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Oooh. Not too easy to read, is it? Let's make it bigger:

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Well, that doesn't really help much, does it? Let's try something else:

Lorem ipsum dolor sit amet, consectetuer adipiscing. Lorem ipsum dolor sit amet, consectetuer adipiscing. Lorem ipsum dolor sit amet, consectetuer adipiscing. Lorem ipsum dolor sit amet, consectetuer adipiscing. Lorem ipsum dolor sit amet, consectetuer adipiscing. Well! Now it should be easier for you to see this plain text buried in the paragraph. Even though the type is smaller than the previous exampe, adding extra leading (space) between lines makes it much easier for your eye to track and see what's actually there. Remember, legibility is about letter forms being recognisable; readability is about contrast. Too much black and not enough white and you can't read something easily. Lorem ipsum dolor sit amet, consectetuer adipiscing. Lorem ipsum dolor sit amet, consectetuer adipiscing. Lorem ipsum dolor sit amet, consectetuer adipiscing. Lorem ipsum dolor sit amet, consectetuer adipiscing.