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Optics and Spectroscopy publishes original papers devoted to experimental and theoretical research in the fields of atomic and molecular spectroscopy, solid state physics, physical and quantum optics, holography, laser physics, and geometrical and applied optics. By submitting a manuscript, the authors guarantee that their manuscript is original, has not been published in English or other languages, and has not been considered for publication elsewhere.

Manuscripts are accepted in English or Russian. Manuscripts written in substandard English will be rejected without being reviewed.

The length of a manuscript should not be greater than 15 typewritten pages; it may include up to four figures and no more than four tables. Review articles are accepted upon approval or solicitation of the editorial board before submission.

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The editorial board reserves the right, without explanation, to reject a manuscript if a substantial portion of it does not match the scope of the journal.

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A sample title page of an article is given below:

**Optical Methods for Hydrogen Degassing Monitoring in Urban Conditions**

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**Abstract**—Results of a study of variations in the optical parameters of bioindicators that grow in hydrogen degassing regions in Samara are presented. Raman spectroscopy and confocal fluorescence microscopy were used as the main methods of the study. Features of Raman spectra of plants that grow in zones in the presence/absence of deep hydrogen emissions have been ascertained. The main variations have been recorded at wavenumbers of 1380, 1522, 1547, and 1600 cm$^{-1}$, which are responsible for stretching vibrations in lignin and β-carotene and chlorophyll a and cellulose in plant leaves. Confocal fluorescence microscopy showed an increase in chloroplasts in leaves of plants growing in hydrogen degassing territories. An optical coefficient was introduced, with which the Samara region was monitored.

The **Abstract** should be informative and detailed; it should describe the methods and main results of the study. It should be clear from the abstract what issues were addressed in the research and what answers were obtained. The title and abstract of the article should not contain any abbreviations or references.

**Body of the text.** It is recommended to use different sections with headings in the manuscript; standard sections are INTRODUCTION, EXPERIMENTAL, RESULTS, DISCUSSION, and CONCLUSIONS. Details of mathematical calculations should be placed in the Appendix (Appendices) at the end of the manuscript. When preparing the manuscript, the authors should use terms, notation, units of measure, and nomenclature consistently throughout the manuscript. The same entities should not be given different names. Abbreviations should be avoided whenever possible, except for commonly used ones. If used, they should be explained upon first mention. Use a period, not a comma, for decimals. Variables and quantities are typed in italics. Mathematical symbols such as sin, exp, and max; chemical elements; abbreviations like Hartree–Fock (HF); and vectors are not italicized. Vector quantities are denoted in boldface; arrow symbols are not used.
Formulas, chemical structural formulas, and diagrams should be placed in the text where appropriate. Letters of the Latin and Greek alphabets are used in formulas. Numbered formulas are placed in a separate line. Numbering should be sequential throughout the manuscript. Please number only those formulas to which there is a reference in the text.

Signs *, ′, and ±; single letters of the Greek alphabet; single italic or bold letters; single variables or symbols that have either superscript or subscript; units of measure; numerals in the text; and simple mathematical or chemical formulas (for example, \(a^2 + b^2 = c^2\) or \(\text{H}_2\text{SO}_4\)) should be typed in text mode without embedded objects. Other formulas should be typed using an equation editor (MS Equation or MathType).

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