

**Table S2. Speed fluctuations of the flagellar motor.**

Strain (Number of motors)		Average $\pm$ SD
wild-type (n = 20)	$\omega_{av}$ (Hz)	49.0 $\pm$ 8.2
	$\sigma_{\omega}$	7.6 $\pm$ 2.9
	$\sigma_{\omega}/\omega_{av}$	0.16 $\pm$ 0.04
FliFG <sub>d-f</sub> (n = 20)	$\omega_{av}$ (Hz)	39.9 $\pm$ 8.6
	$\sigma_{\omega}$	12.3 $\pm$ 3.7
	$\sigma_{\omega}/\omega_{av}$	0.31 $\pm$ 0.12
FliFG <sub>d-f</sub> FliG(D124Y) (n = 20)	$\omega_{av}$ (Hz)	40.1 $\pm$ 7.1
	$\sigma_{\omega}$	9.4 $\pm$ 3.0
	$\sigma_{\omega}/\omega_{av}$	0.23 $\pm$ 0.07
FliFG <sub>d-f</sub> FliM(F188L) (n = 20)	$\omega_{av}$ (Hz)	40.2 $\pm$ 6.4
	$\sigma_{\omega}$	6.9 $\pm$ 2.1
	$\sigma_{\omega}/\omega_{av}$	0.17 $\pm$ 0.05

The values of the average speeds ( $\omega_{av}$ ) and their standard deviations ( $\sigma_{\omega}$ ) were obtained by tracking the position of 1.0  $\mu\text{m}$  bead for 300 seconds. Note: their average motor speeds are slower than those presented in Table S1. Such speed reductions presumably result from a decrease in the energy level of bacterial cells because of much longer-term light illumination.