~ is a non breaking space

\begin{equation}

\textbf{E}=\textbf{E}\_0\cos (\textbf{k}\cdot\textbf{r}-\omega t+\phi),

\**label{eq:E}**

\end{equation}

Eqs.~\ref{eq:E} to reference the equation

\begin {eqnarray}

\end{eqnarray}