





## **Q** Search



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## Janny Jonas

In other words, the first number specifies the number of paragraphs you want to insert; the second number specifies the number of sentences you want to include in those paragraphs. If you're using Word 95 or lower (or if you're tired of that quick brown fox), you can use the traditional Latin "Lorem ipsum dolor . . . ," which has been used as placeholder text for centuries:

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## **Anny Sew**

If you're curious about this, it's a garbled quotation from Cicero's De Finibus Bonorum et Malorum (On the Ends of Good and Bad), book 1, paragraph 32, which reads, "Neque porro quisquam est, qui dolorem ipsum, quia dolor sit, amet, consectetur, adipisci velit," meaning, "There is no one who loves pain itself, who seeks after it and wants to have it, simply because it is pain." The book was popular during the Renaissance, when the passage was used in a book of type samples for that wonderful new technology, printing.









