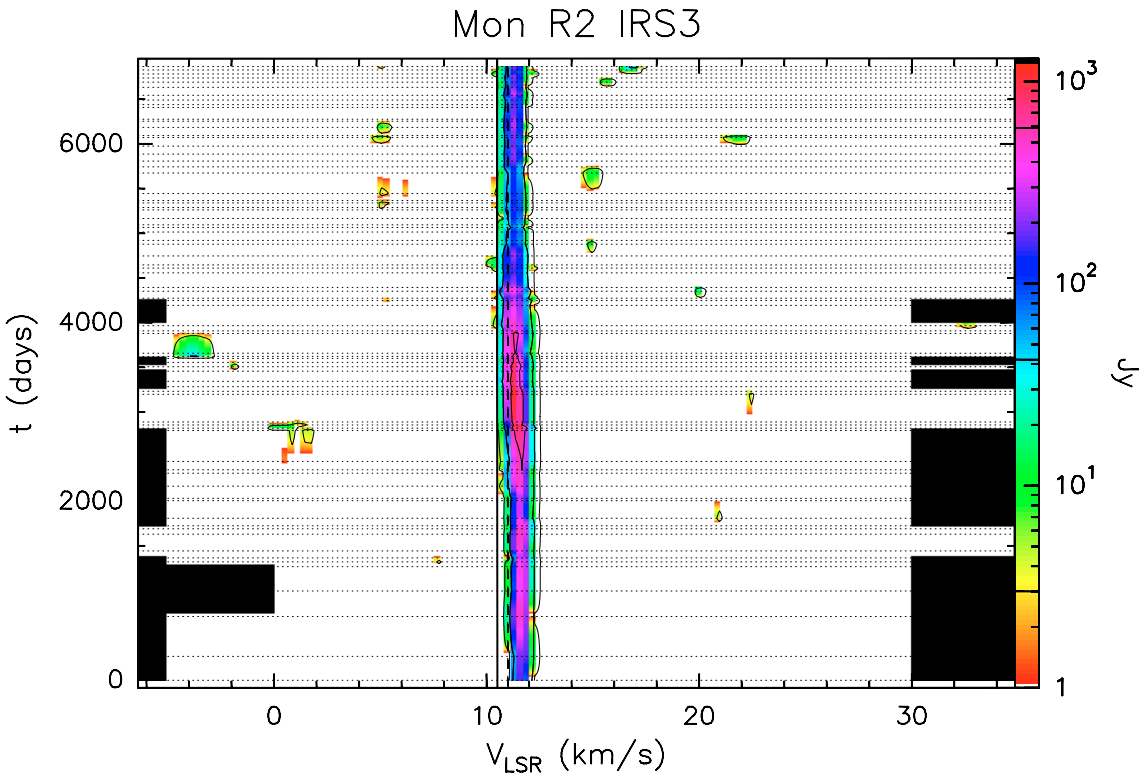

Fig. A.13. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

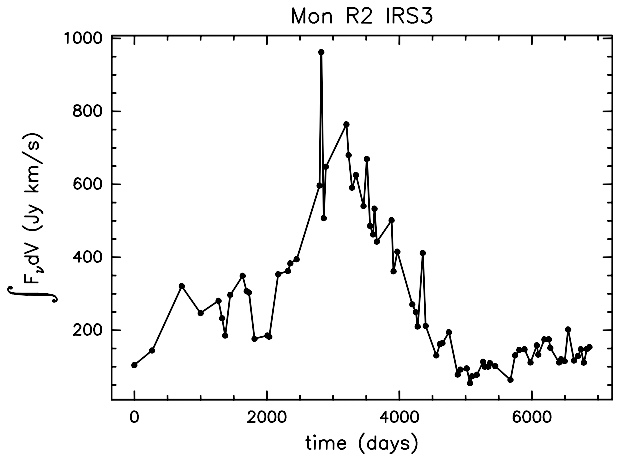

Fig. A.13. d Integral of the flux density over the observed velocity range as a function of time for source Mon R2 IRS3.

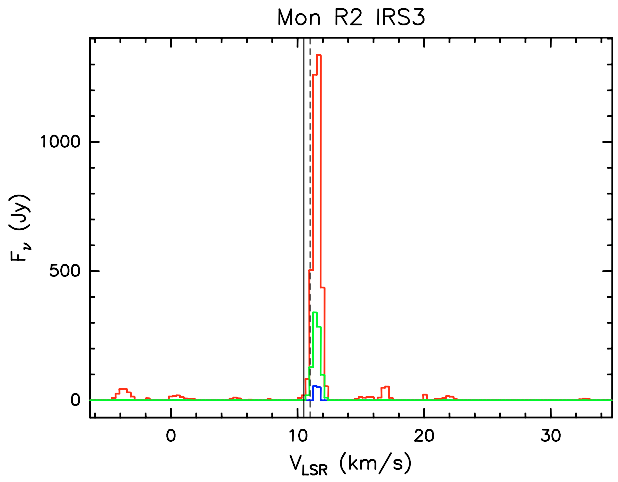

Fig. A.13. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source Mon R2 IRS3 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

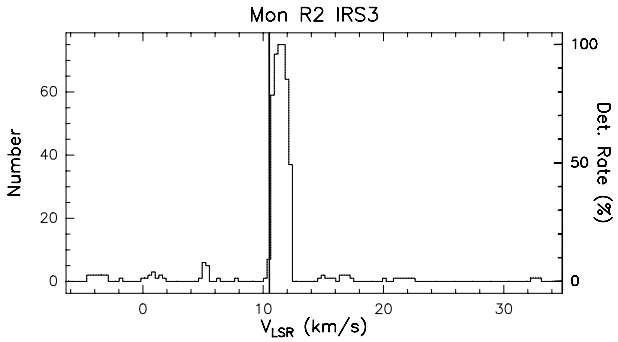

Fig. A.13. f Rate-of-occurrence plot for source Mon R2 IRS3. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

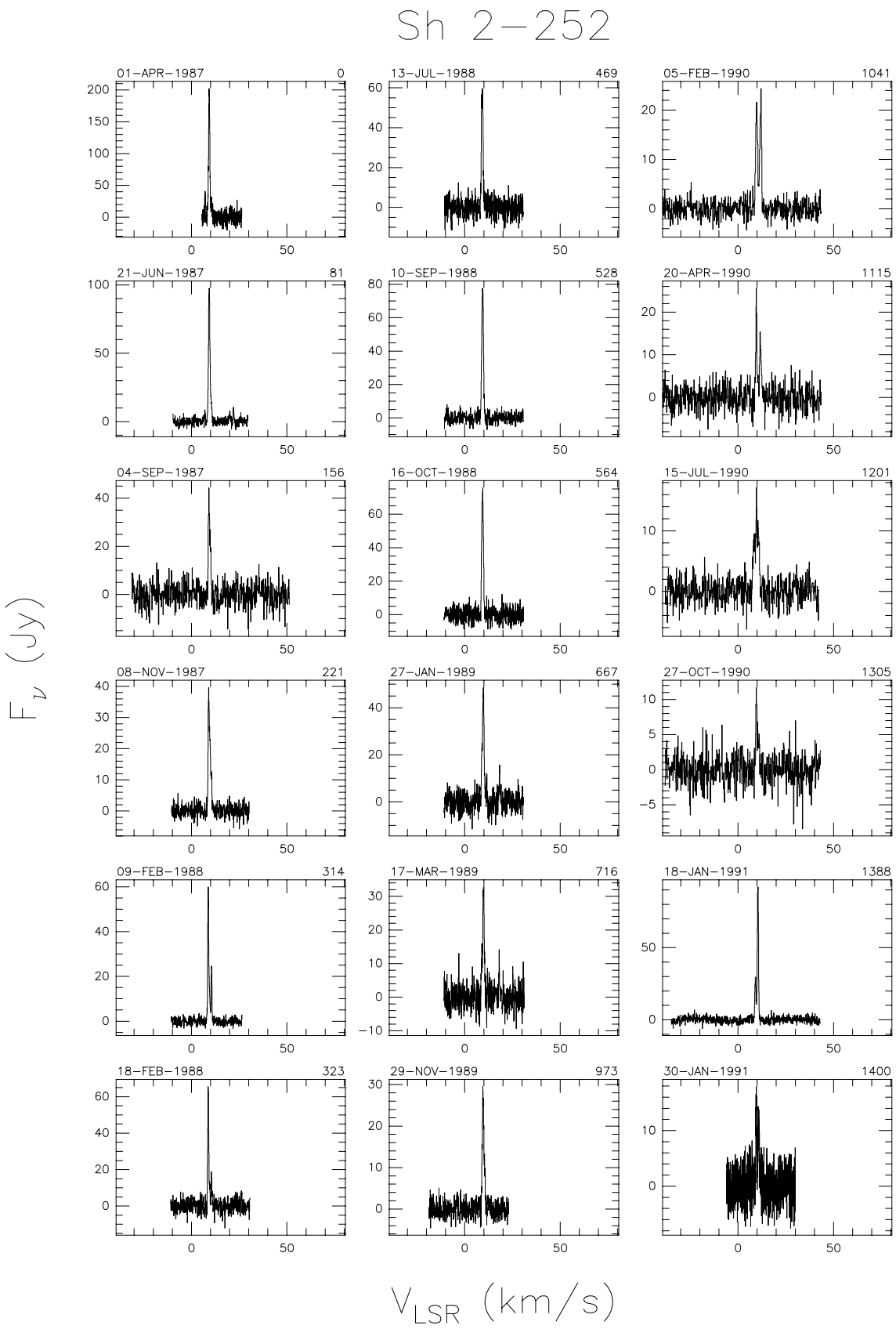

Fig. A.14. a Spectra of source Sh 2-252 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

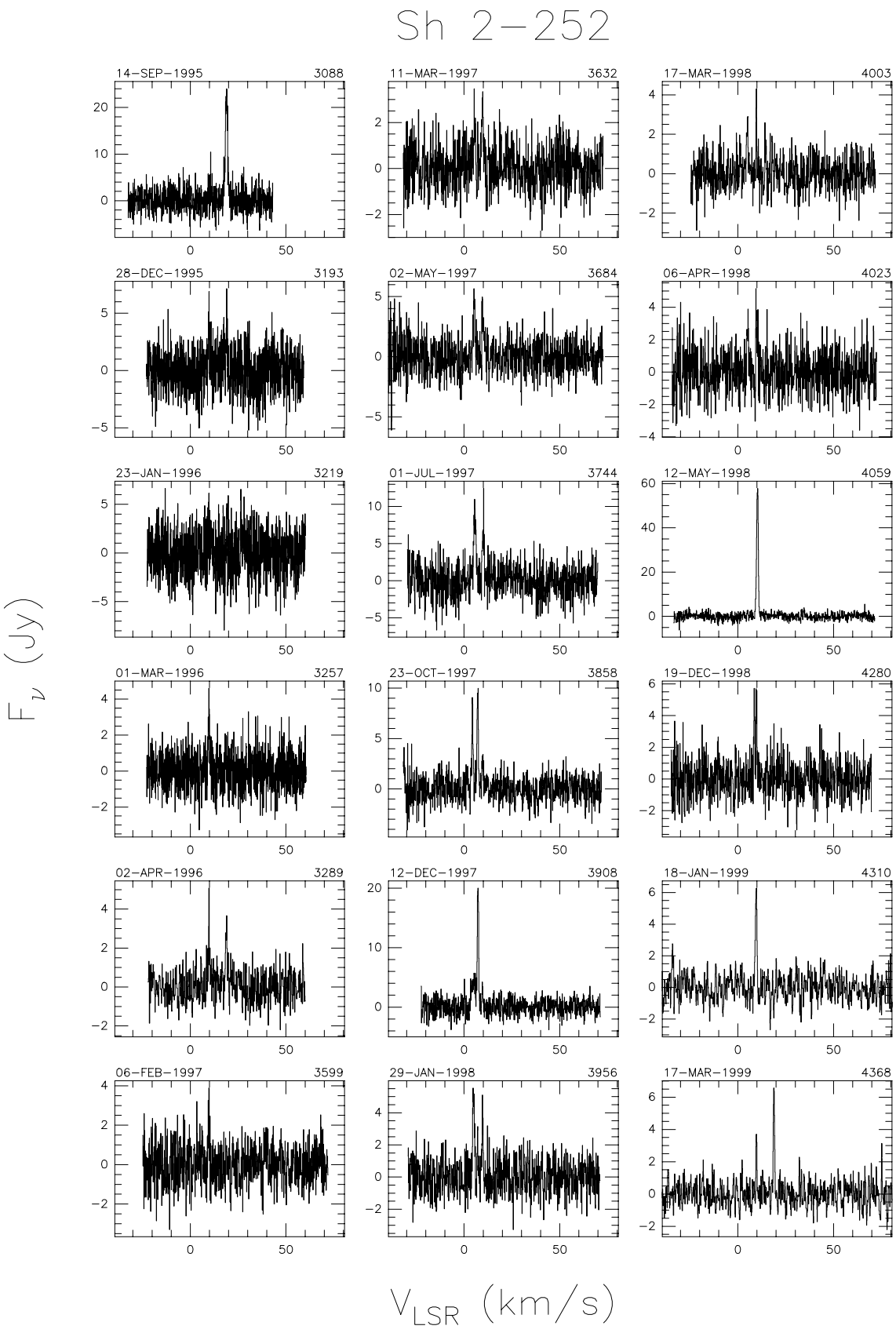

Fig. A.14. a continued.

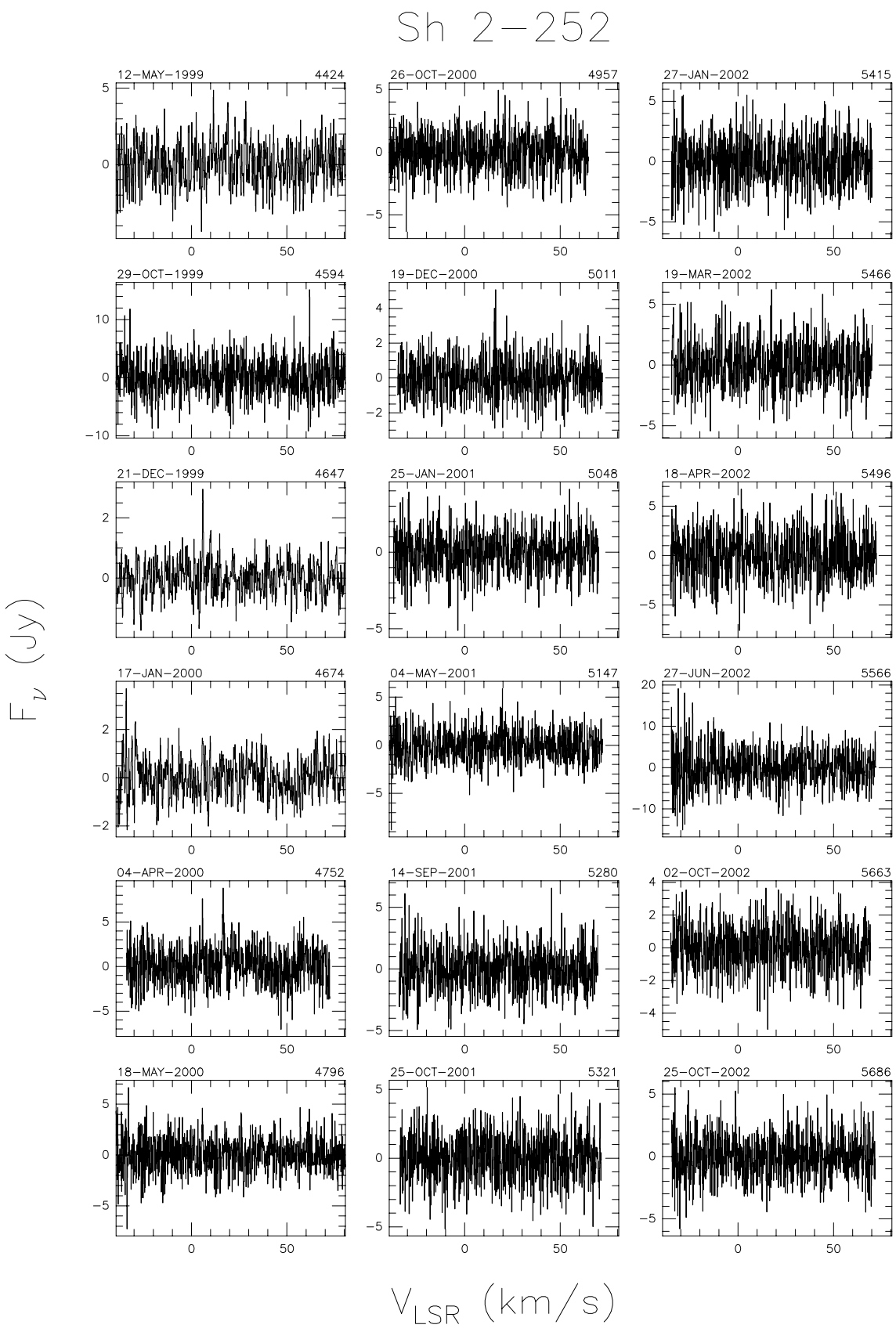

Fig. A.14. a continued.

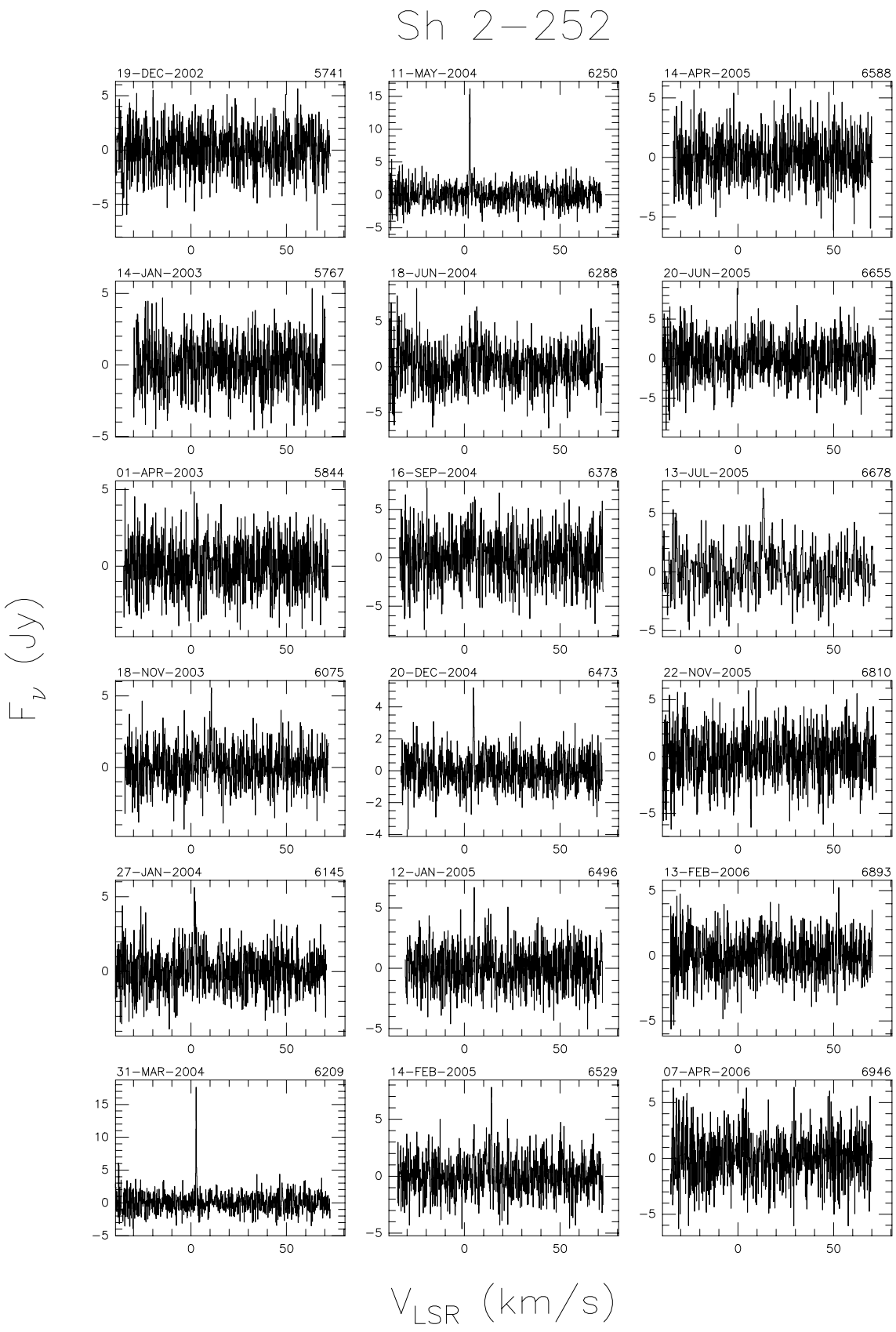

Fig. A.14. a continued.

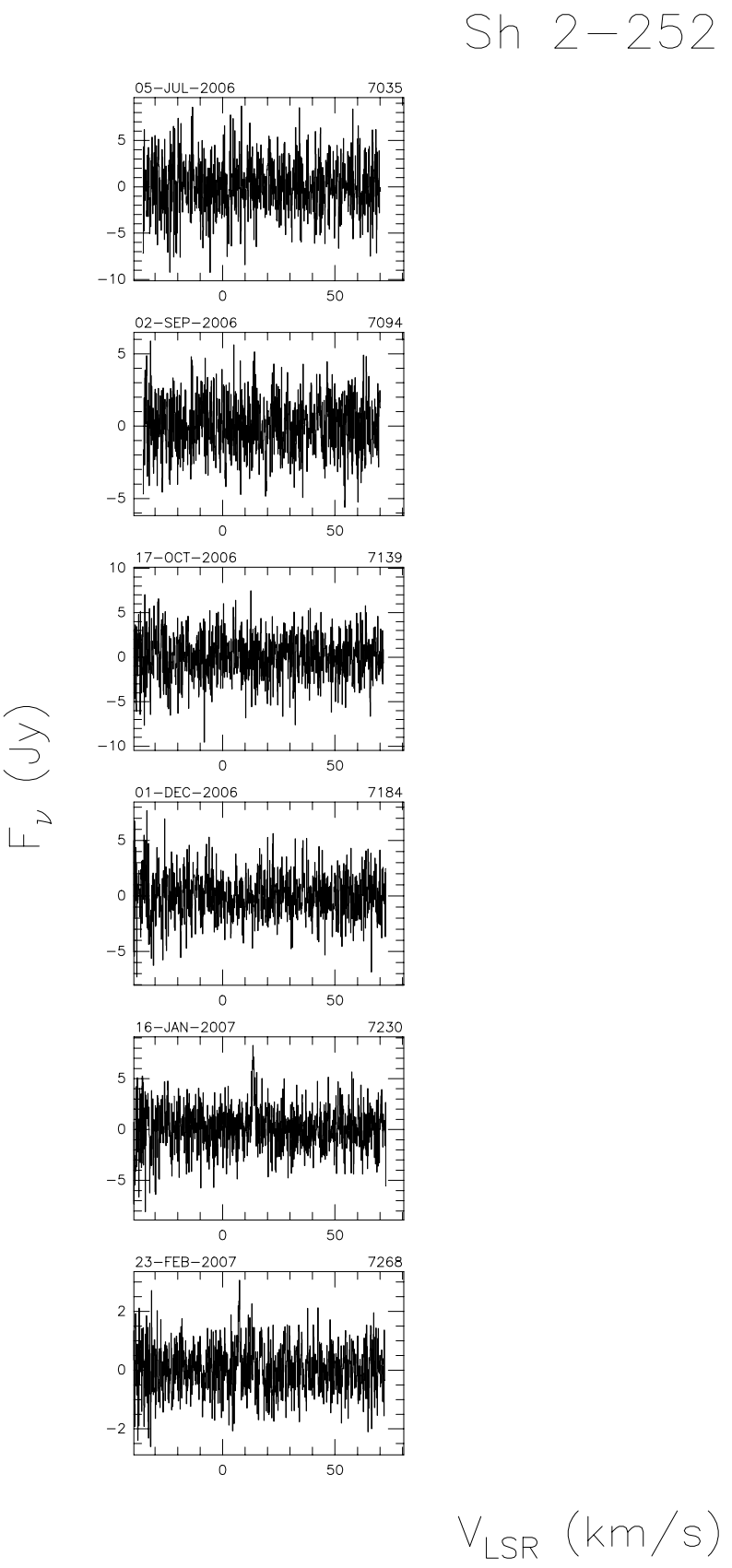

Fig. A.14. a continued.

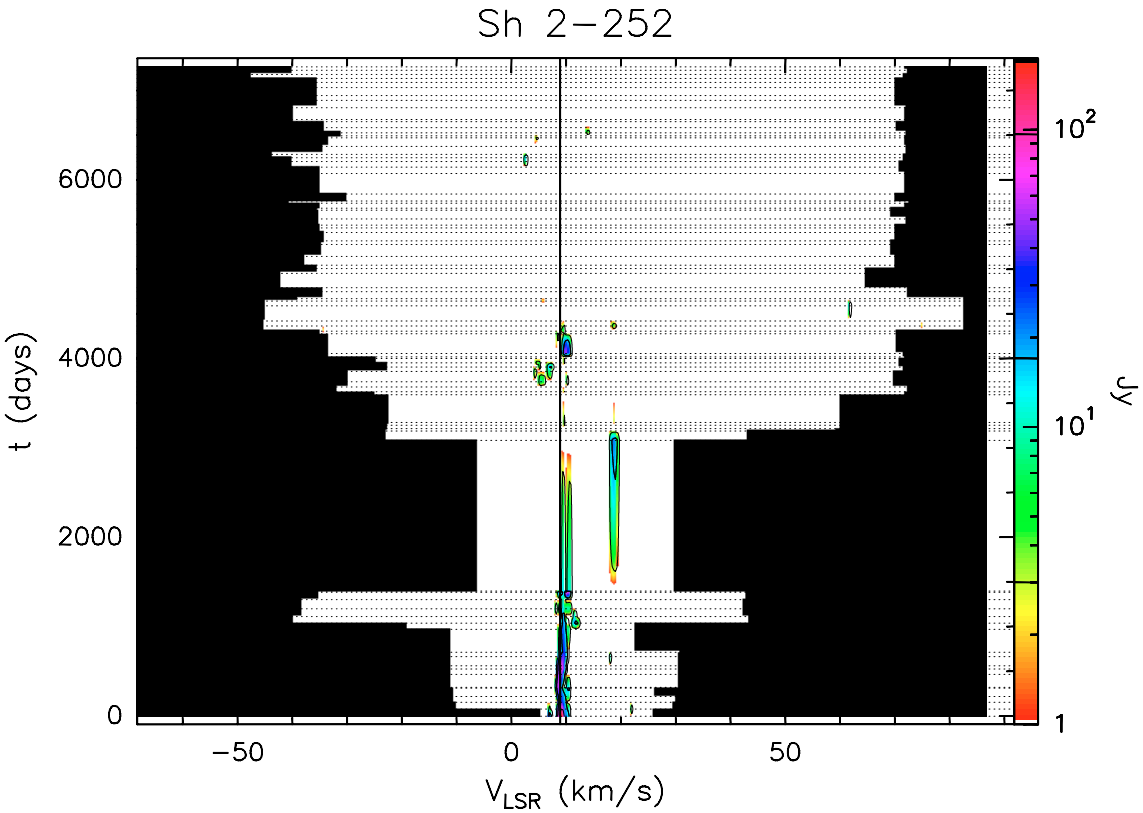

Fig. A.14. b Velocity–time–flux density *full* plot for source Sh 2-252. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

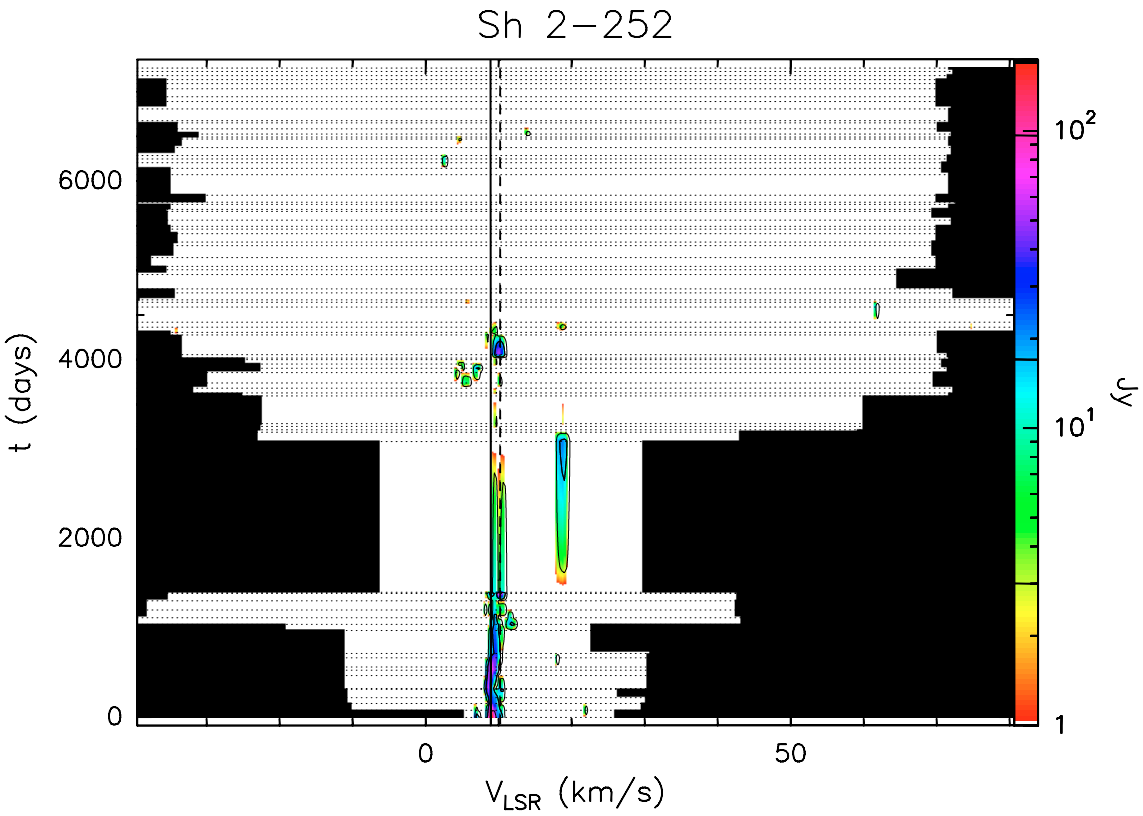

Fig. A.14. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

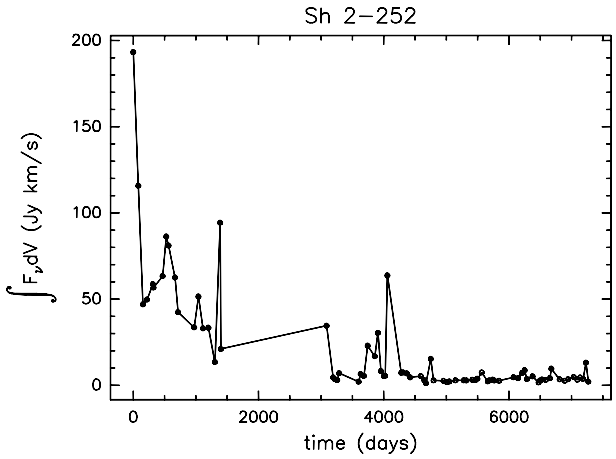

Fig. A.14. d Integral of the flux density over the observed velocity range as a function of time for source Sh 2-252.

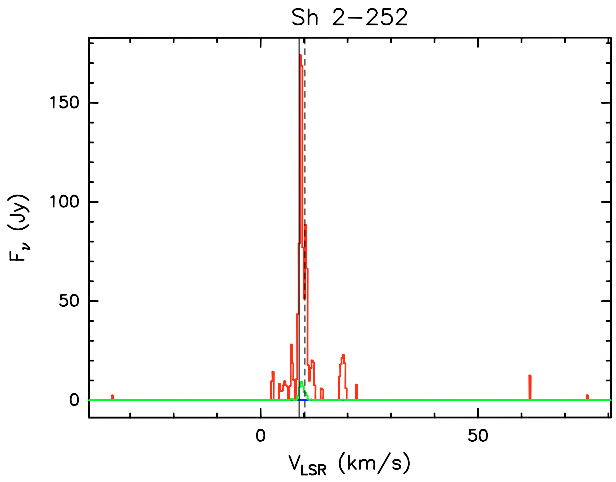

Fig. A.14. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source Sh 2-252 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

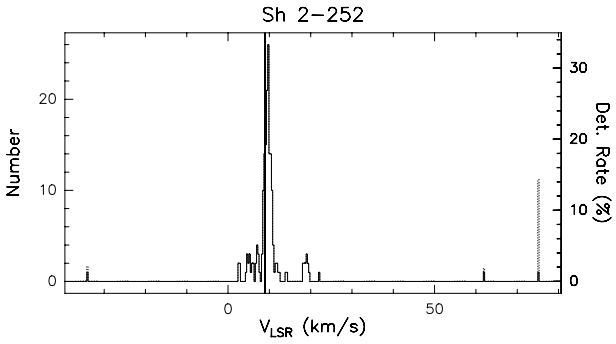

Fig. A.14. f Rate-of-occurrence plot for source Sh 2-252. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

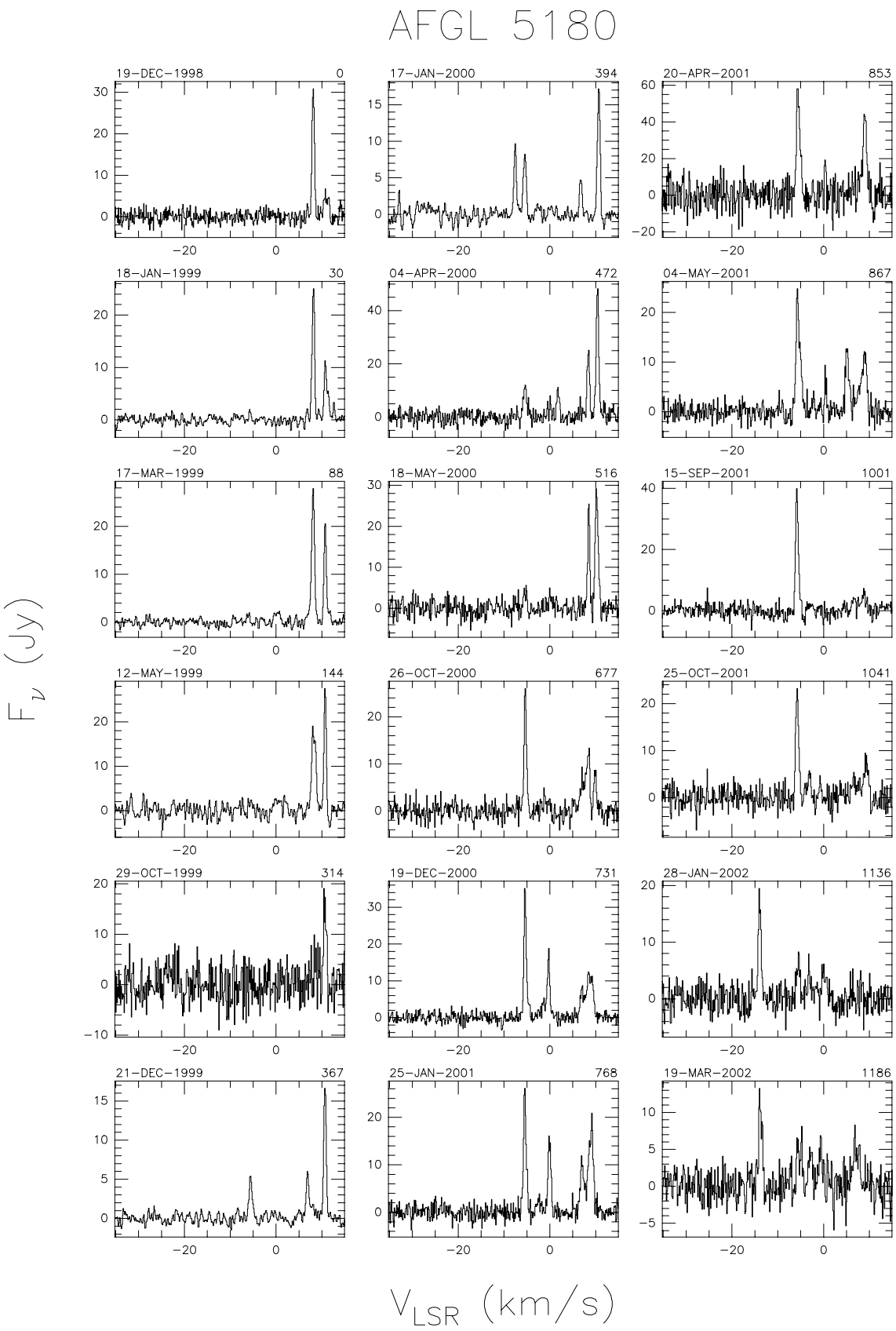

Fig. A.15. a Spectra of source AFGL 5180 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

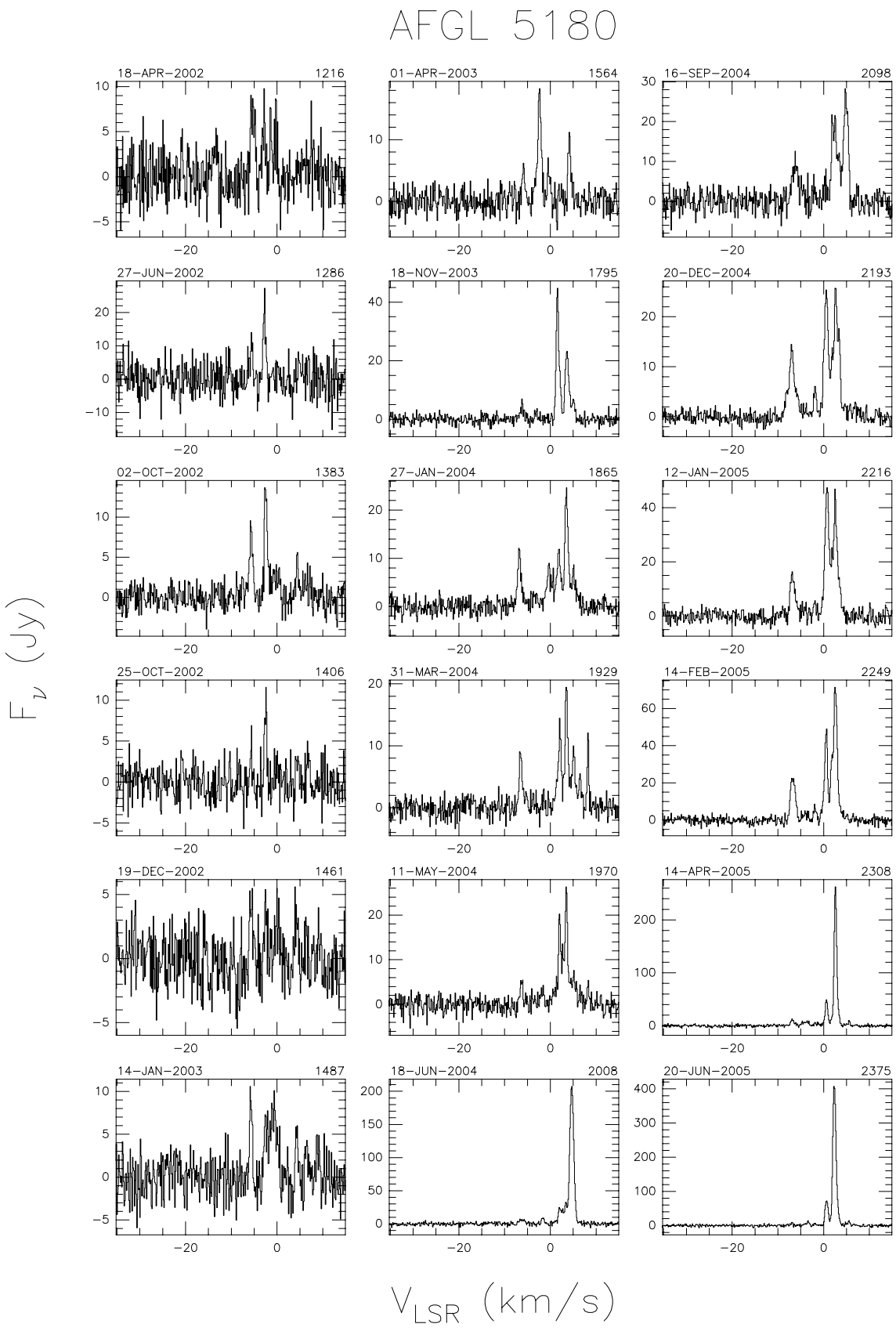

Fig. A.15. a continued.

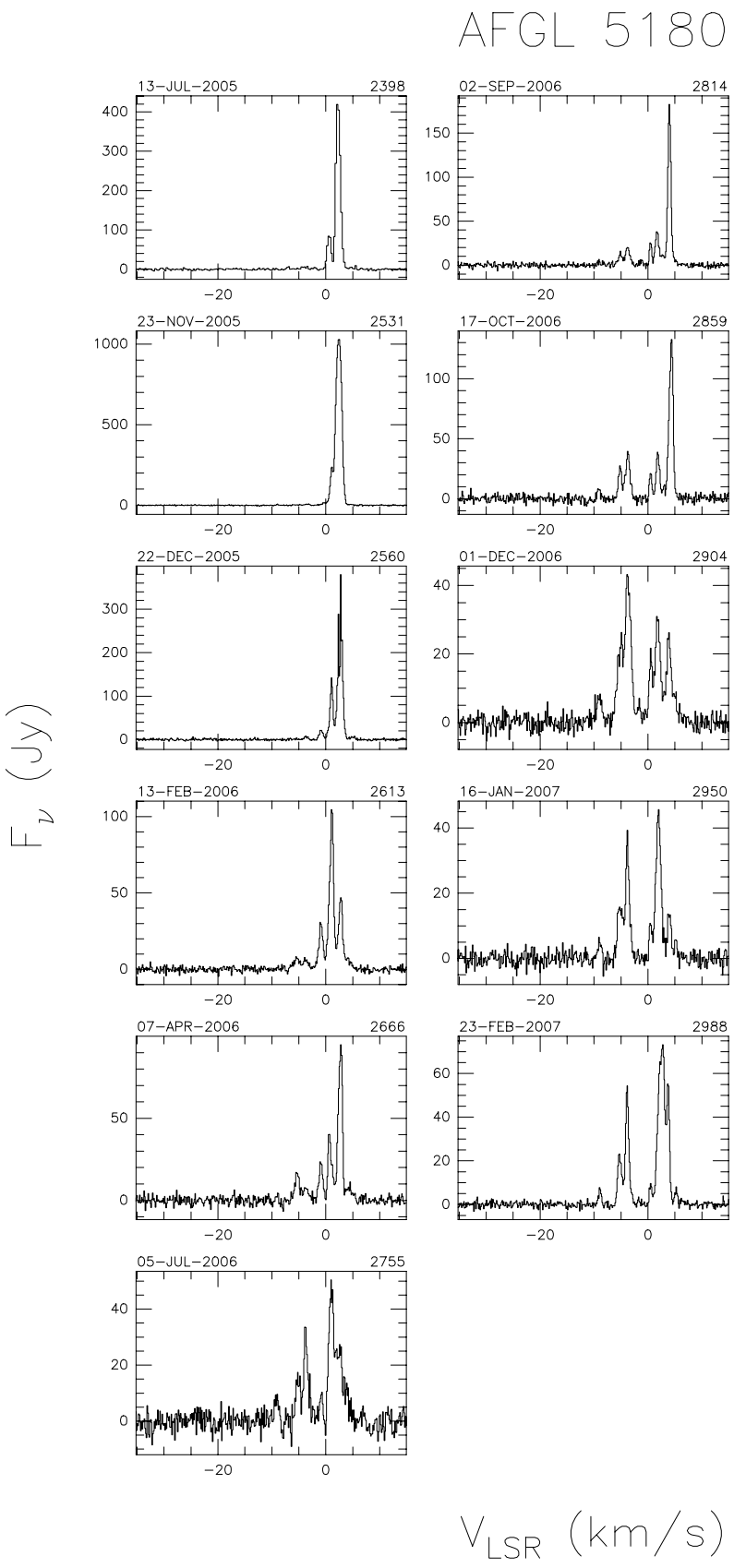

Fig. A.15. a continued.

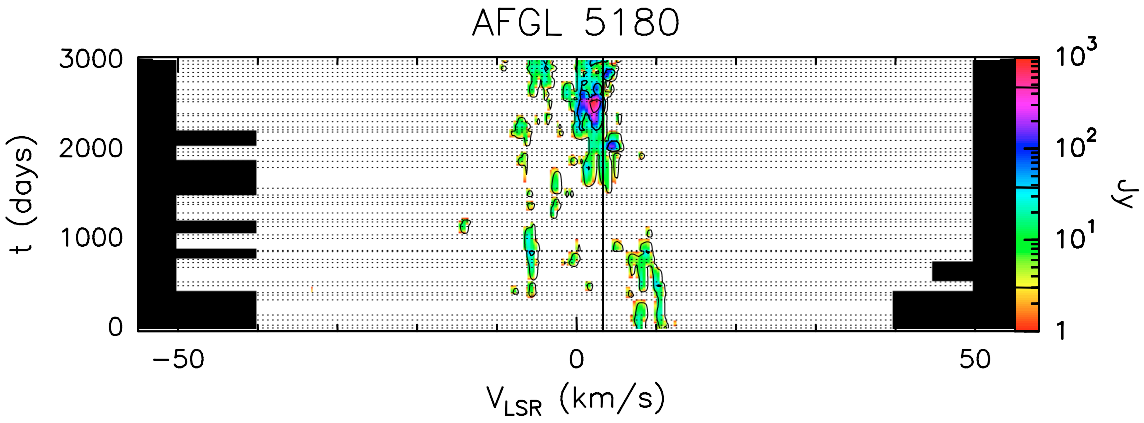

Fig. A.15. b Velocity–time–flux density *full* plot for source AFGL 5180. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

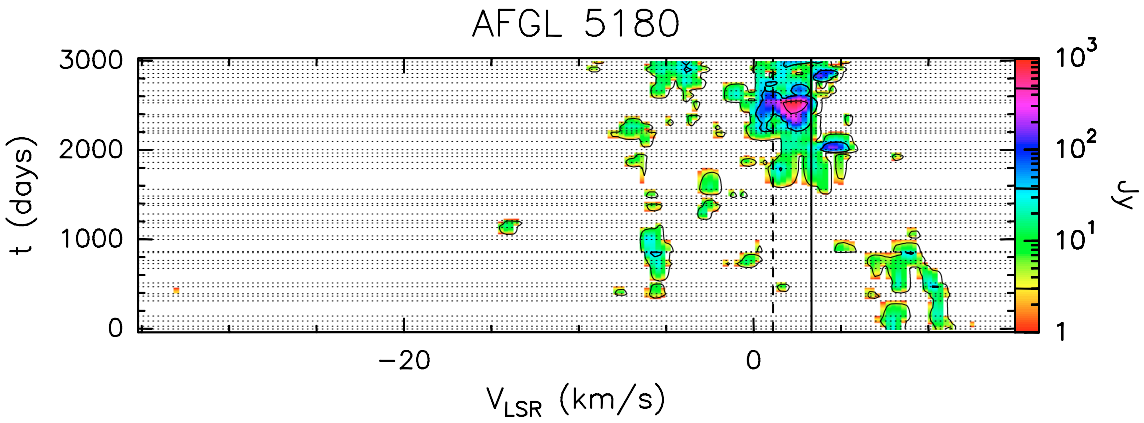

Fig. A.15. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

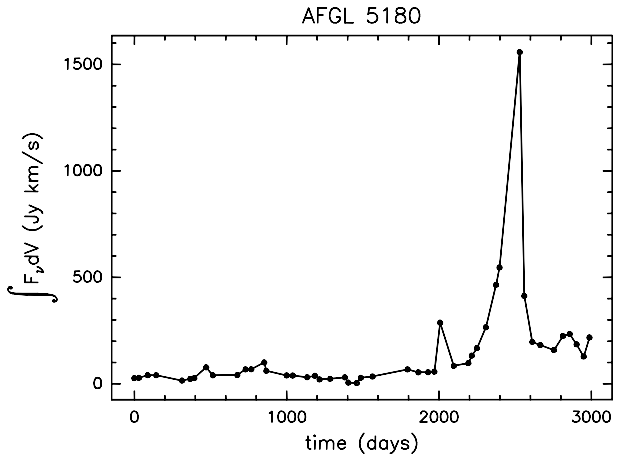

Fig. A.15. d Integral of the flux density over the observed velocity range as a function of time for source AFGL 5180.

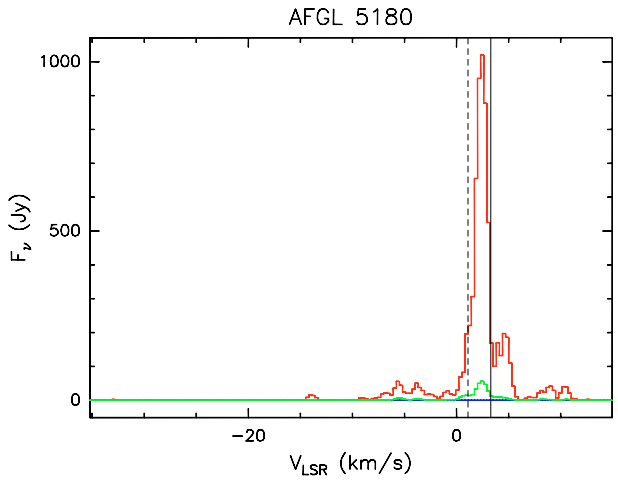

Fig. A.15. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source AFGL 5180 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

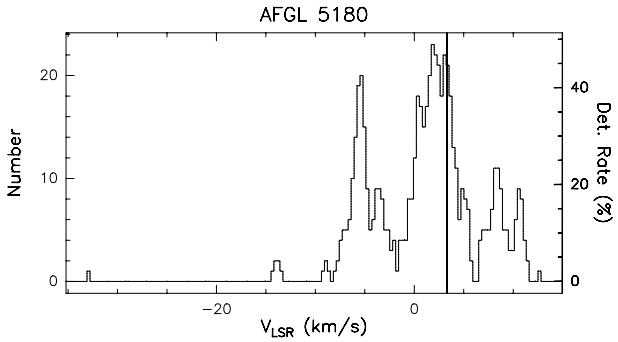

Fig. A.15. f Rate-of-occurrence plot for source AFGL 5180. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

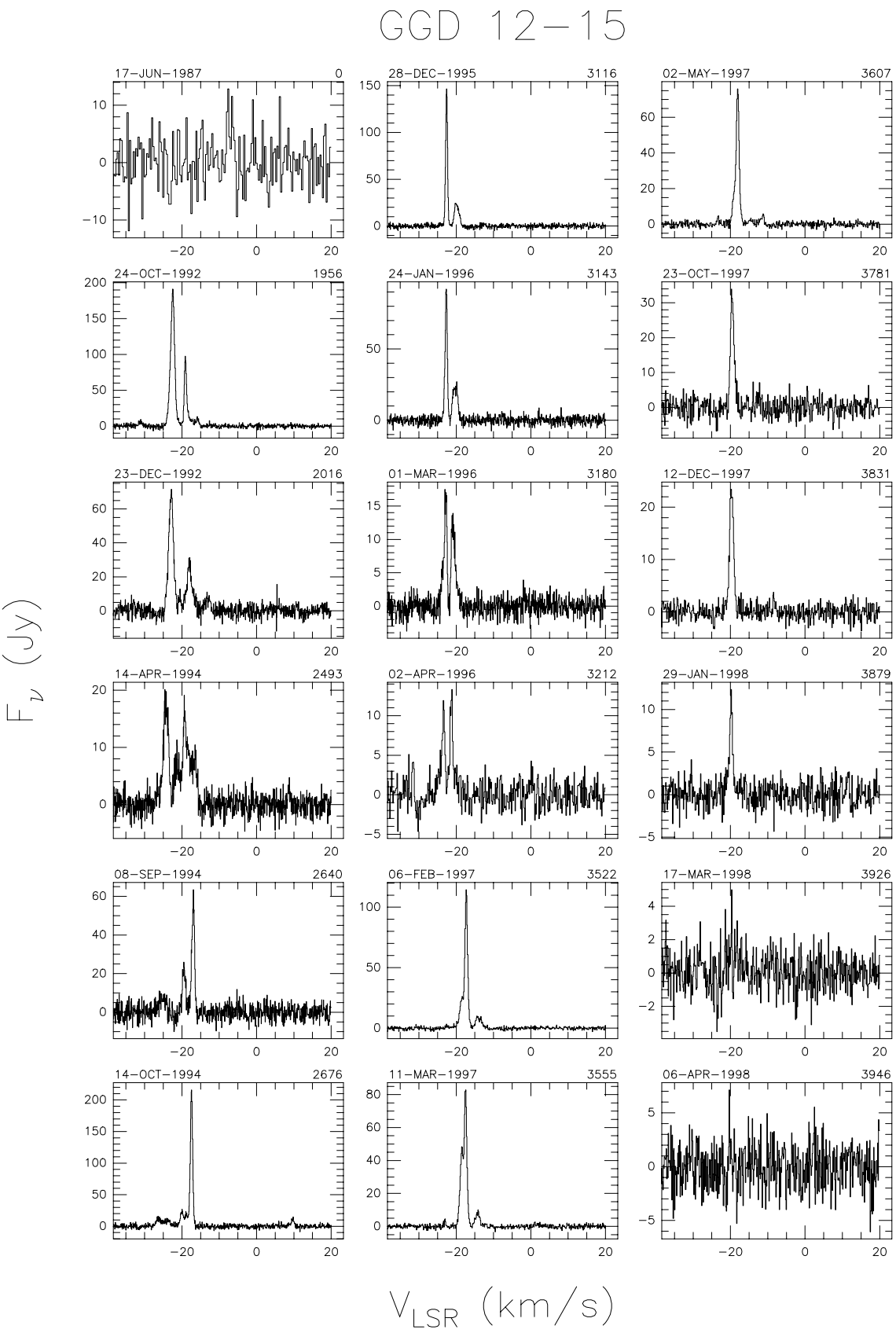

Fig. A.16. a Spectra of source GGD 12-15 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

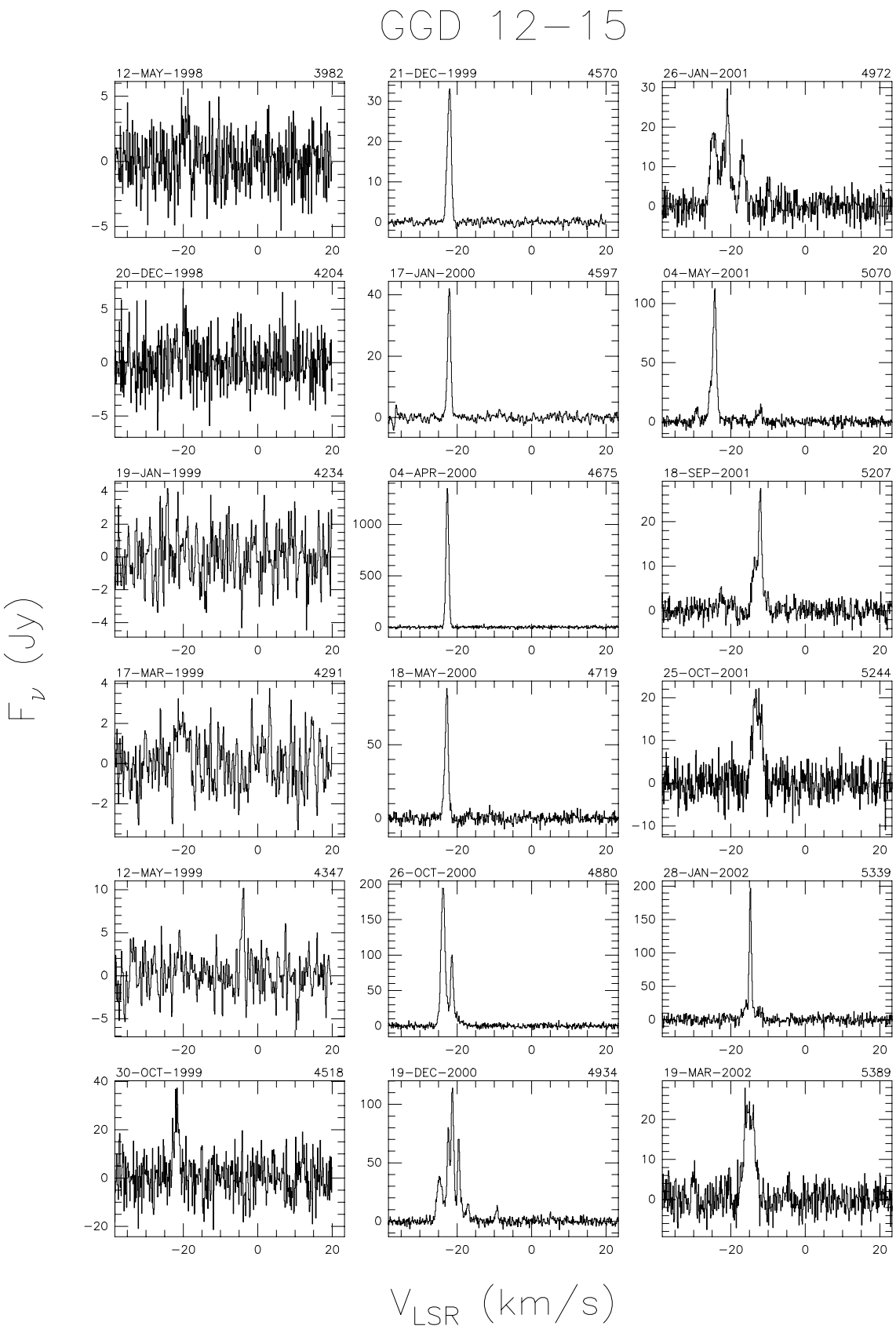

Fig. A.16. a continued.

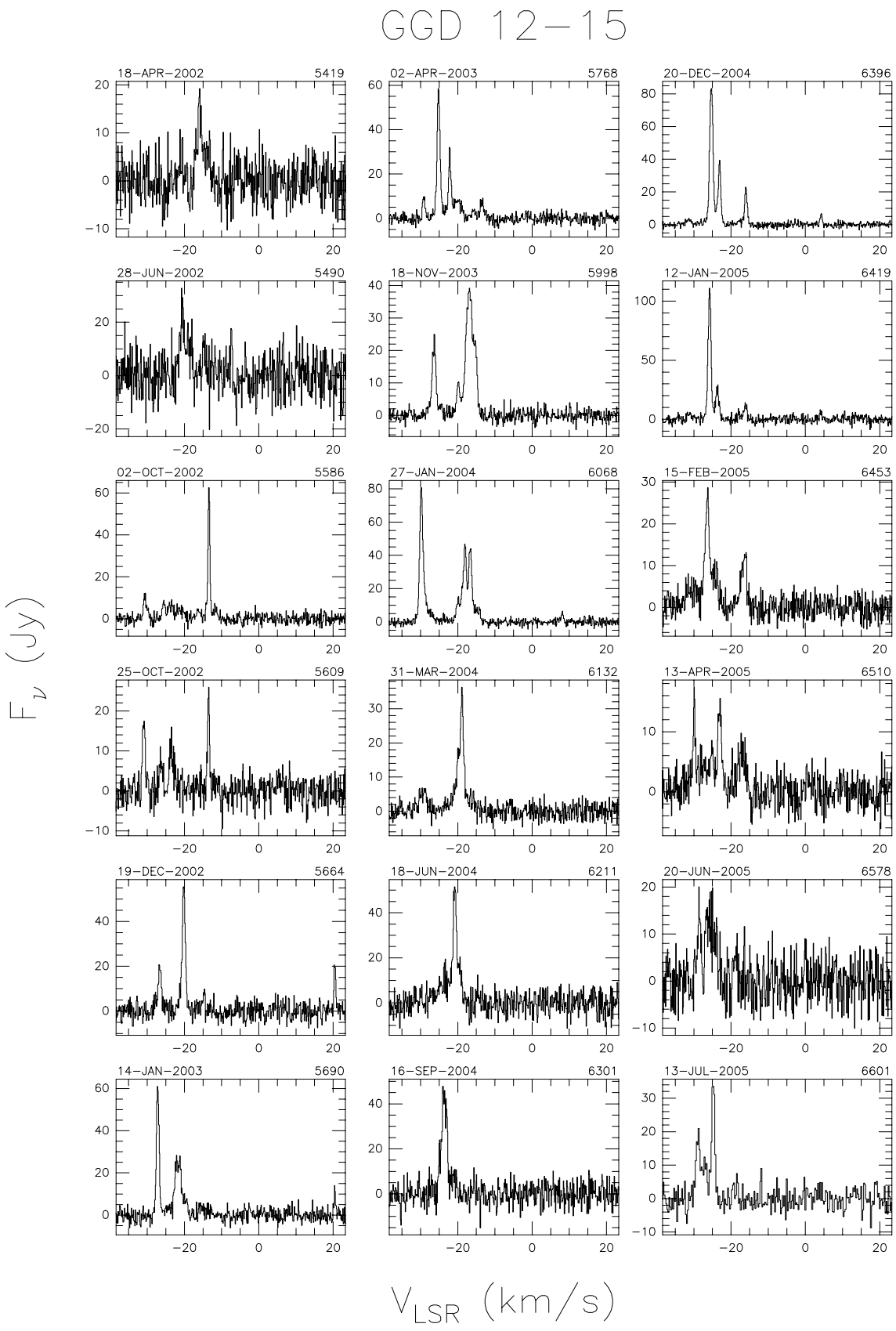

Fig. A.16. a continued.

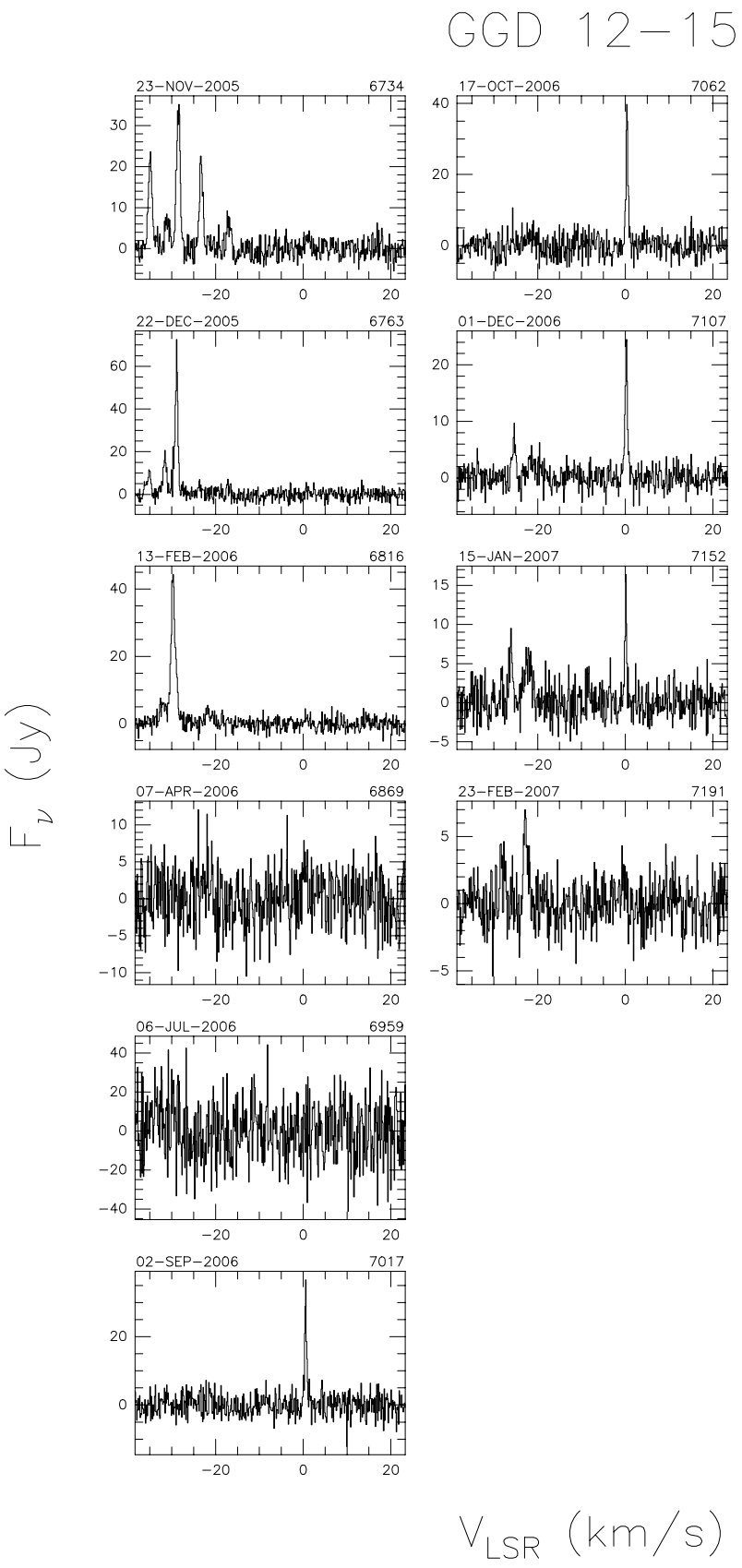

Fig. A.16. a continued.

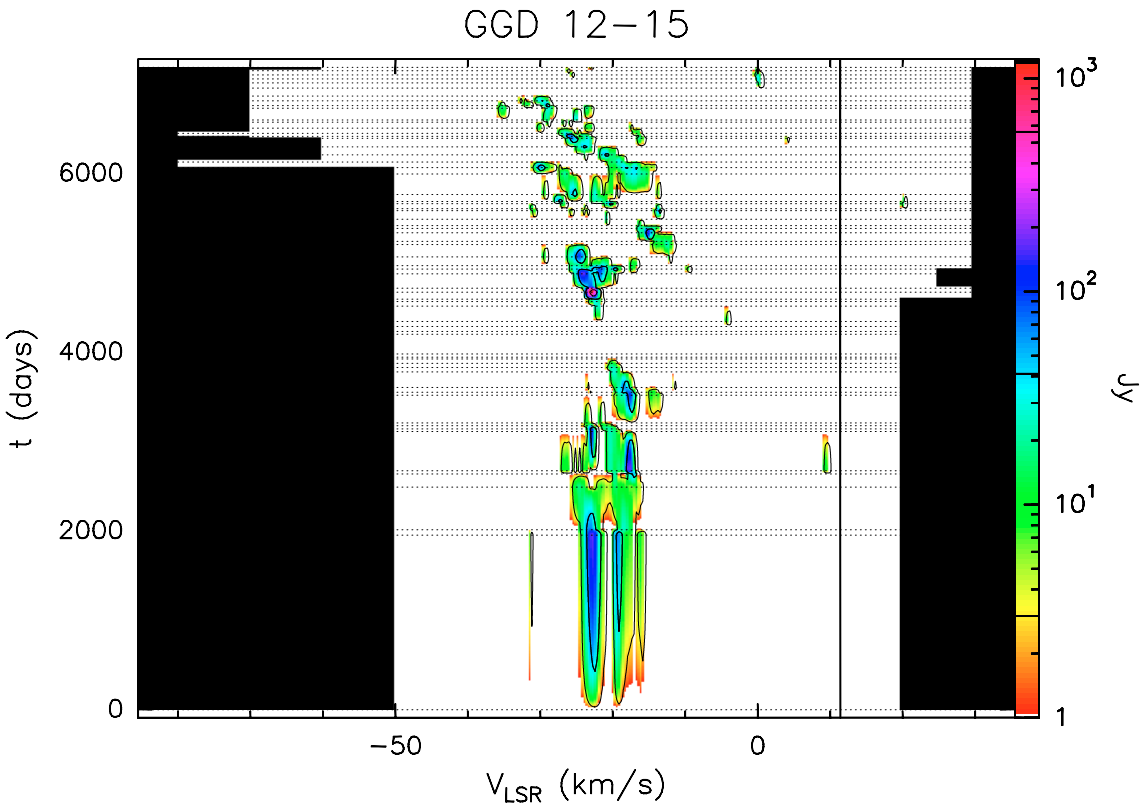

Fig. A.16. b Velocity–time–flux density *full* plot for source GGD 12-15. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

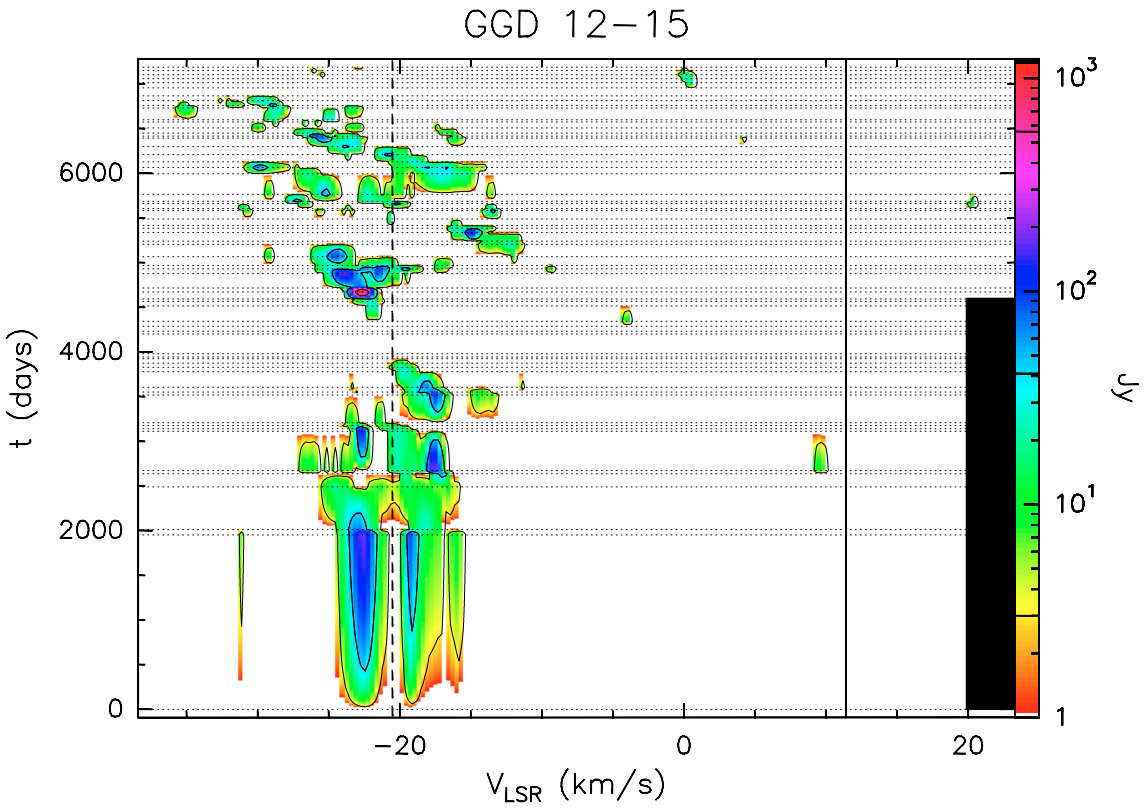

Fig. A.16. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

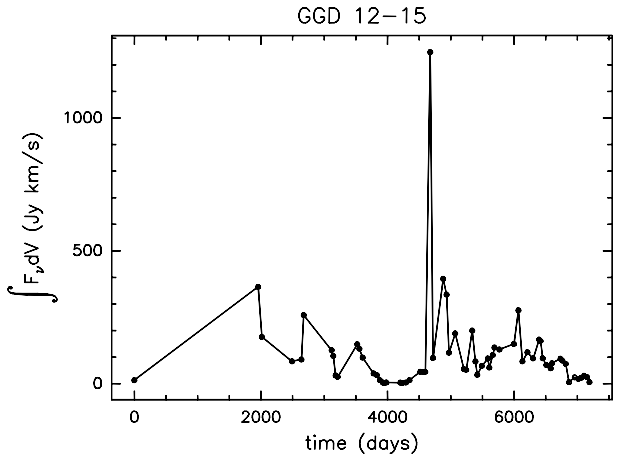

Fig. A.16. d Integral of the flux density over the observed velocity range as a function of time for source GGD 12-15.

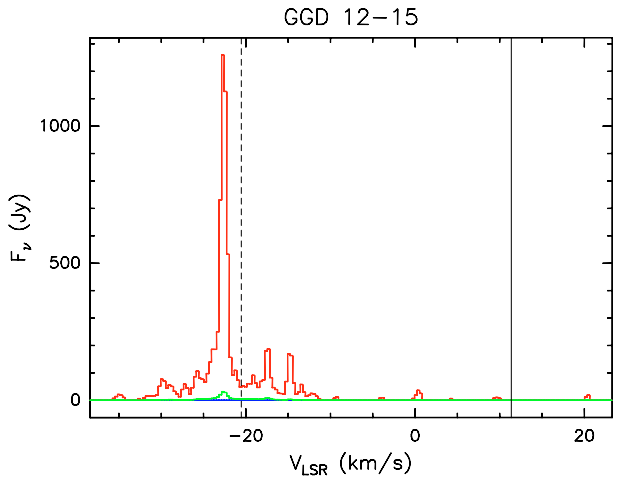

Fig. A.16. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source GGD 12-15 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

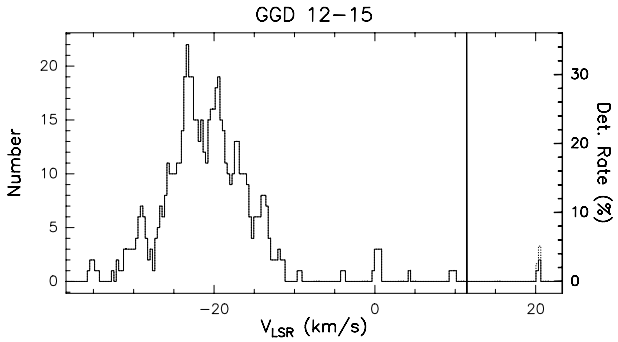

Fig. A.16. f Rate-of-occurrence plot for source GGD 12-15. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

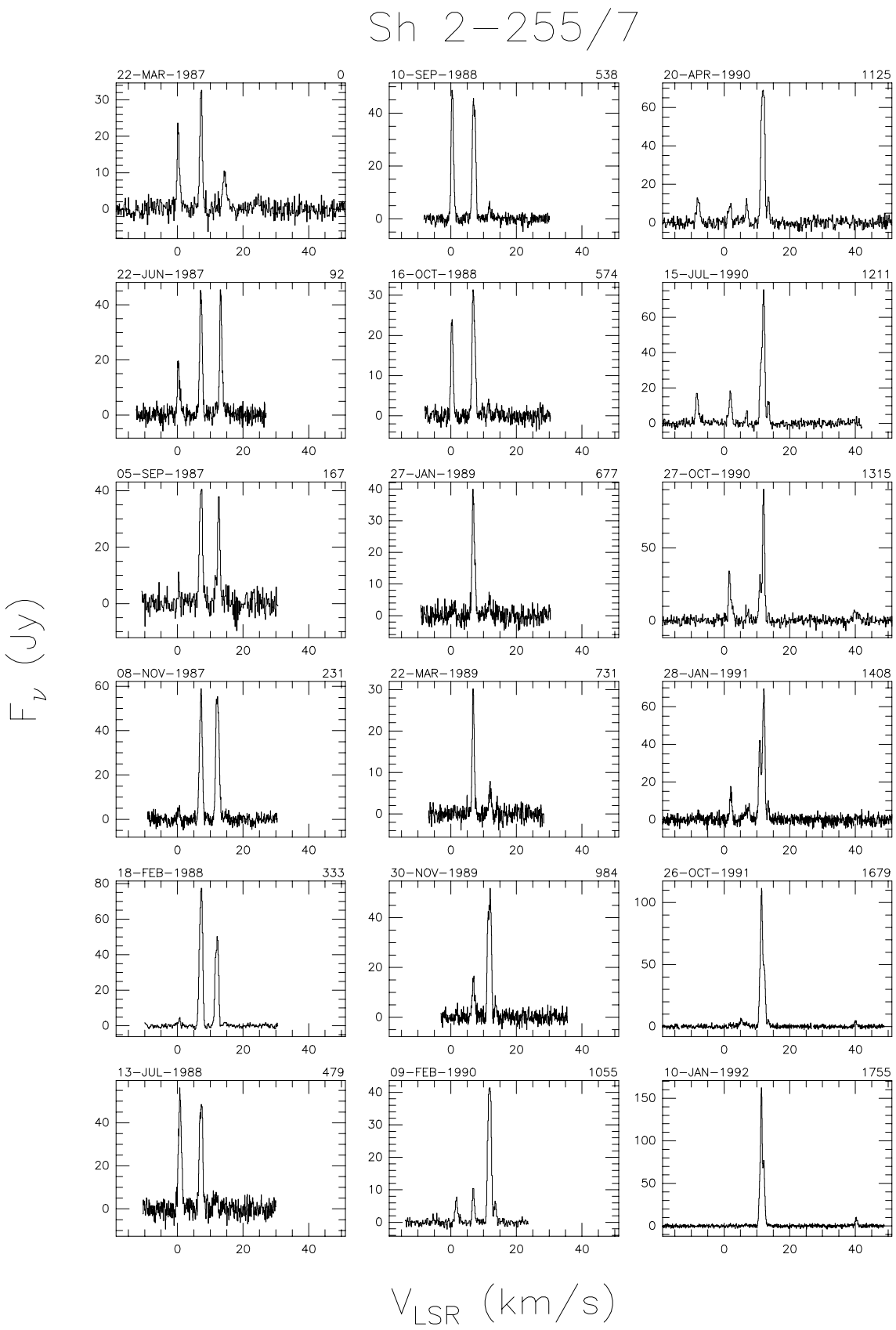

Fig. A.17. a Spectra of source Sh 2-255/7 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

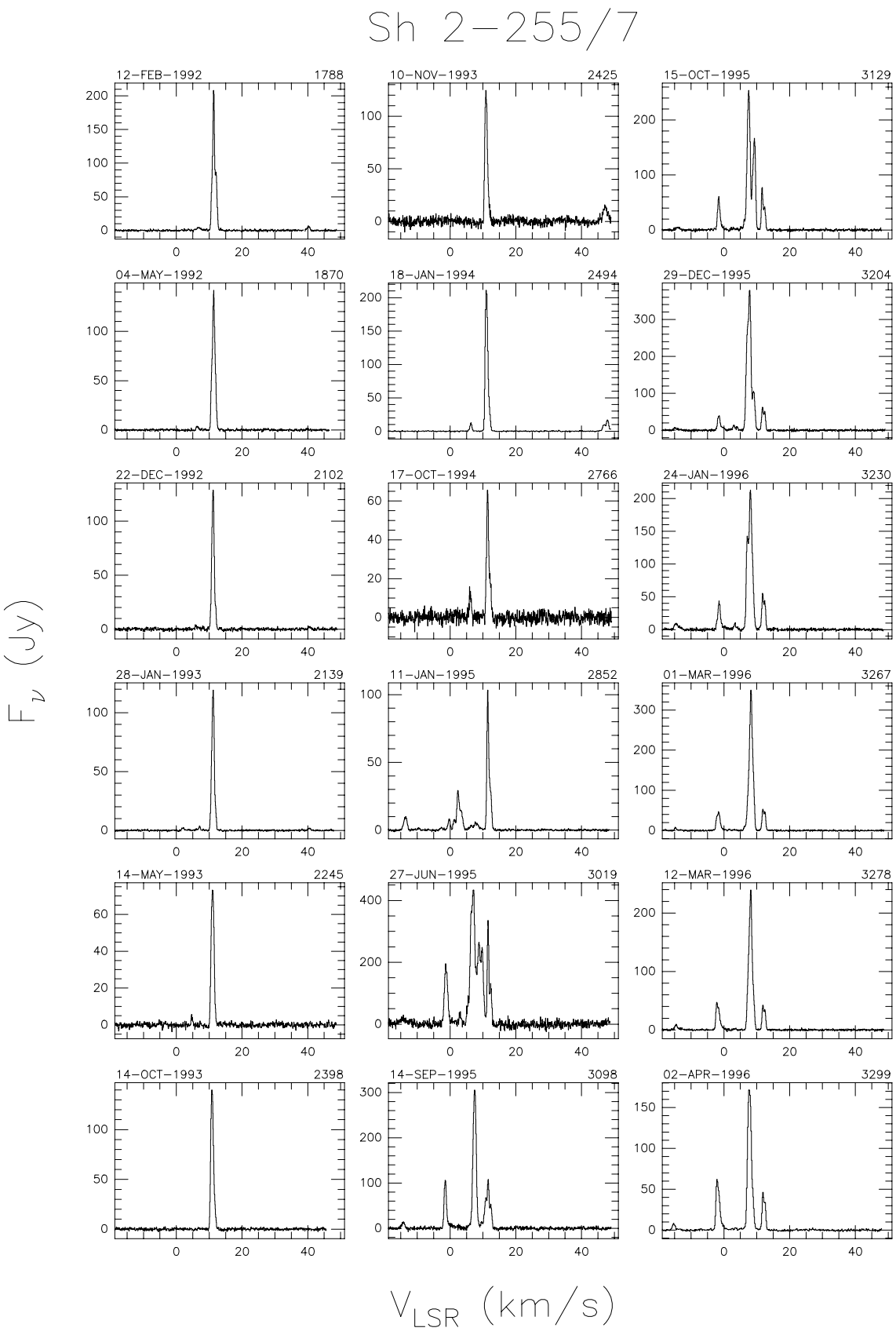

Fig. A.17. a continued.

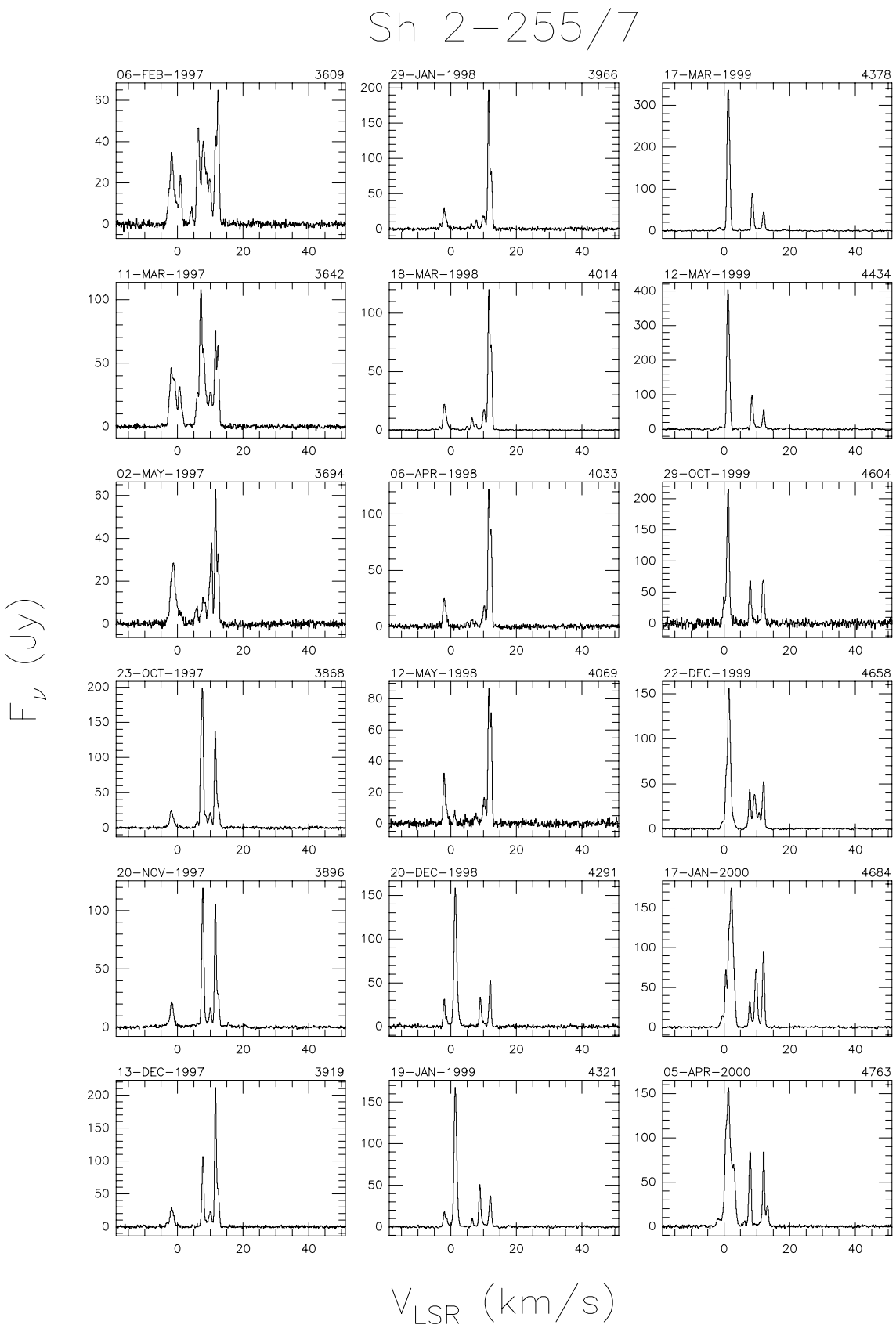

Fig. A.17. a continued.

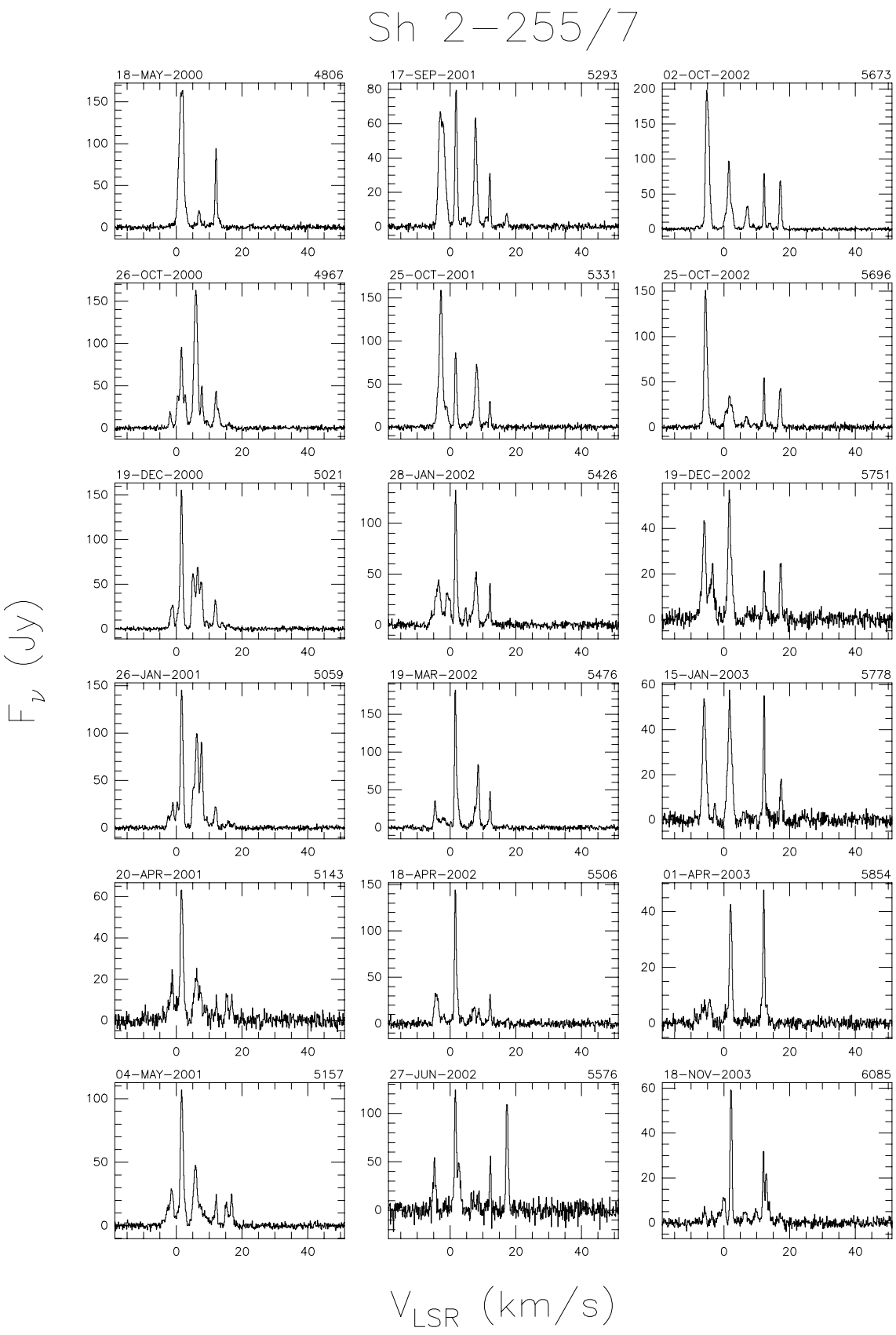

Fig. A.17. a continued.

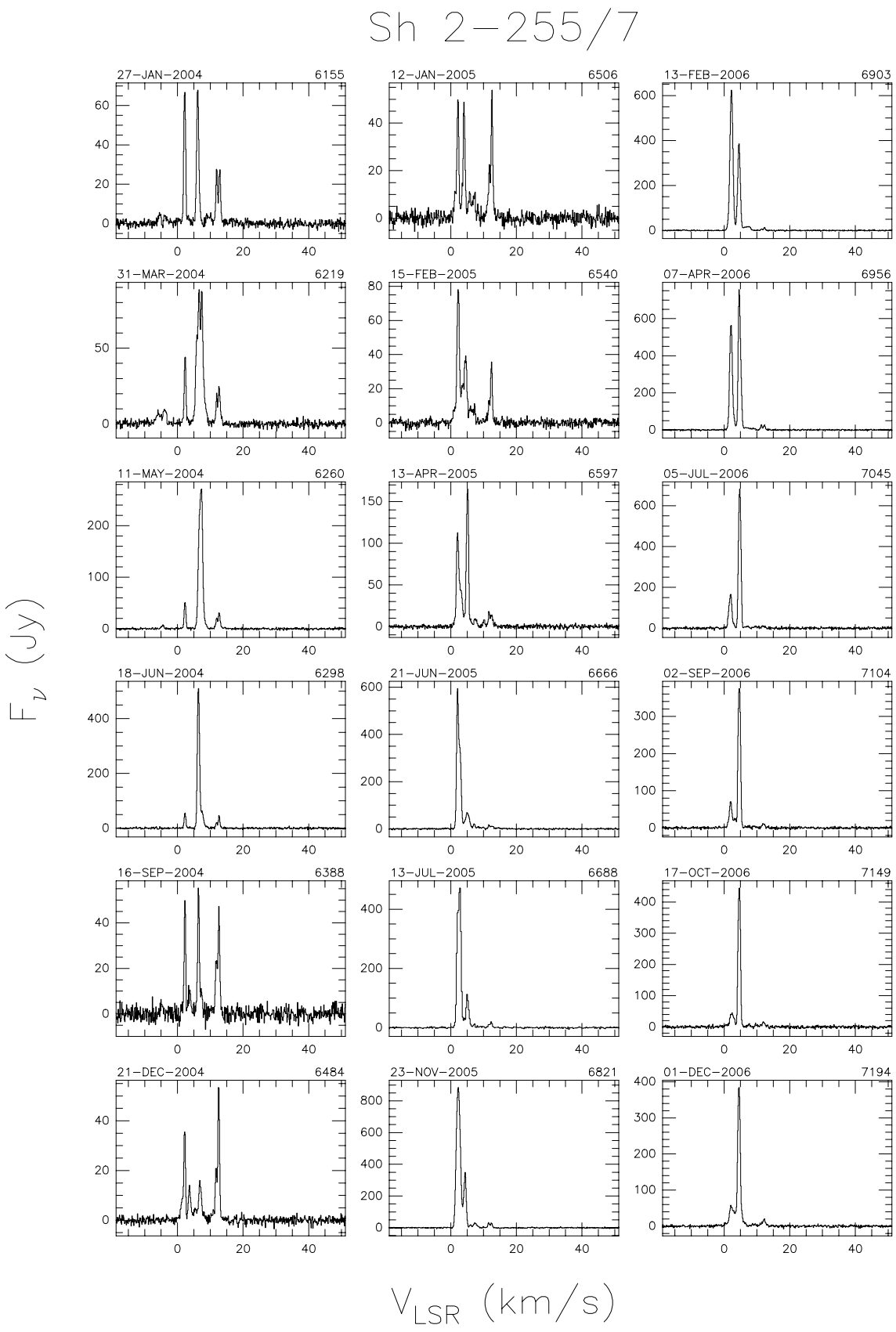

Fig. A.17. a continued.

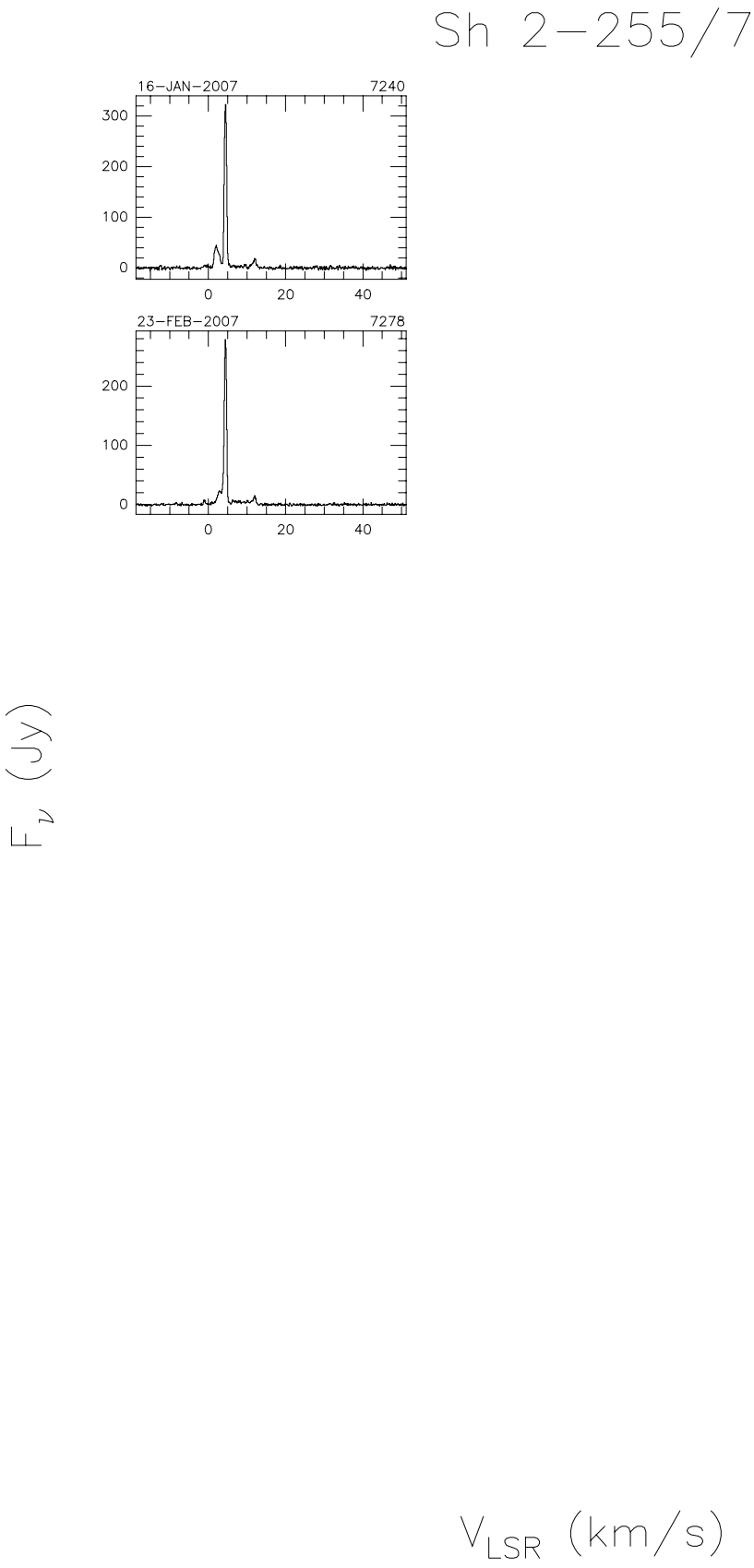

Fig. A.17. a continued.

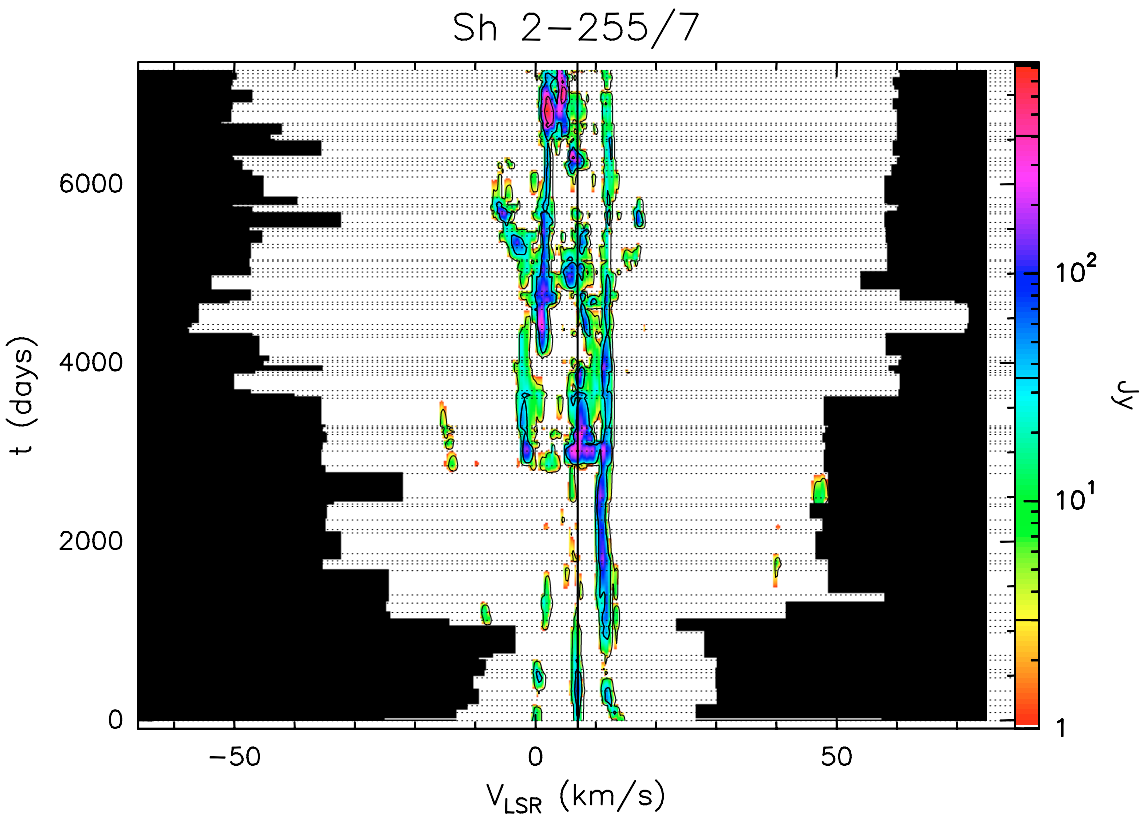

Fig. A.17. b Velocity–time–flux density *full* plot for source Sh 2-255/7. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

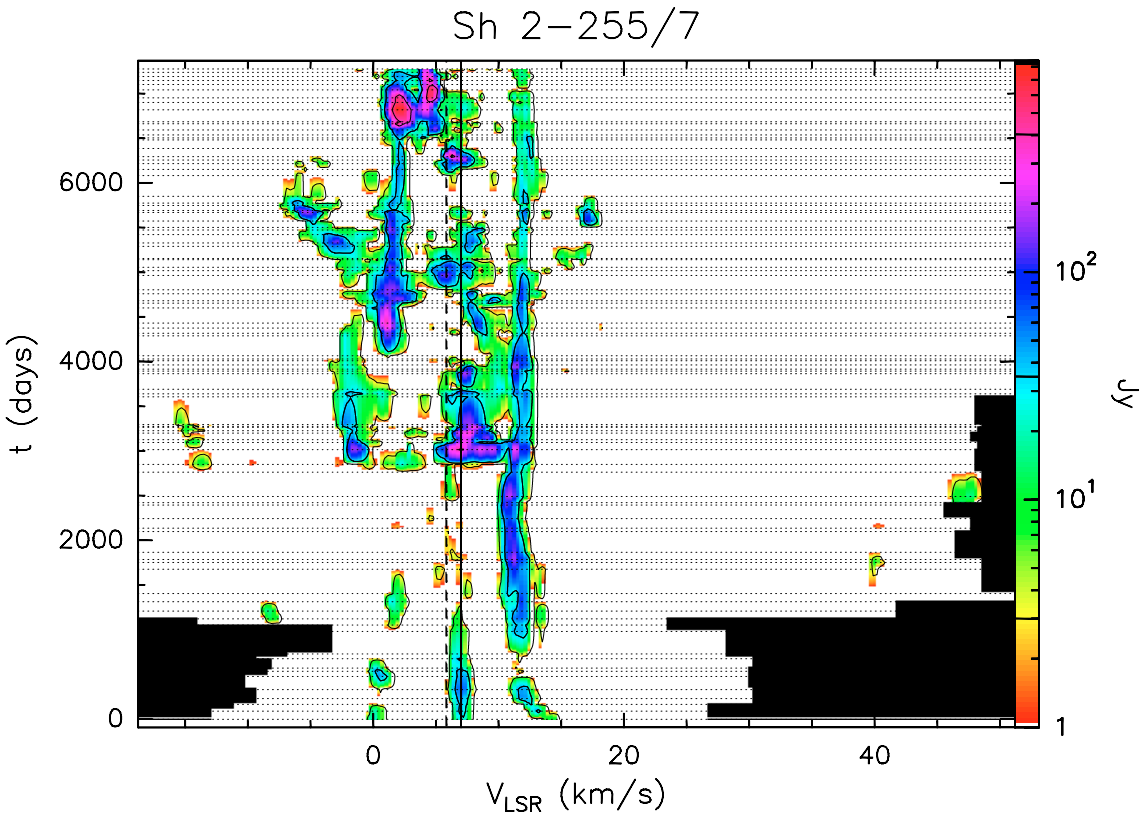

Fig. A.17. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

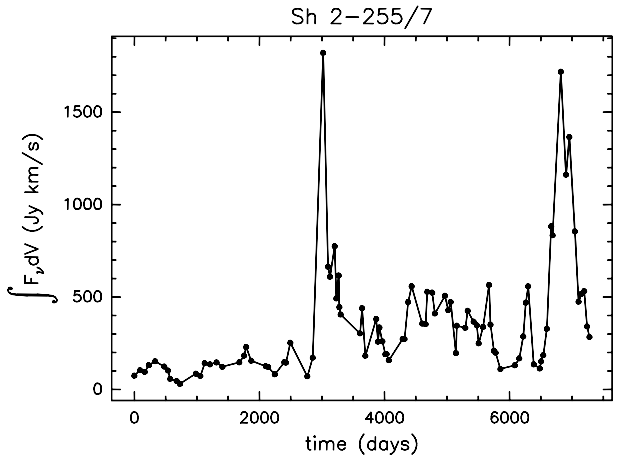

Fig. A.17. d Integral of the flux density over the observed velocity range as a function of time for source Sh 2-255/7.

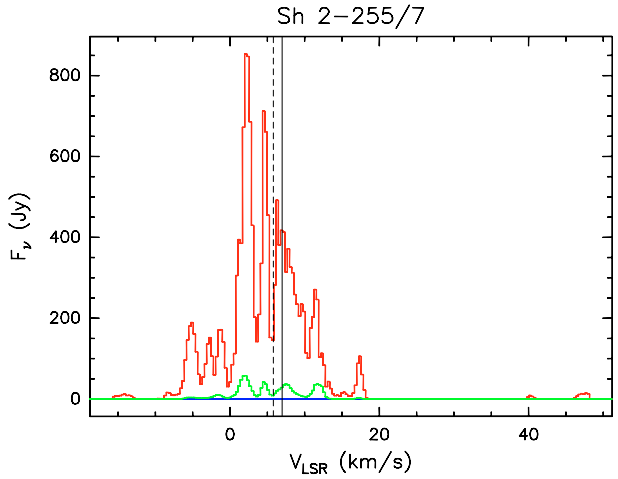

Fig. A.17. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source Sh 2-255/7 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

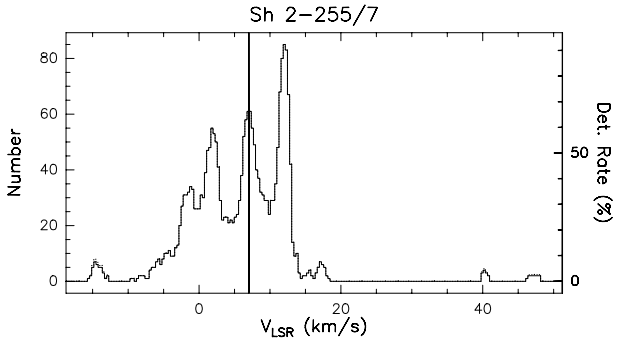

Fig. A.17. f Rate-of-occurrence plot for source Sh 2-255/7. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

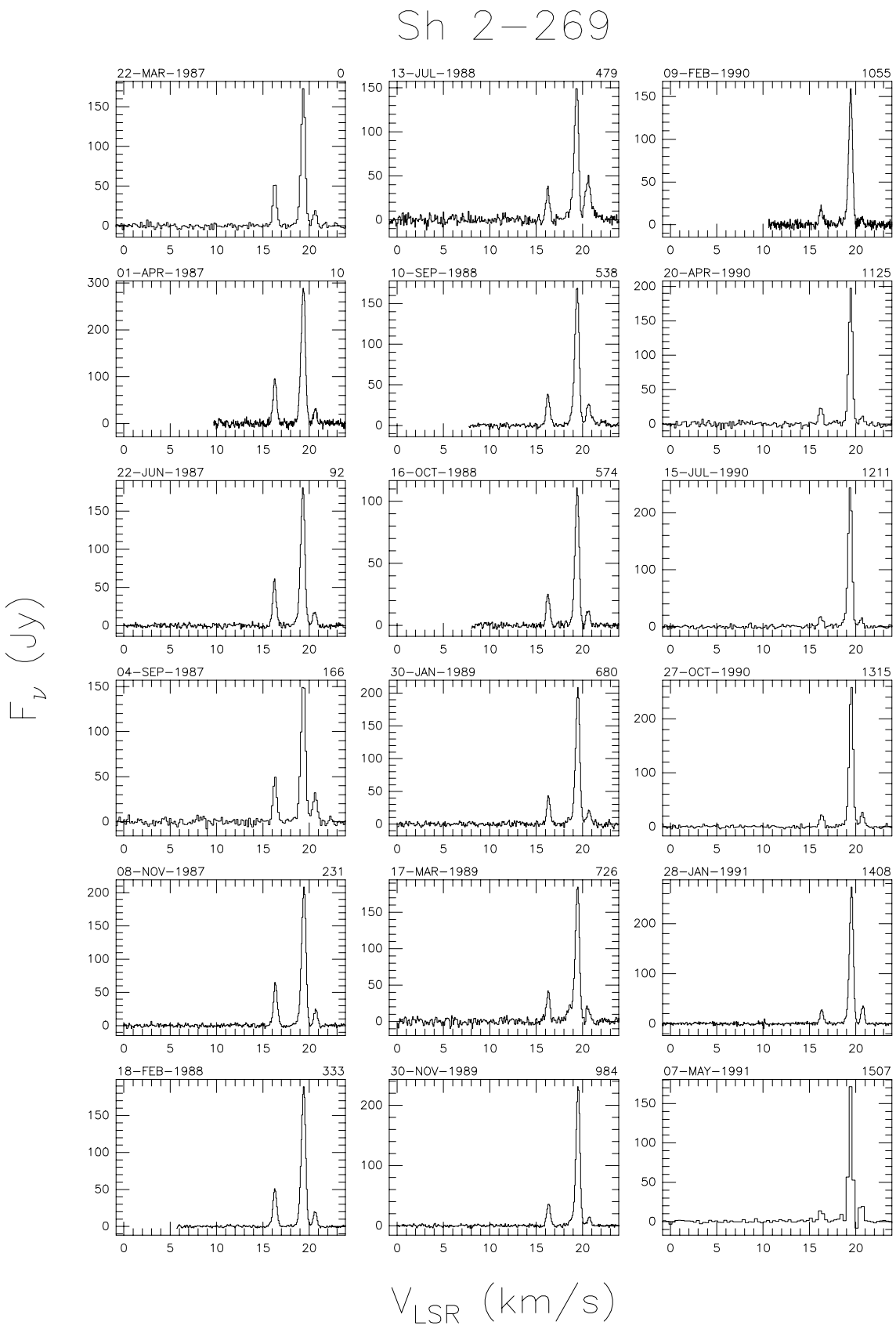

Fig. A.18. a Spectra of source Sh 2-269 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

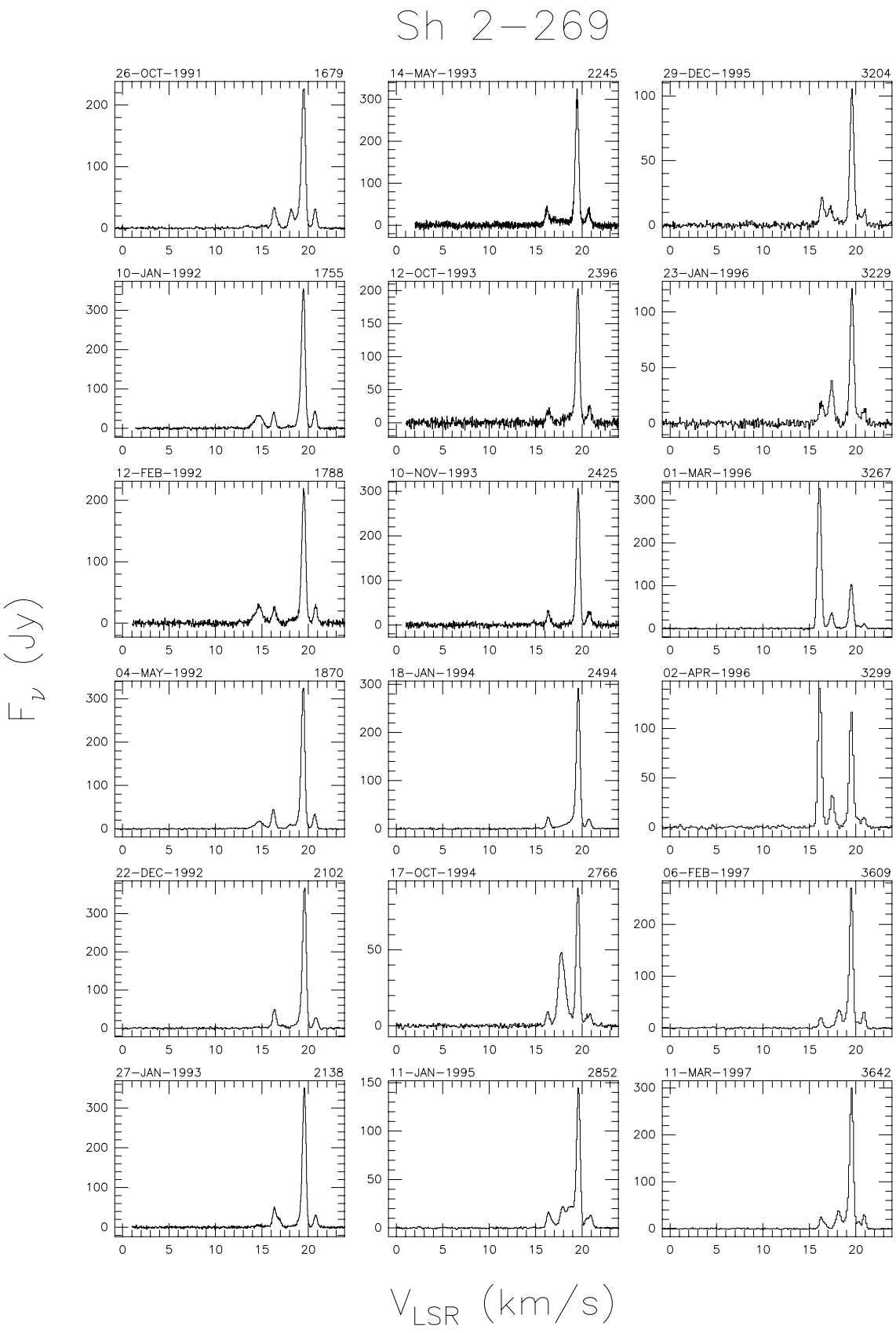

Fig. A.18. a continued.

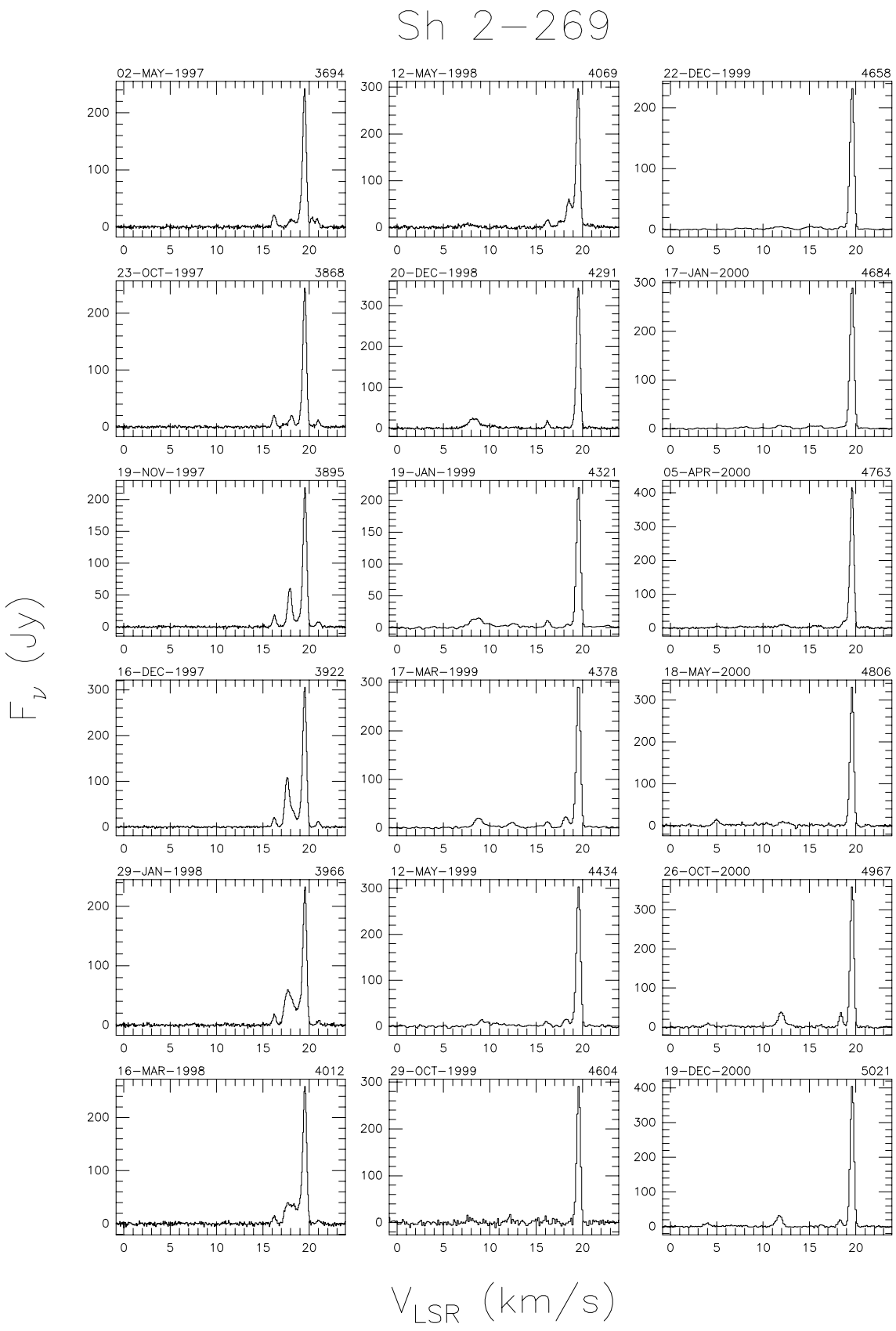

Fig. A.18. a continued.

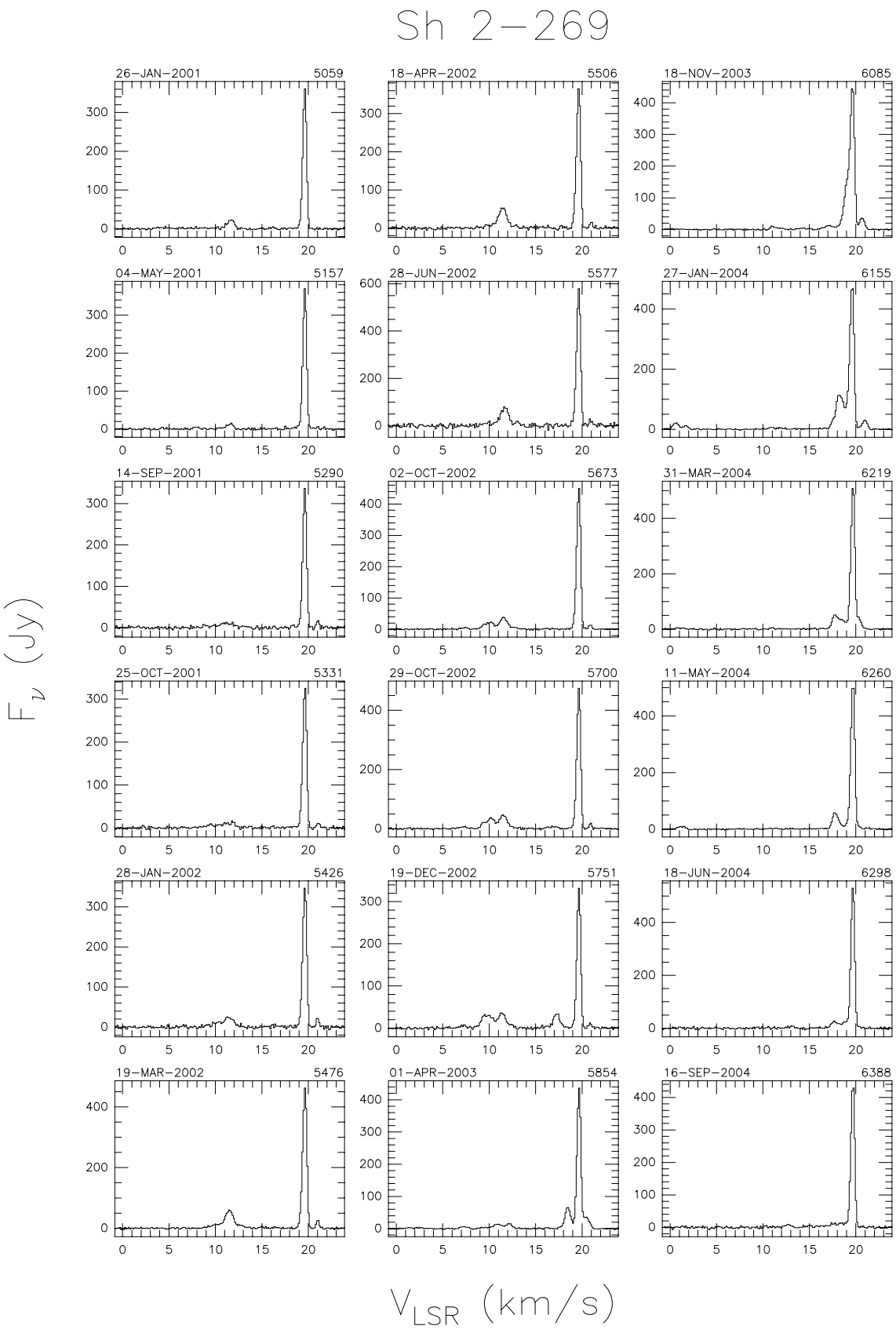

Fig. A.18. a continued.

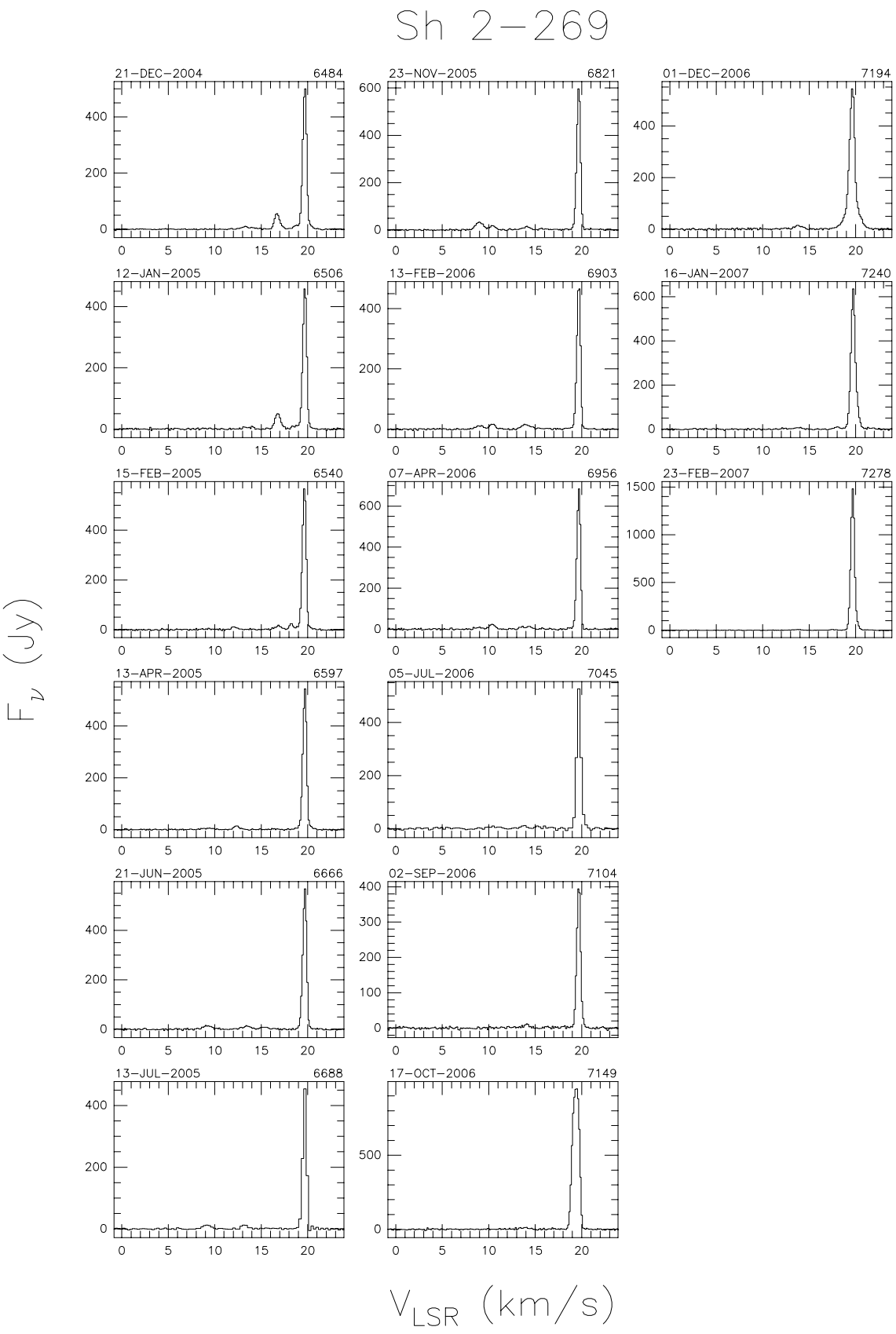

Fig. A.18. a continued.

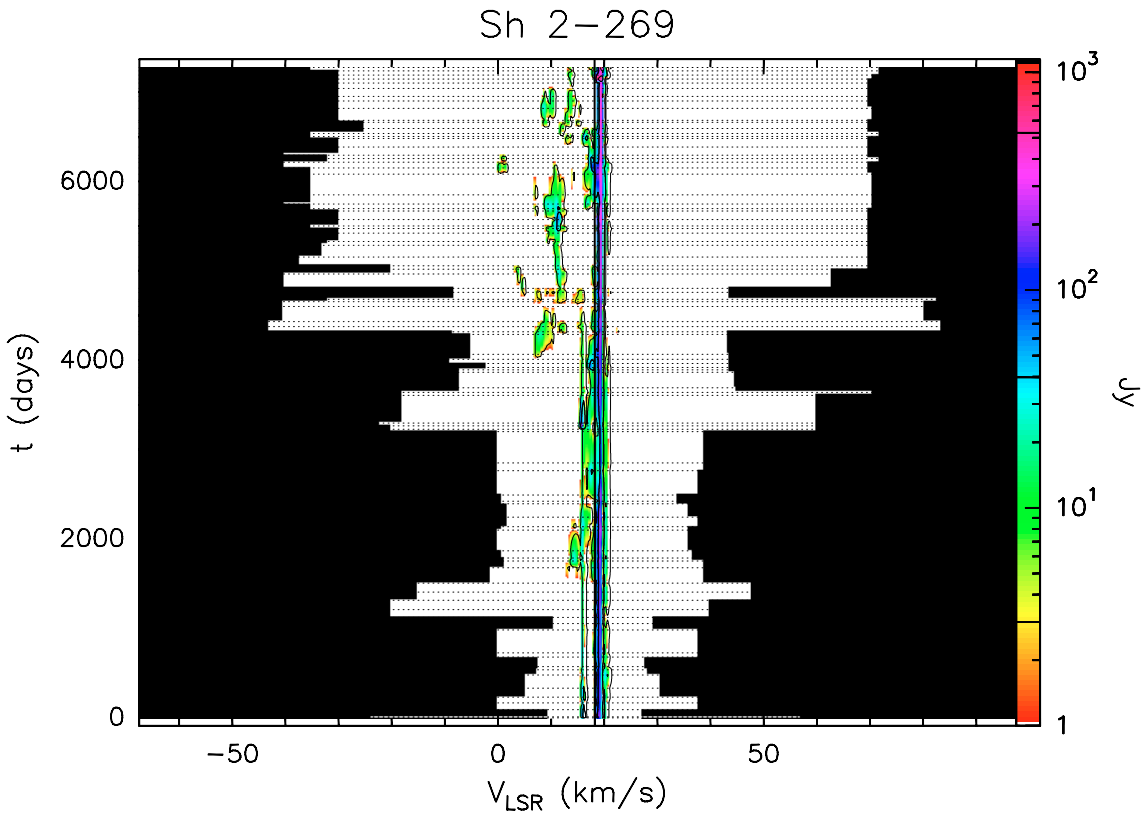

Fig. A.18. b Velocity–time–flux density *full* plot for source Sh 2-269. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

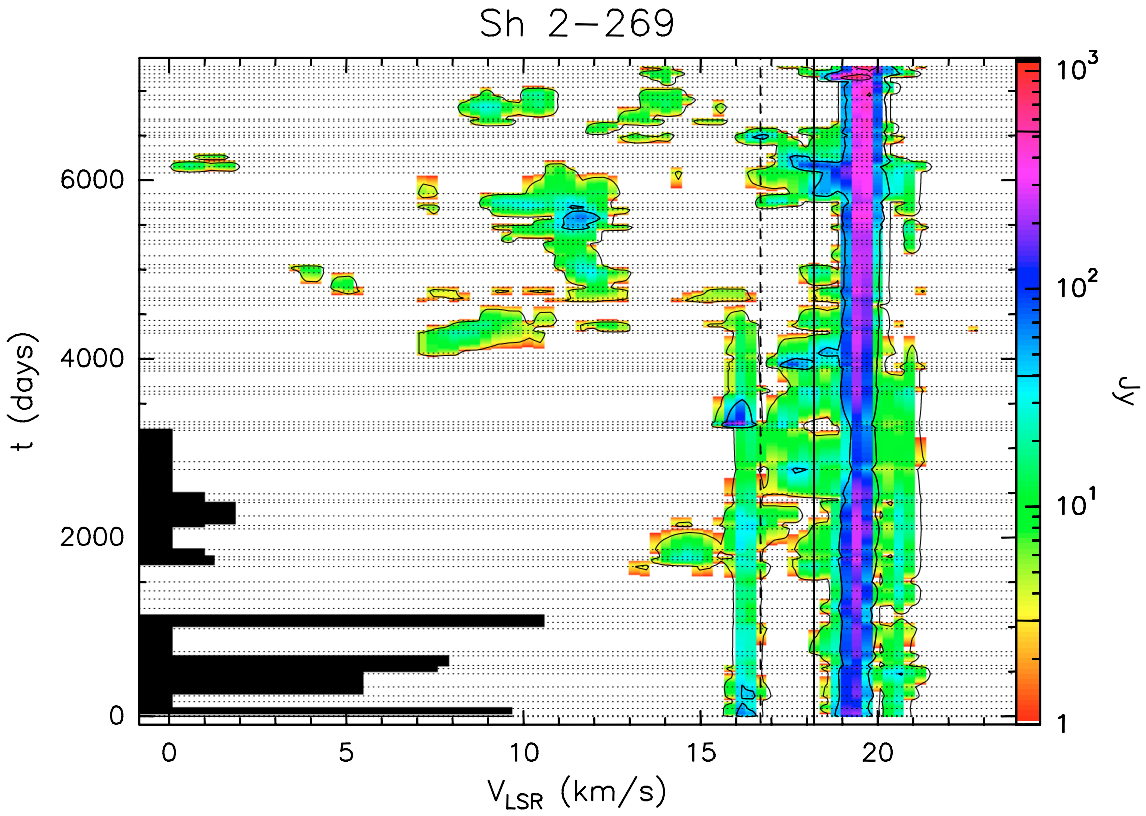

Fig. A.18. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

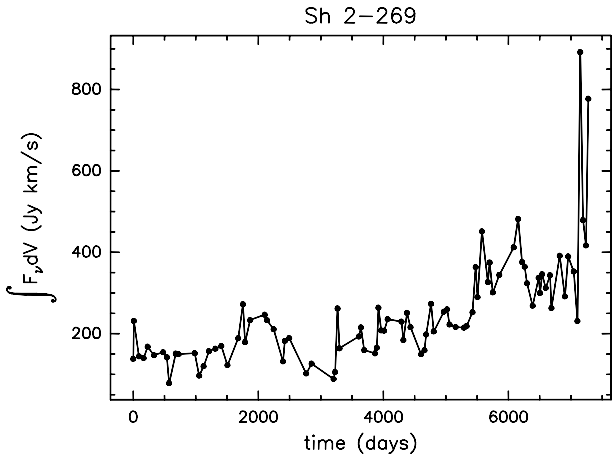

Fig. A.18. d Integral of the flux density over the observed velocity range as a function of time for source Sh 2-269.

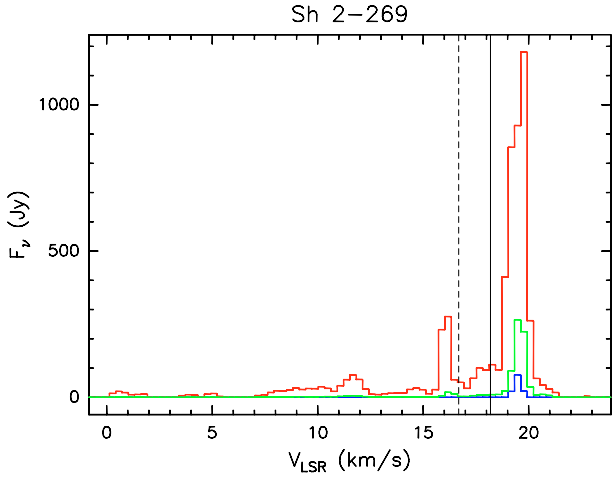

Fig. A.18. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source Sh 2-269 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

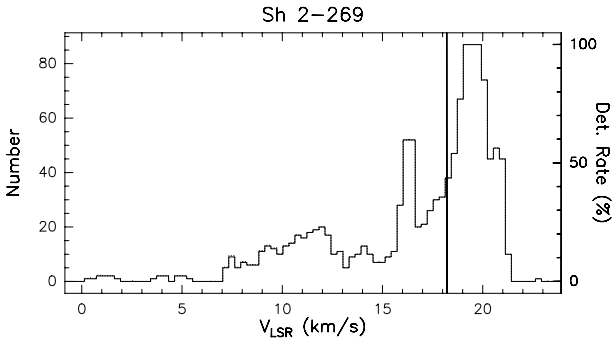

Fig. A.18. f Rate-of-occurrence plot for source Sh 2-269. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

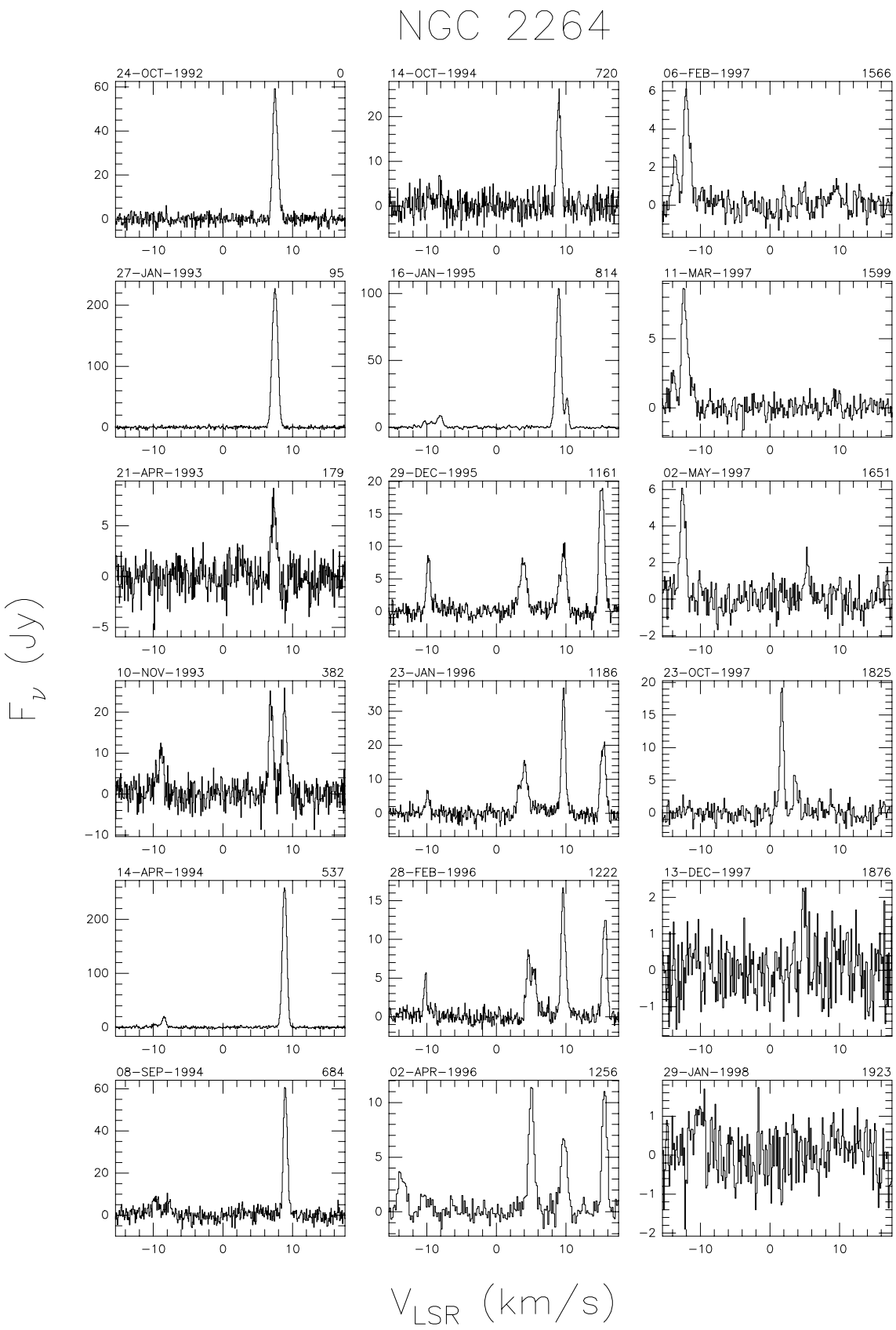

Fig. A.19. a Spectra of source NGC 2264 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

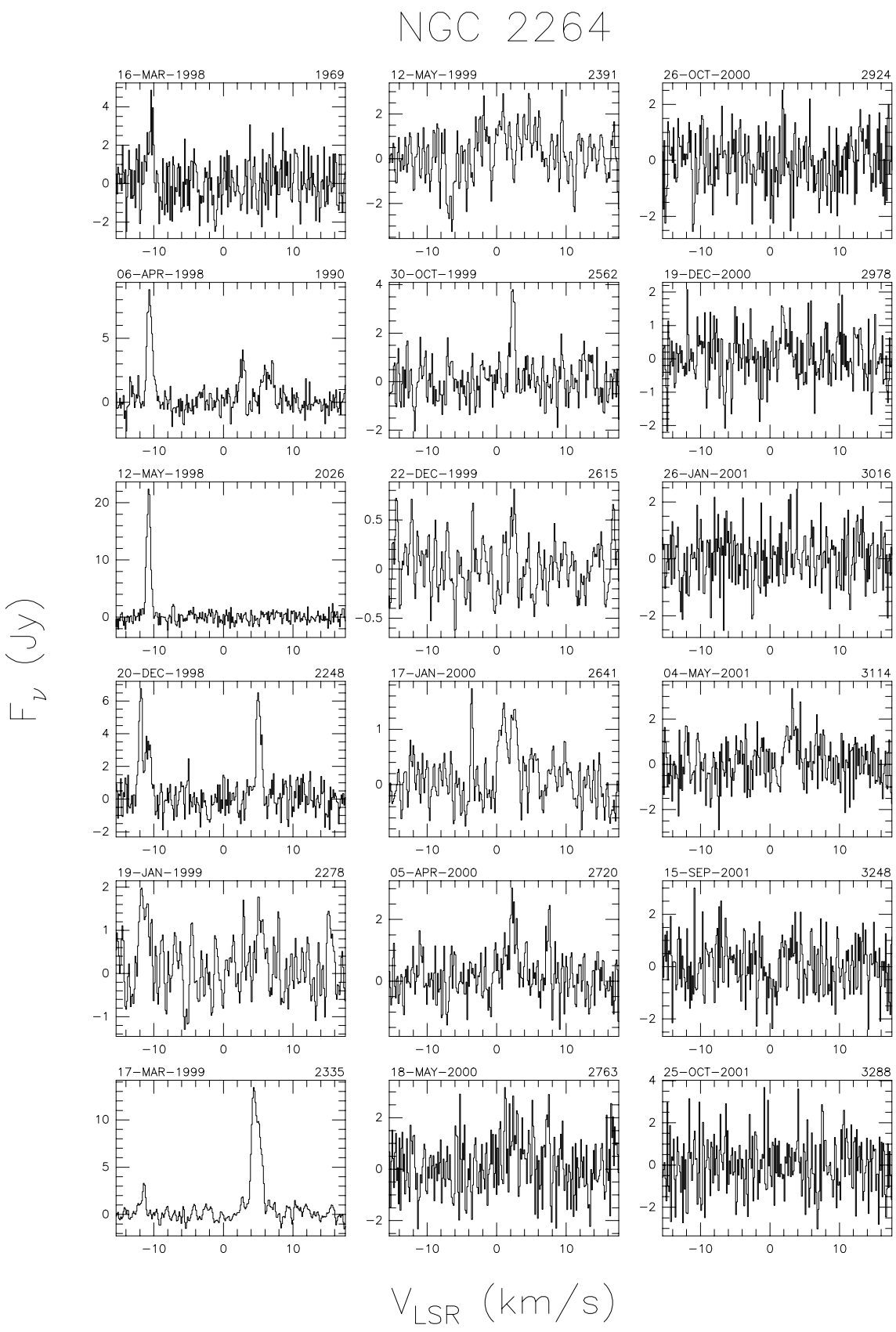

Fig. A.19. a continued.

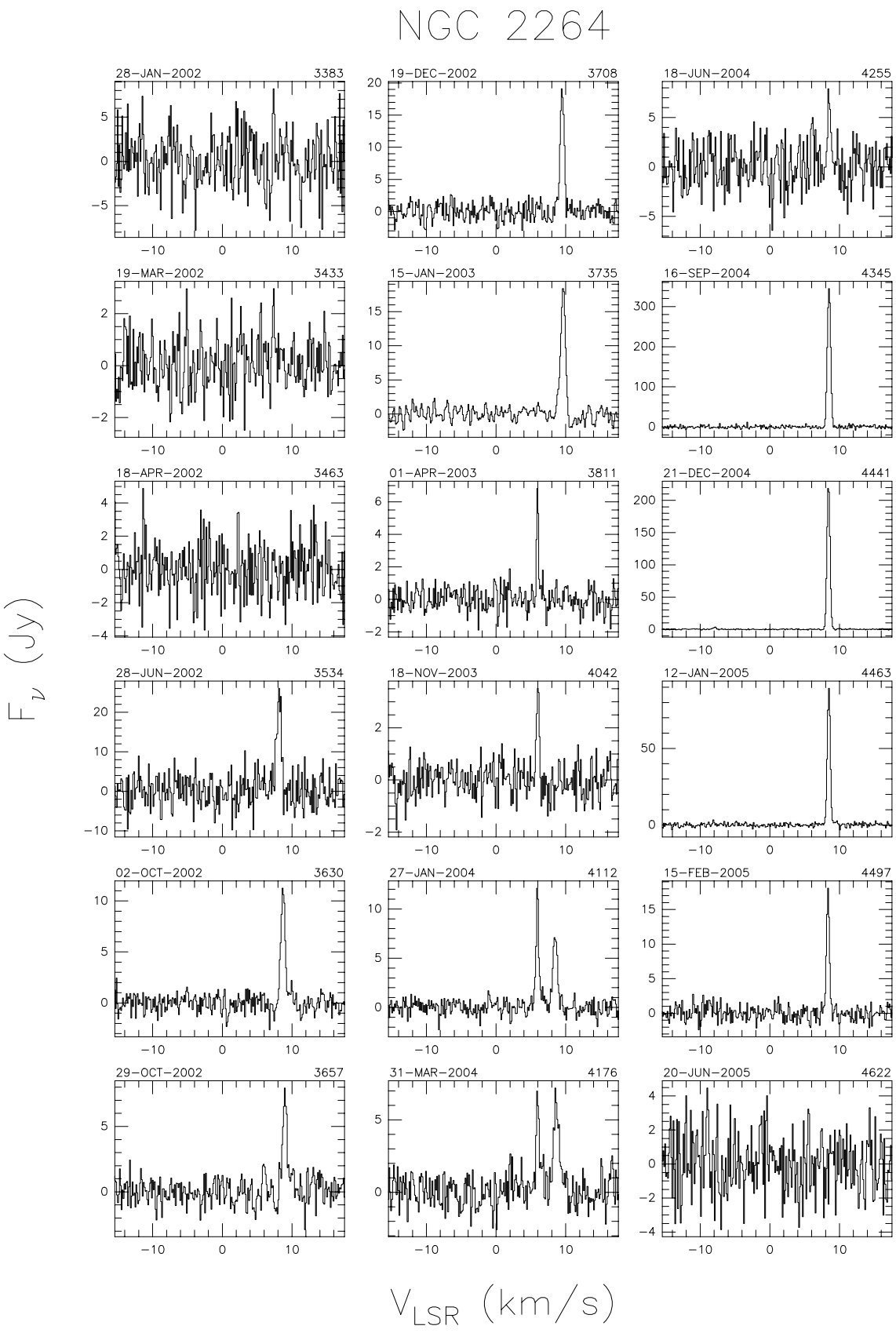

Fig. A.19. a continued.

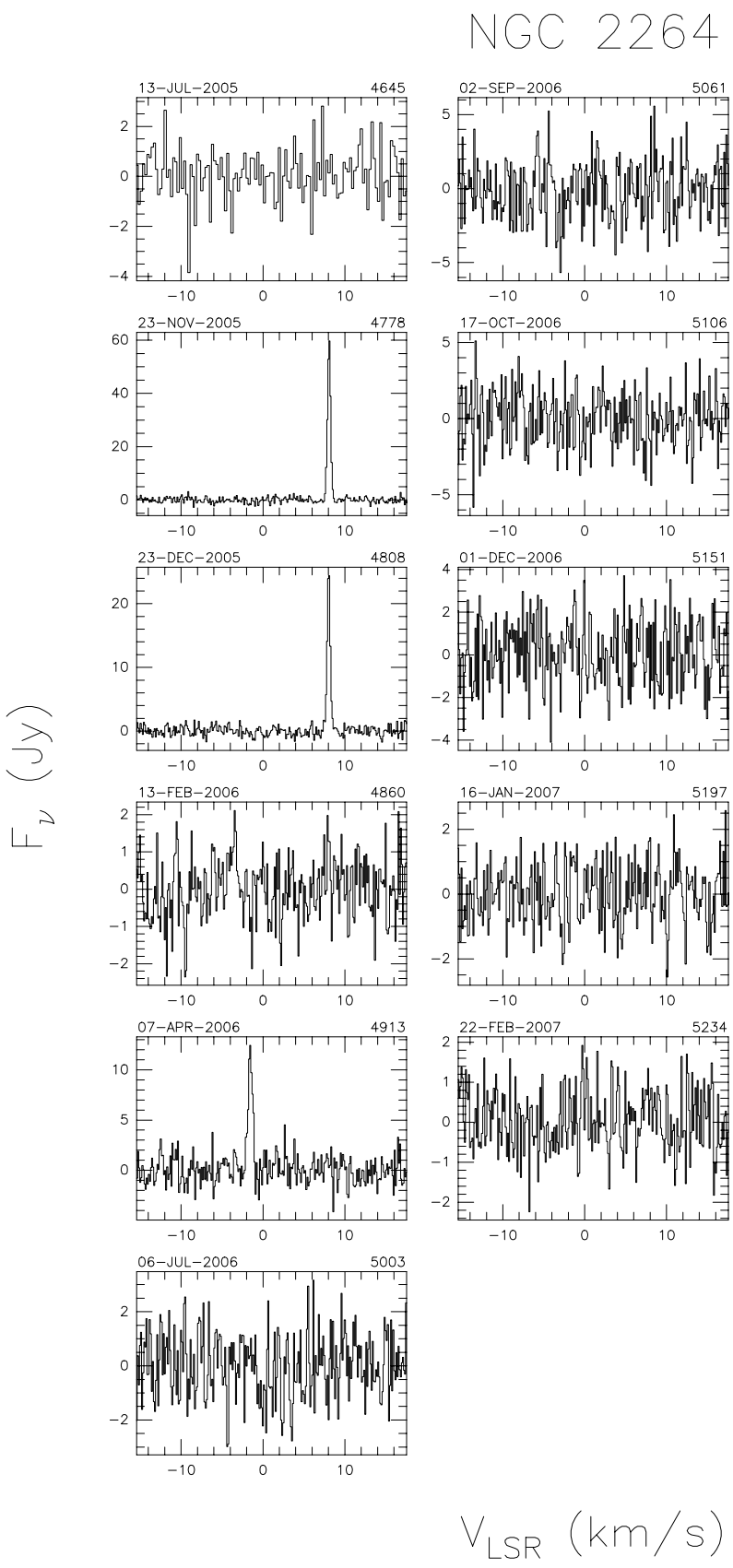

Fig. A.19. a continued.

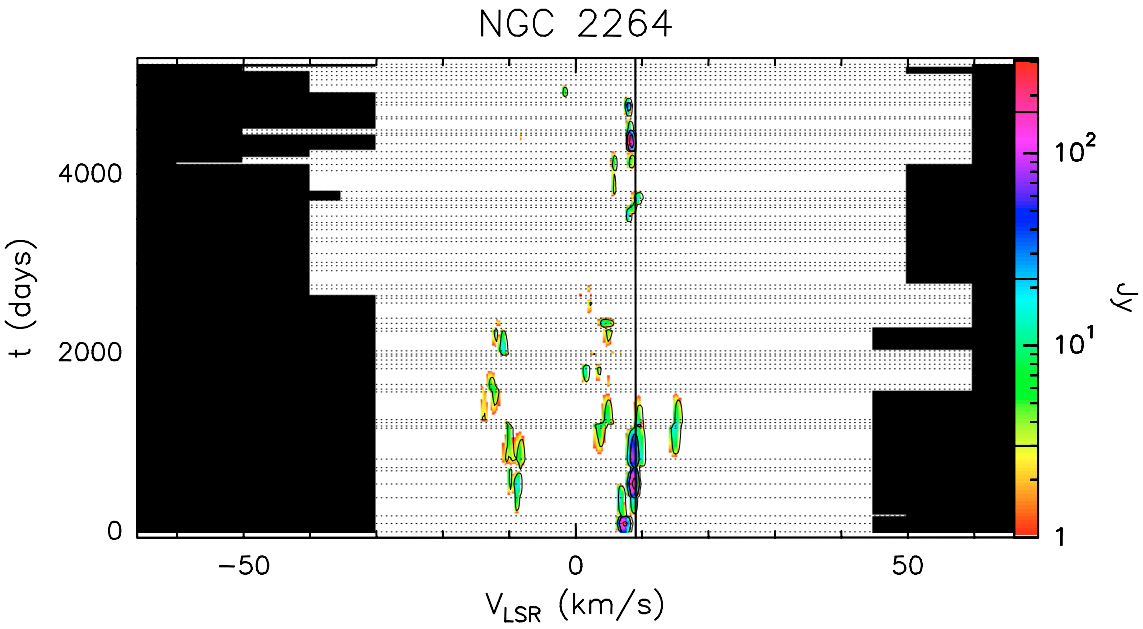

Fig. A.19. b Velocity–time–flux density *full* plot for source NGC 2264. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

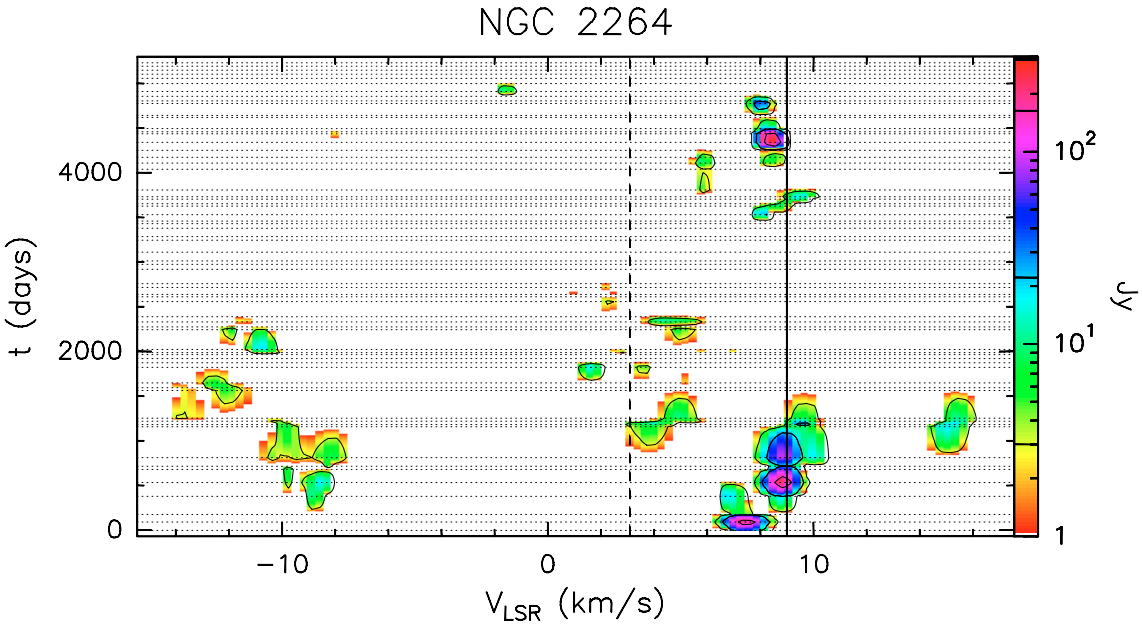

Fig. A.19. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

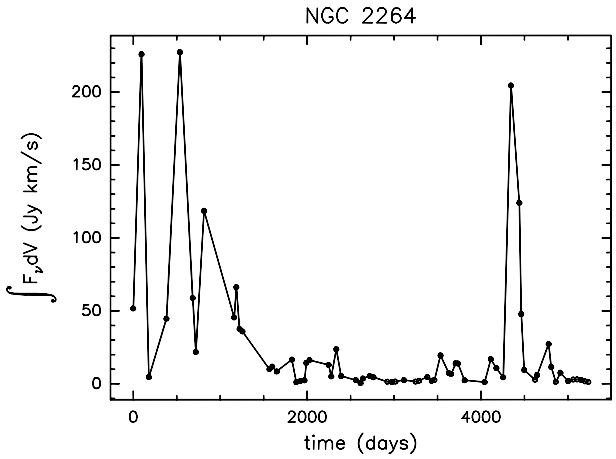

Fig. A.19. d Integral of the flux density over the observed velocity range as a function of time for source NGC 2264.

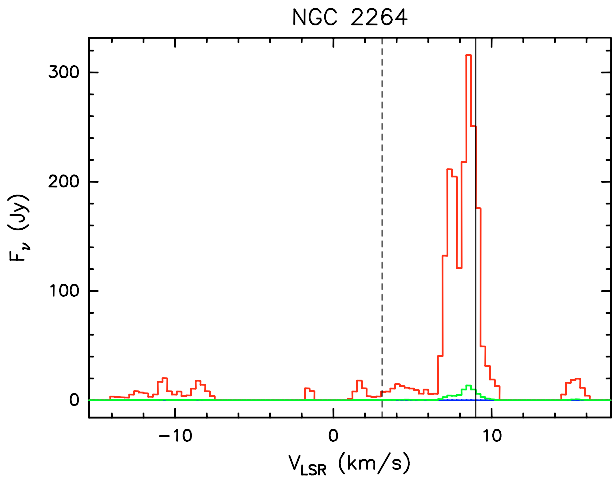

Fig. A.19. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source NGC 2264 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

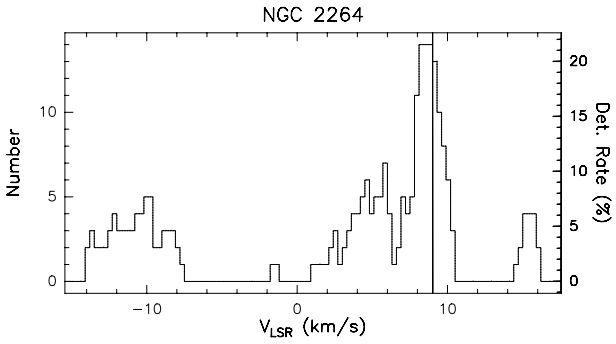

Fig. A.19. f Rate-of-occurrence plot for source NGC 2264. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.

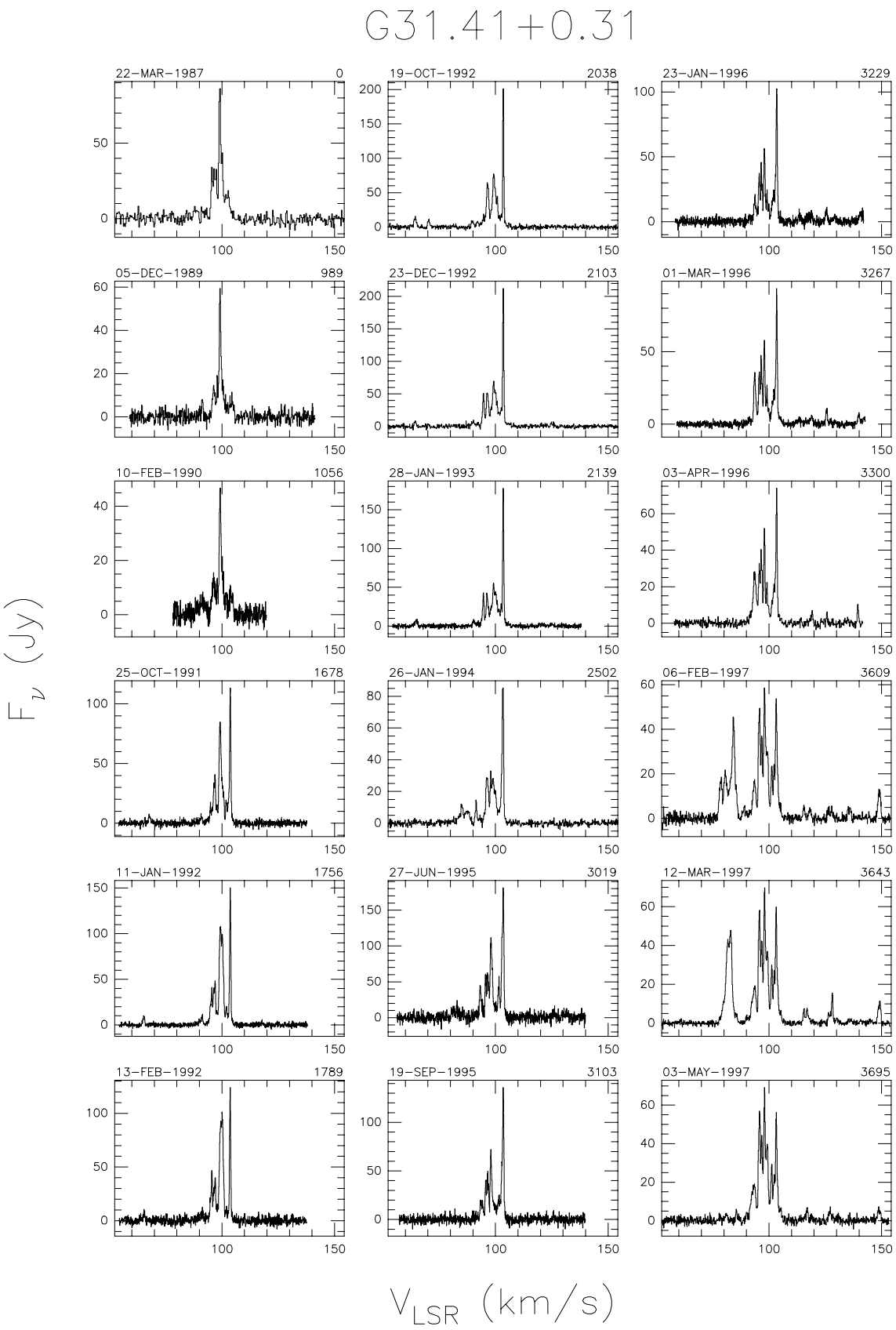

Fig. A.20. a Spectra of source G31.41+0.31 with autoscaled flux density scale. The date of observation is shown above the top left corner of each spectrum and the number of days elapsed since the first observation is given above the top right corner. The velocity scale is the same for all spectra.

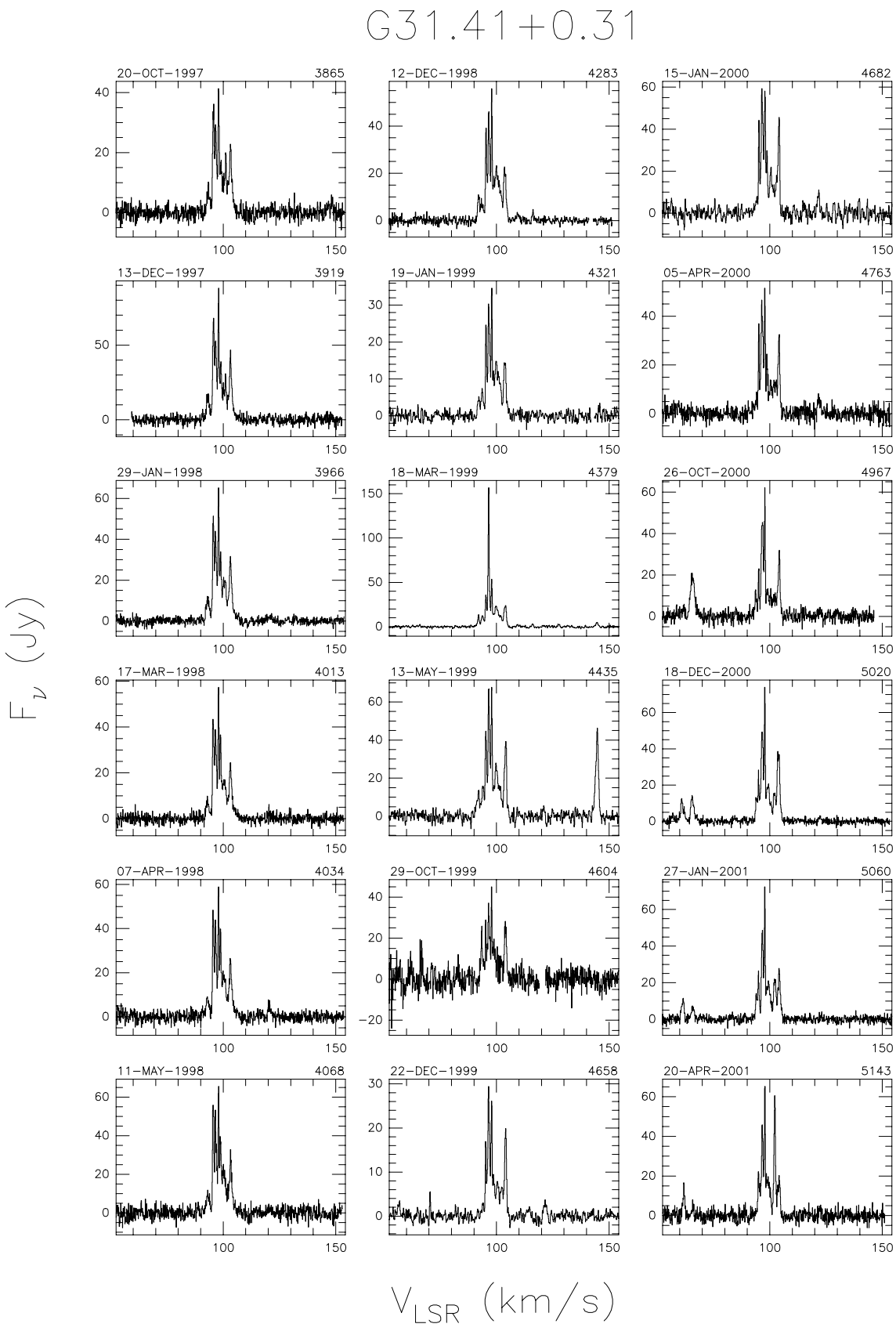

Fig. A.20. a continued.

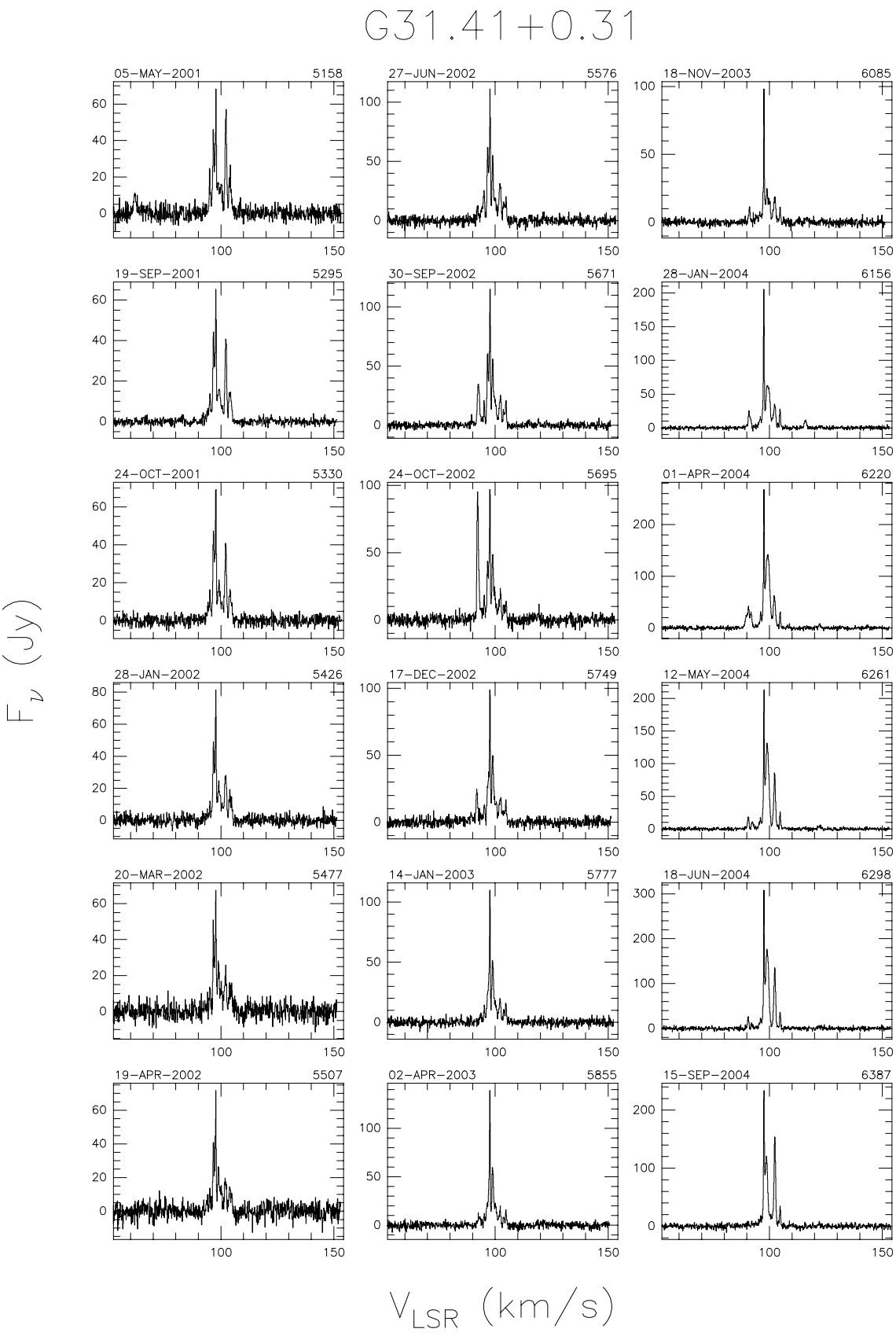

Fig. A.20. a continued.

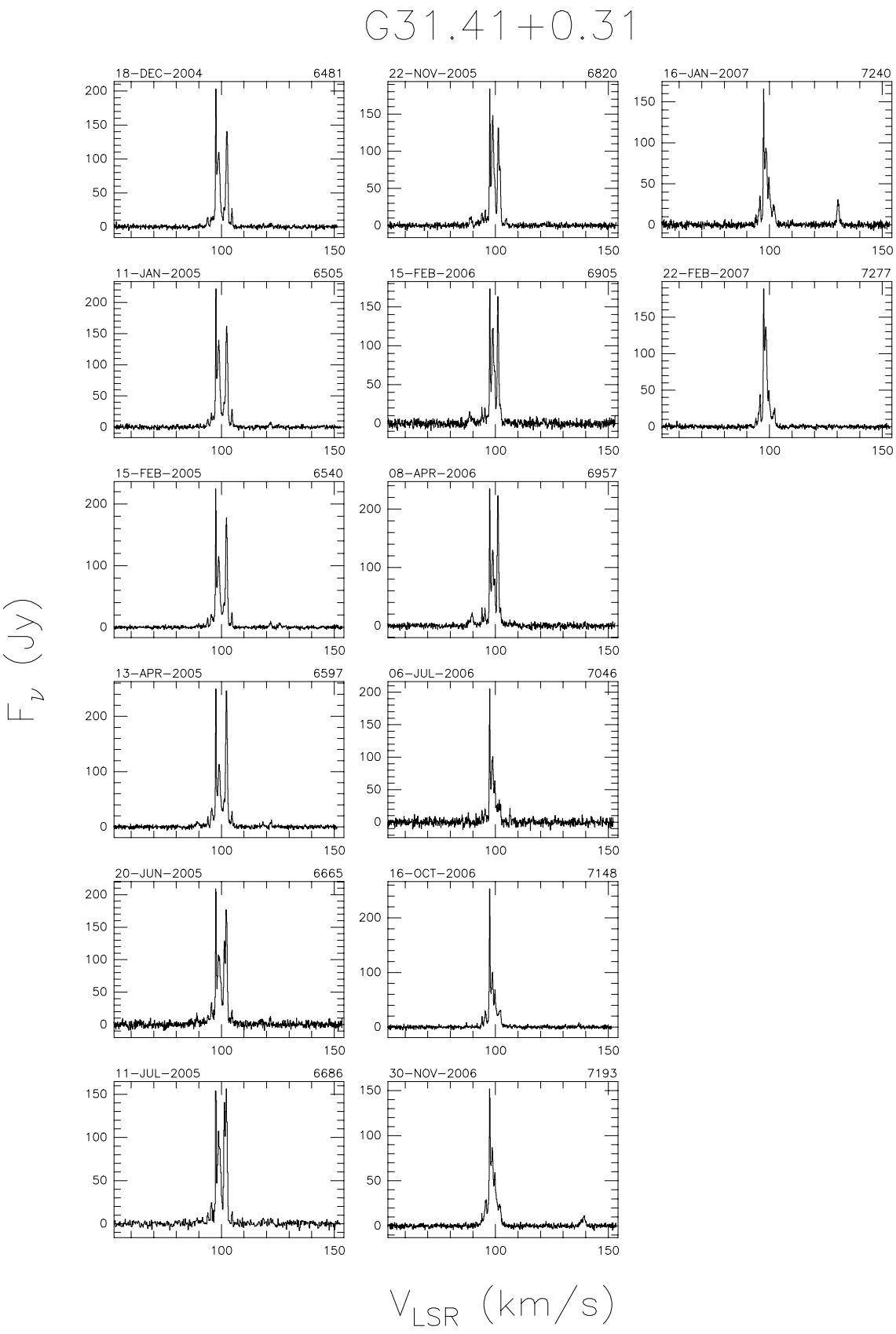

Fig. A.20. a continued.

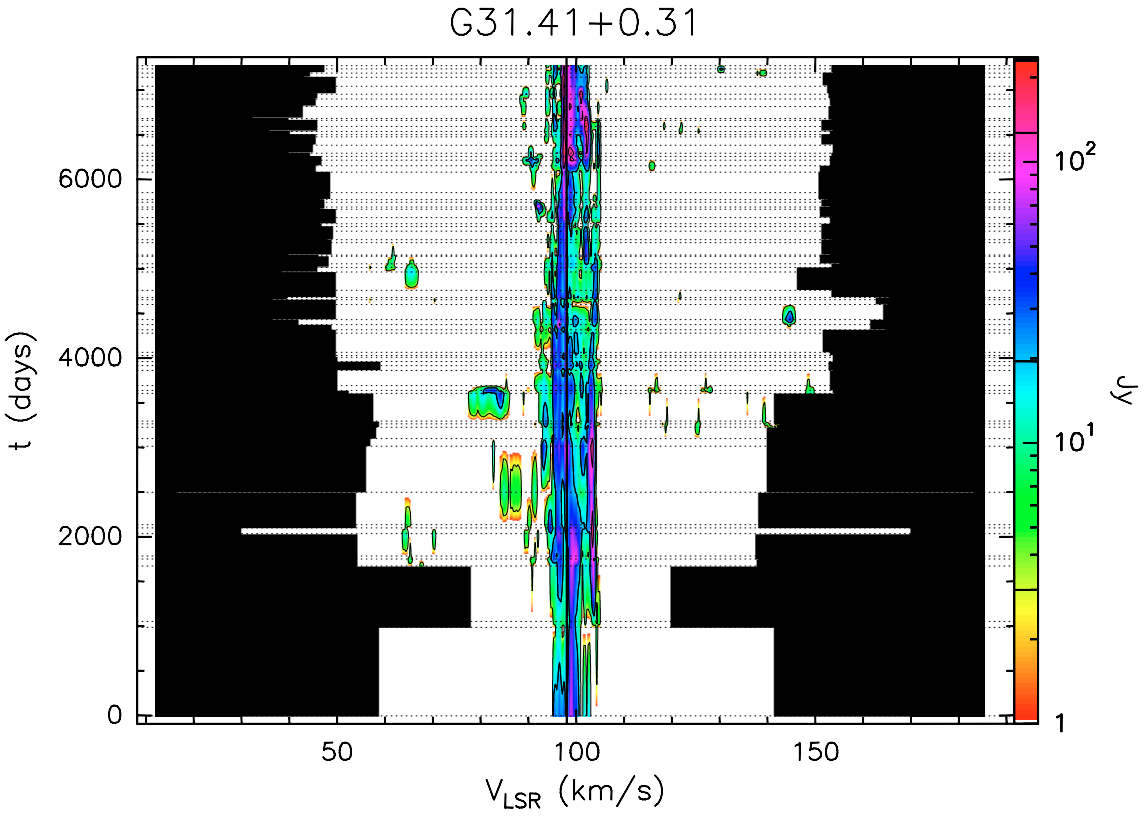

Fig. A.20. b Velocity–time–flux density *full* plot for source G31.41+0.31. The vertical solid line indicates the velocity of the associated thermal molecular gas. The flux density scale is shown by the bar on the right. In this bar the three lines give the flux density of the drawn contours.

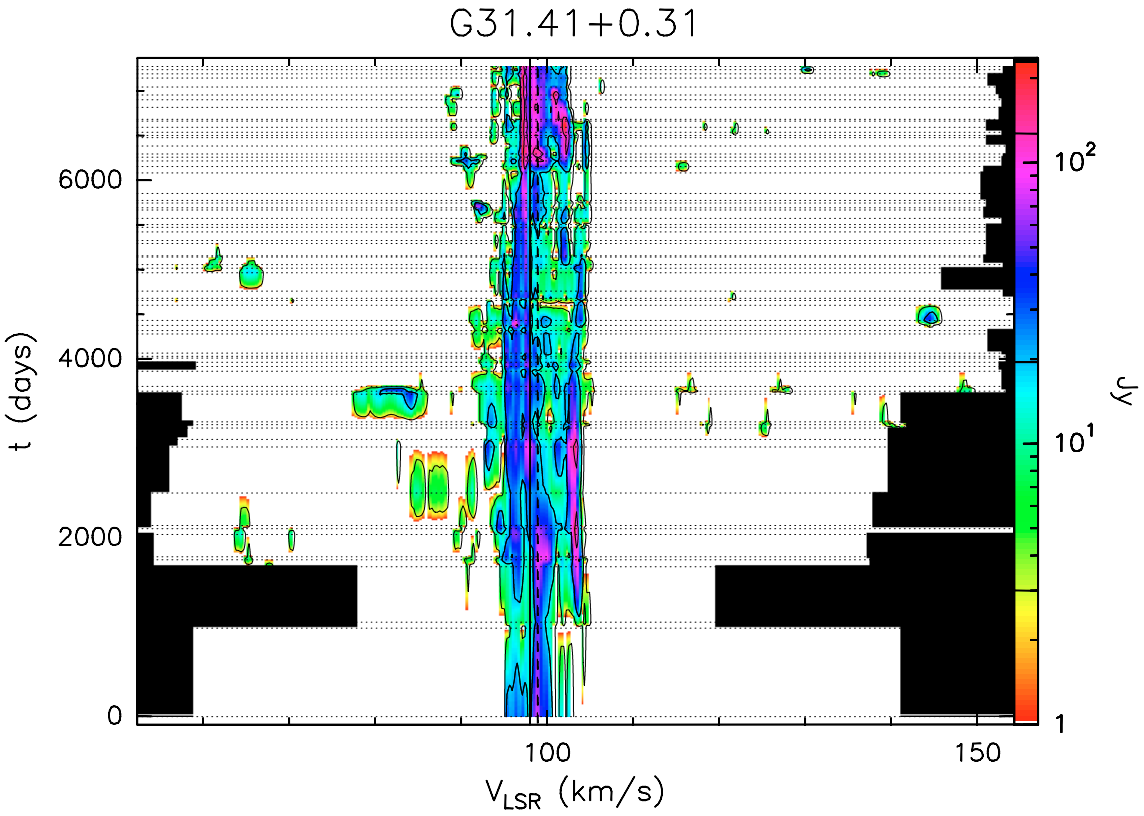

Fig. A.20. c Same as previous figure, but "zoomed" to velocity range over which emission has been detected.

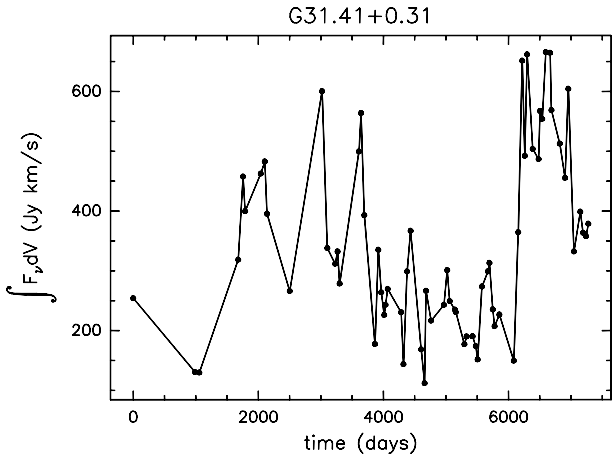

Fig. A.20. d Integral of the flux density over the observed velocity range as a function of time for source G31.41+0.31.

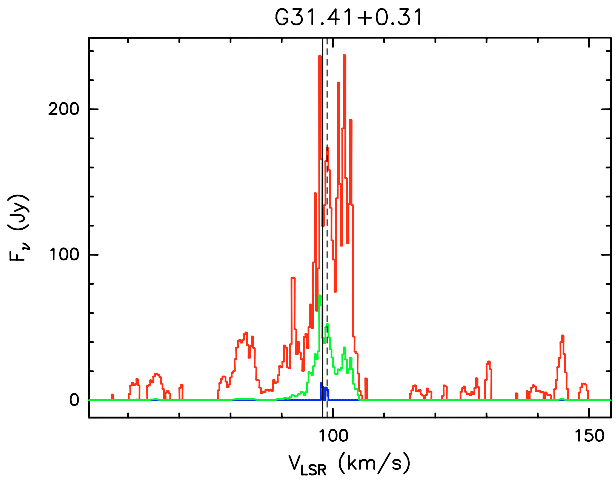

Fig. A.20. e Upper (red) and lower (blue) envelopes and mean spectrum (green) of source G31.41+0.31 measured during our monitoring. The vertical solid line marks the velocity of the associated thermal molecular gas. The vertical dashed line marks the mean velocity derived from the histogram of the rate-of-occurrence.

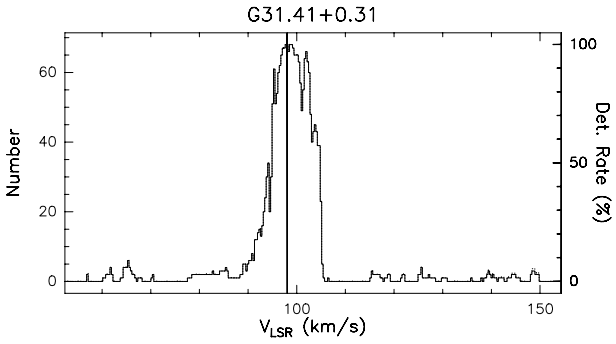

Fig. A.20. f Rate-of-occurrence plot for source G31.41+0.31. The scale to the right refers to the dotted histogram, the scale to the left to the solid line histogram. The vertical solid line marks the velocity of the associated thermal molecular gas.