Some examples of tables

Table 1: Similar to Figures, Table Titles Also Should Break Within the Table's Width Instead of Extending the Full Page Width Like This

Col 1	Col 2
Lorem ipsum	dolor sit amet
consectetur adipiscing	elit sed do
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A long table

Table 2: A very long table. Its caption also wraps up like the caption of figures and tables

Col 1	Col 2
this table is	long!
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Equations have unequal amounts of spacing above and below them. The space before the following equation looks roughly twice as large as after.

$$mean\ tot = b + c\ temp + d\ temp^2. \tag{1}$$

Additionally, the amount of space before/after equations is not always consistent. The below equation seems to have even more leading space than the previous one.

$$mean\ tot = b + c\ temp + d\ temp^2 + e\ hum + f\ hum^2 + g\ temp \times\ hum. \tag{2}$$

We've been manually adding \vspace commands to account for this, which is not an ideal solution.