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1.1 This is second level heading . . . . . 1

1.1.1 This is third level heading . . . . . 1

The Russian Welfare State System: With Special Reference to Regional Inequality

syntax examples

1 This is first level heading

1.1 This is second level heading

1.1.1 This is third level heading

- this
  - is
  - list
1. this
  2. is
  3. numbered
  4. list

This	is	table	heading
This	is	table	row
This	is	table	row
This	is	table	row

This is **bold** and this is *italic*. `this is code or comment`

this is quote