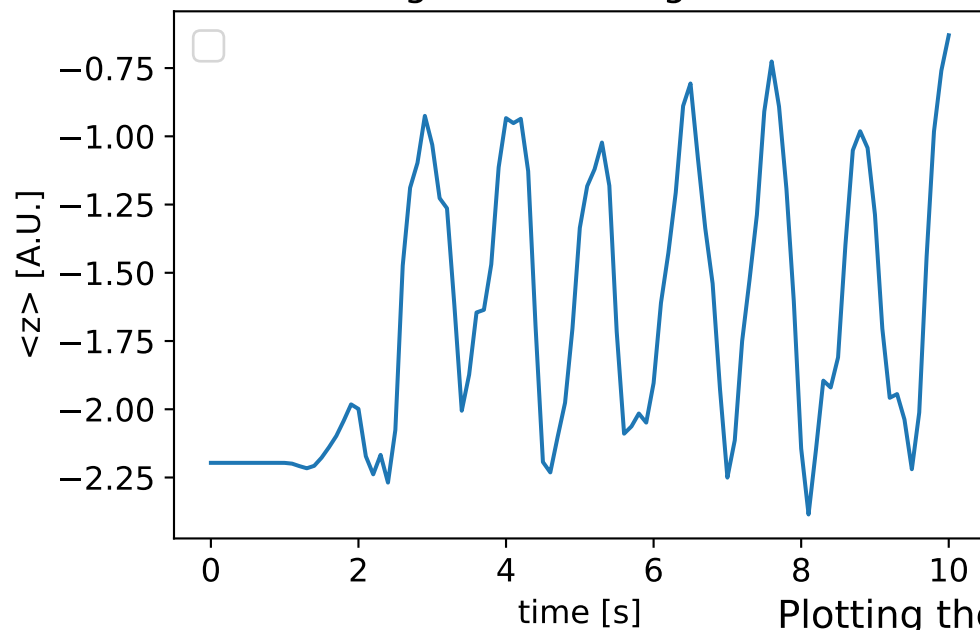


Plotting the z-axis against time



Plotting the $\langle H \rangle$ against time

