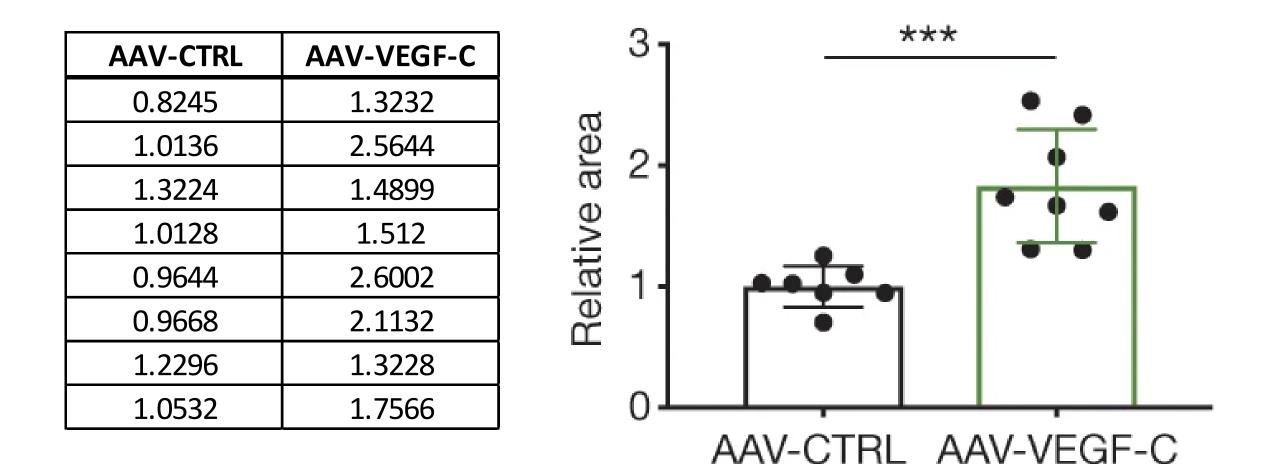
Scientific Figure Design

v2023-02

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Figures are the way your science is presented to an audience



What this course covers...

- Theory of data visualisation
 - Why do some figures work better than others?
 - Applying theory to common plot types
- Ethics of data representation
- Using graphic design

• Practical figure editing and compositing in Inkscape

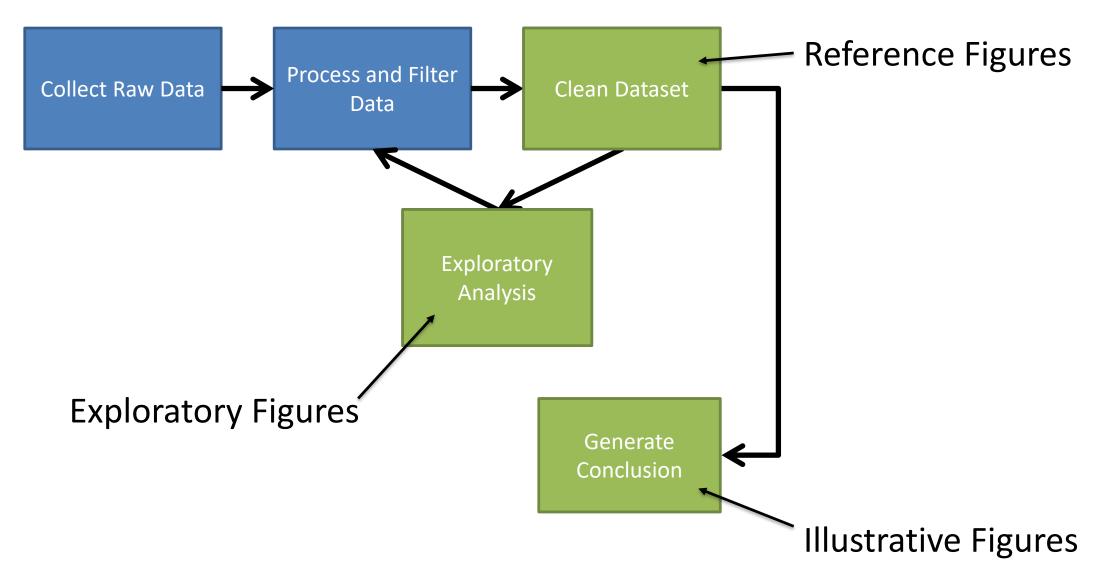
What this course doesn't cover...

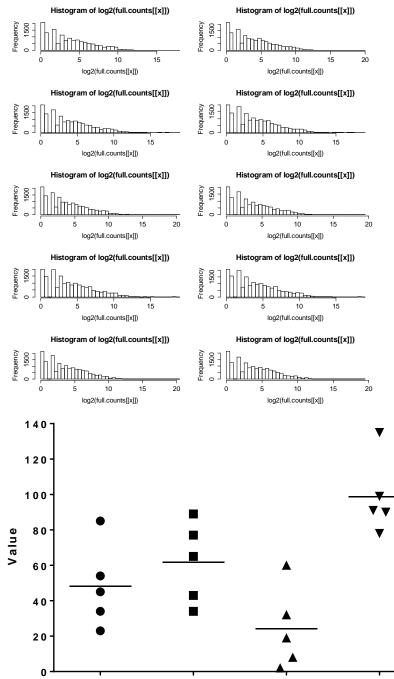
• How to draw graphs in specific programs



http://www.bioinformatics.babraham.ac.uk/training.html

Consider the requirements for a figure

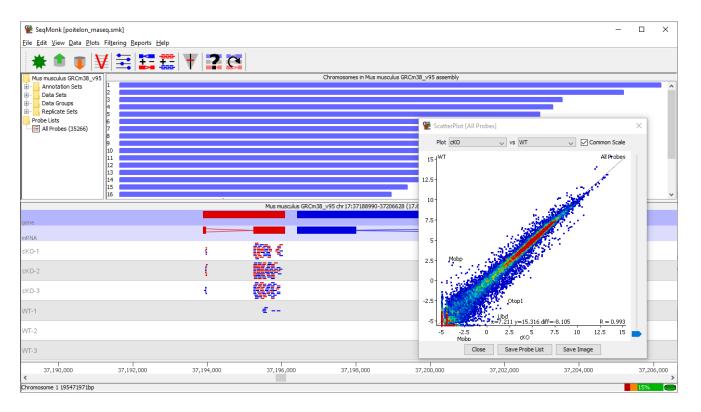


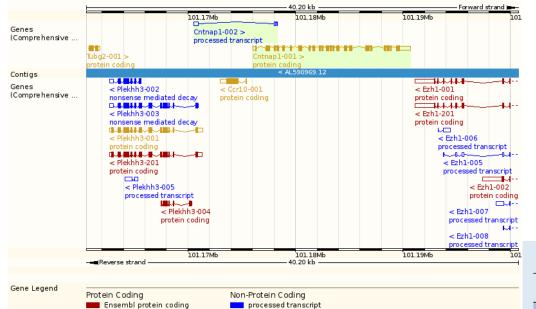


Control Treatment 1 Treatment 2 Treatment 3

Exploratory figures

- Quick!
- Complete
- Interactive



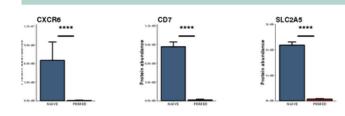


Reference figures

- Complete
- Flexible

	Uniprot id	Gene	Protein names	Gene names	♦ Pep Count	fold (change	q-value 🍦	GO terms
			All	Al				All
1	O00574	CXCR6	C-X-C chemokine	CXCR6 BONZO STR	2	5.718	1.5e-7	G protein-coupled receptor sig
2	P19397	CD53	Leukocyte surfa	CD53 MOX44 TSPA	3	5.408	4.83e-7	neutrophil degranulation [GO:0
3	P09564	CD7	T-cell antigen	CD7	2	5.369	1.15e-9	T cell activation [GO:0042110]
4	P05187	ALPP	Alkaline phosph	ALPP PLAP	13	5.225	1.58e-9	0;anchored component of membra
5	Q07075	ENPEP	Glutamyl aminop	ENPEP	40	5.153	3.83e-8	angiogenesis [GO:0001525]; ang
6	P22732	SLC2A5	Solute carrier	SLC2A5 GLUT5	9	5.081	3.26e-9	carbohydrate metabolic process
7	P15509	CSF2RA	Granulocyte-mac	CSF2RA CSF2R CS	14	5.033	3.08e-9	MAPK cascade [GO:0000165]; cel
8	P15328	FOLR1	Folate receptor	FOLR1 FOLR	2	4.848	4.39e-9	COPII vesicle coating [GO:0048
9	P13726	F3	Tissue factor (F3	8	4.838	4.47e-8	activation of blood coagulatio
10	Q9BYF1	ACE2	Angiotensin-con	ACE2 UNQ868/PRO	4	4.83	3.93e-8	angiotensin maturation [GO:000
	ng 1 to 10 of 1,715 Download Table		Clear F	ilters Cle	ar selected rows			Previous 1 2 3 4 5 172 Next

Select up to 6 rows in the table to display plots



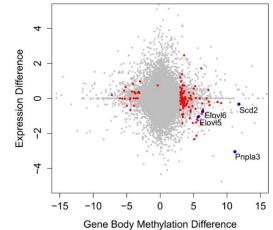
Chr	Start	End	Average	Feature	ID	Description	No. Su	No. Pro	Mean	StDev	Mea	StD
1	91285982	91726453	•	Centg2	ENSMUSG0000	centaurin, gamma 2 [Source:M	1	148	19.216	22.845	16.235	7.4
1	91759133	91762347	•	Gbx2	ENSMUSG0000	gastrulation brain homeobox 2	1	2	321.5	137.886	89.343	36.3
1	91783849	91845748	•	Asb 18	ENSMUSG0000	ankyrin repeat and SOCS box	1	22	22.227	30.095	47.379	39.9
1	91873797	91920700	•	Iqca	ENSMUSG0000	IQ motif containing with AAA d	1	17	11.706	5.665	21.977	6.7
1	91958628	91976324	•	Iqca	ENSMUSG0000	IQ motif containing with AAA d	1	7	7.429	3.207	23.786	4.
1	92035174	92047459	•	Cxcr7	ENSMUSG0000	chemokine (C-X-C motif) recep	1	5	30.8	31.523	20.034	6.8
1	92433385	92443499	•	Cops8	ENSMUSG0000	COP9 (constitutive photomorp	1	5	47.4	70.692	13.266	3.3
1	92505565	92510197	*	EG433332	ENSMUSG0000	predicted gene, EG433332 [So	1	2	7.5	3.536	20.305	1.9
1	92596517	92674334	\$	Col6a3	ENSMUSG0000	procollagen, type VI, alpha 3 [1	27	8.296	3.821	26.773	8.4
1	92745509	92781547	\$	Mlph	ENSMUSG0000	melanophilin [Source:MarkerSy	1	13	17.077	13.175	32.384	13.8
1	92783511	92784418	*	LOC633040	ENSMUSG0000	No description	1	2	14	1.414	28.427	9.5
1	92788541	92800026	Ŷ	Rab17	ENSMUSG0000	RAB17, member RAS oncogen	1	5	19.6	15.388	40.881	12.8
1	92829210	92958602	Ŷ	Lrrfip1	ENSMUSG0000	leucine rich repeat (in FLII) int	1	45	23.156	40.155	21.93	21.6
1	92975509	93001201	*	Gm817	ENSMUSG0000	gene model 817, (NCBI) [Sour	1	10	12.8	14.65	14.484	7.2
1	93010229	93054126	Ŷ	Ramp1	ENSMUSG0000	receptor (calcitonin) activity m	1	15	15.067	13.593	39.979	20.3
1	93054380	93055601	Ŷ	9130218E1	. ENSMUSG0000	RIKEN cDNA 9130218E19 gen	1	2	12.5	2.121	35.872	0.9
1	93114058	93115422	*	Ube2f	ENSMUSG0000	ubiquitin-conjugating enzyme	1	2	5	4.243	5.415	3.8
1	93126451	93127342	Ŷ	ENSMUSG0	. ENSMUSG0000	No description	1	1	218	0	14.89	
1	93128744	93151480	*	Scly	ENSMUSG0000	selenocysteine lyase [Source:	1	9	37.889	68.054	15.492	7.0
1	93152481	93178709	\$	Espnl	ENSMUSG0000	espin-like [Source:MarkerSymb	1	10	20.8	28.44	66.33	64.1
1	93181479	93192810	*	Klhl30	ENSMUSG0000	kelch-like 30 (Drosophila) [Sou	1	5	11.6	5.177	41.423	5.0
1	93196836	93204622	\$	BC056923	ENSMUSG0000	cDNA sequence BC056923 [So	1	4	61.75	84.626	27.412	22.1
1	93206237	93229189	\$	Ilkap	ENSMUSG0000	integrin-linked kinase-associat	1	9	42.222	66.944	11.431	2.4
1	93241889	93243628	*	Hes6	ENSMUSG0000	hairy and enhancer of split 6 (1	2	190	31.113	71.745	26.8
1	93246388	93289702	Ŷ	Per2	ENSMUSG0000	period homolog 2 (Drosophila)	1	16	33.562	60.427	38.834	26.8
1	93325073	93358670	\$	Traf3ip1	ENSMUSG0000	TNF receptor-associated facto	1	12	30.083	72.455	13.086	6.5
1	93371120	93389585	•	Asb1	ENSMUSG0000	ankyrin repeat and SOCS box	1	7	51.857	105.506	12.957	5.8
1	93631867	93678434	•	Twist2	ENSMUSG0000	twist homolog 2 (Drosophila) [1	17	18.765	31.888	53.51	76.5
1	93760418	93760711	•	Hdac4	ENSMUSG0000	histone deacetylase 4 [Source	1	1	28	0	13.537	
1	93763364	93885379	•	Hdac4	ENSMUSG0000	histone deacetylase 4 [Source	1	41	12.024	4.396	12.183	4.2

Close Save

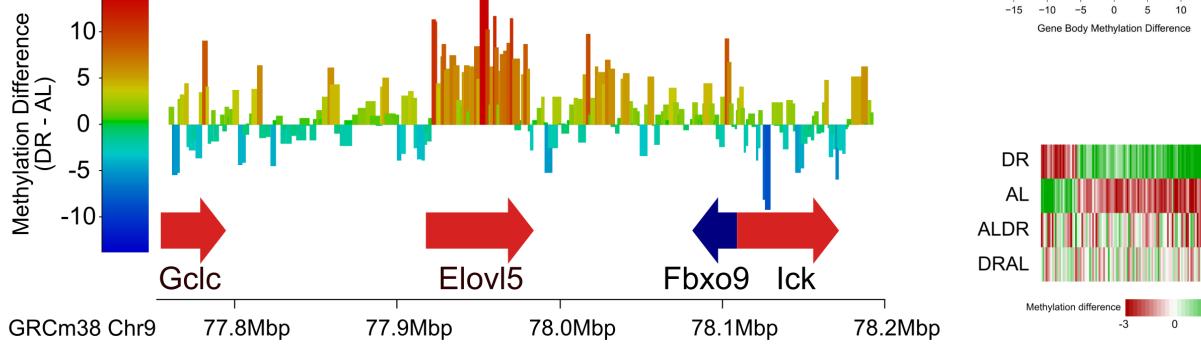
merged Ensembl/Havana

Illustrative figures

- Simple
- Clear
- Pretty



3



What makes a good figure?

- Has a clear purpose and message
 - Helps to tell a story
 - Adds to the text, and links to it
- Is focused
 - Don't confuse one message with another
- Is easy to interpret correctly
 - Good data visualisation
 - Good design
- Is an honest and true reflection of the data

The theory of data visualisation

Simon Andrews, Phil Ewels

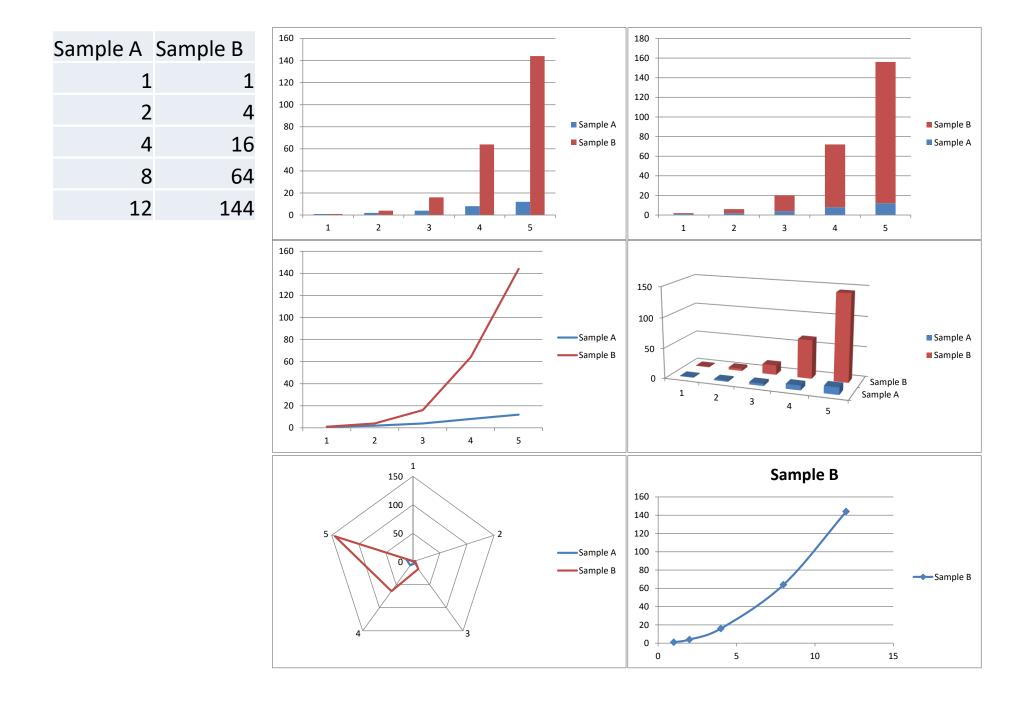
simon.andrews@babraham.ac.uk

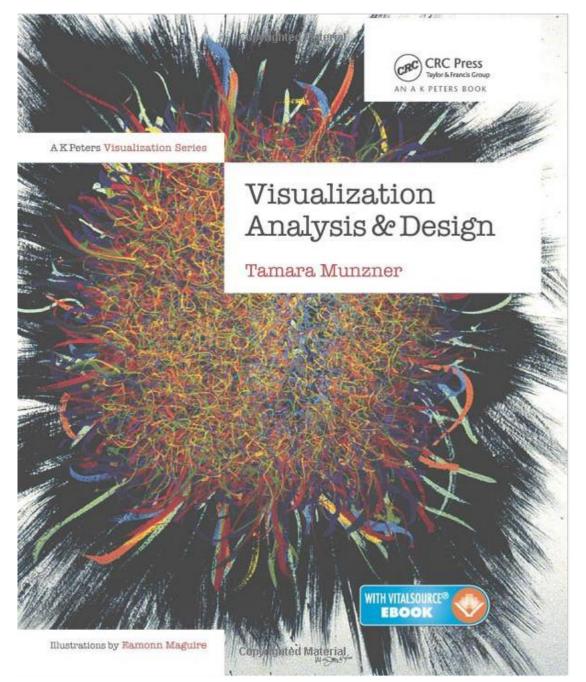


Data Visualisation

• A scientific discipline involving the creation and study of the visual representation of data whose goal is to communicate information clearly and efficiently to users.

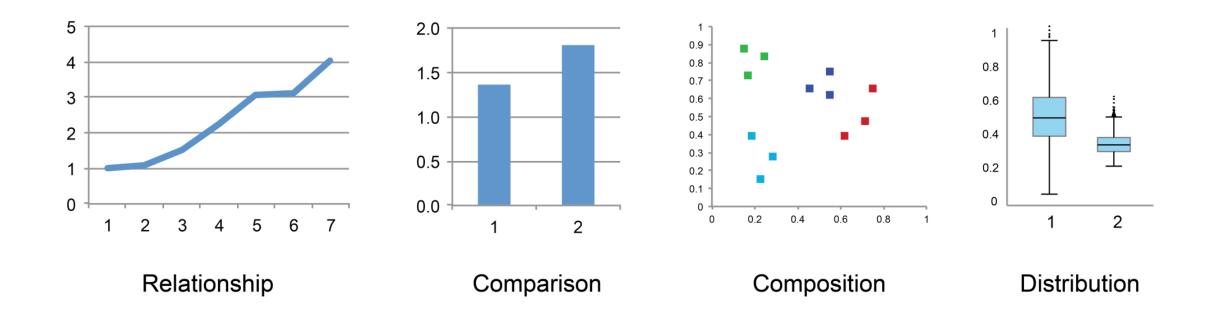
• Data Visualisation is both an art and a science.





ISBN-10: 1466508914 http://www.cs.ubc.ca/~tmm/talks.html

Different representations have common elements

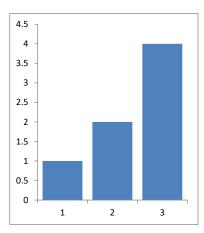


Marks and Channels

- Marks
 - Geometricprimitives
 - Lines
 - Points
 - Areas
 - Used to represent data sets

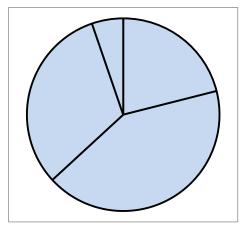
- Channels
 - Graphical appearance of a mark
 - Colour
 - Length
 - Position
 - Angle
 - Used to encode data

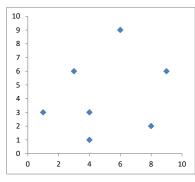
Figures are a combination of marks and channels



1 Mark = Rectangle 1 Channel = Length of longest side

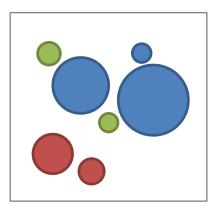
> 1 Mark = Circle segment 1 Channel = Angle





1 Mark = Diamond shape 2 Channels = X position, Y position

> 1 Mark = Circle 4 Channels: X position Y position Area Colour

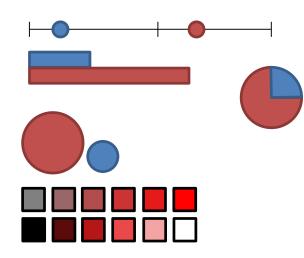


Golden Rules

- Expressiveness
 - Match the properties of the data and channel
- Effectiveness
 - Encode the most important information with the most effective channel

Types of channel

- Quantitative
 - Position on scale
 - Length
 - Angle
 - Area
 - Colour (saturation)
 - Colour (lightness)
- Qualitative
 - Spatial Grouping
 - Colour (hue)
 - Shape

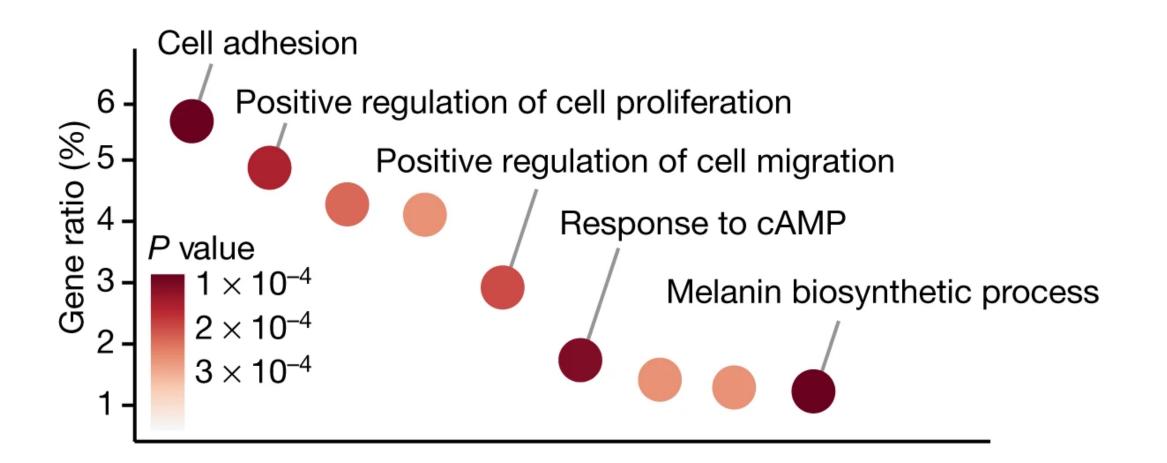


- Quantitative
 - Weight
 - Length
 - Height
 - Expression
 - Time
 - Density
- Qualitative
 - Treatment
 - Genotype
 - Batch

Golden Rules

- Expressiveness
 - Match the properties of the data and channel
- Effectiveness
 - Encode the most important information with the most effective channel

Matching the data and channel

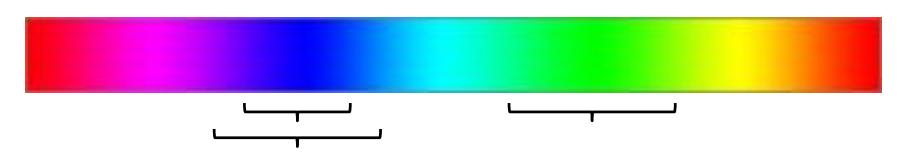


Colour

- Only channel to appear in both Qualitative and Quantitative
 - Technical representations of colour
 - Red + Green + Blue (RGB)
 - Cyan + Magenta + Yellow + Black (CMYK)
 - Perceptual representation of colour
 - Hue + Saturation + Lightness (HSL)

HSL Representation

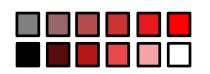
- Hue = Shade of colour =
- Saturation = Amount of colour =
- Lightness = Amount of white =
- Qualitative Quantitative
- Quantitative
- Humans have no innate quantitative perception of hue but we have learned some (cold – hot, rainbow etc.)
- Our perception of hue is not linear



Types of channel

• Quantitative

- Colour (saturation)
- Colour (lightness)



In a single plot you should modify only ONE colour parameter

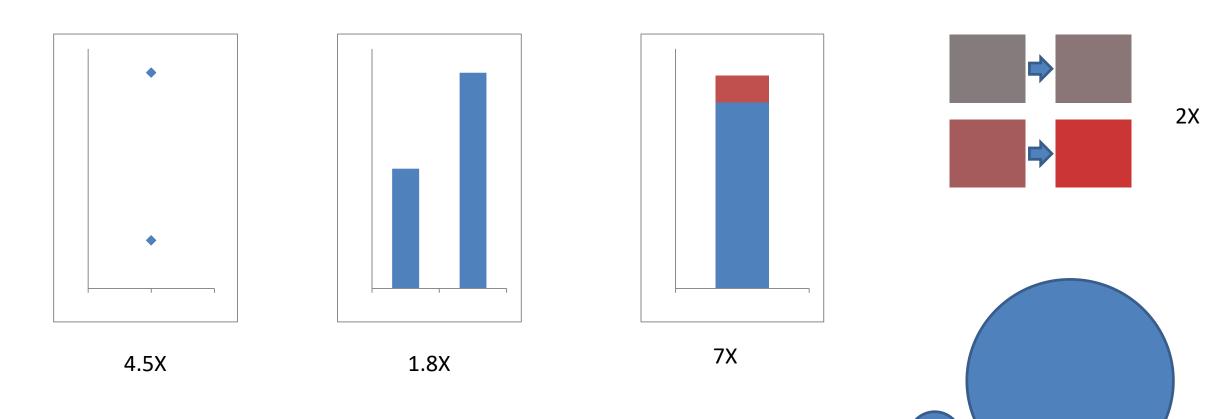
- Qualitative
 - Colour (hue)



Golden Rules

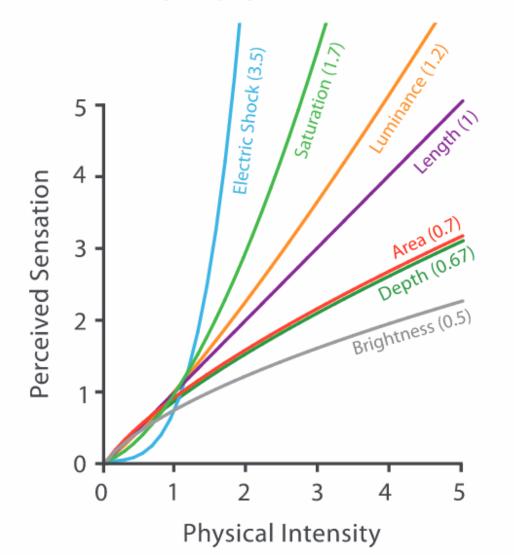
- Expressiveness
 - Match the properties of the data and channel
- Effectiveness
 - Encode the most important information with the most effective channel

Effectiveness of quantitative channels



Quantitation Perception

Steven's Psychophysical Power Law: S= I^N

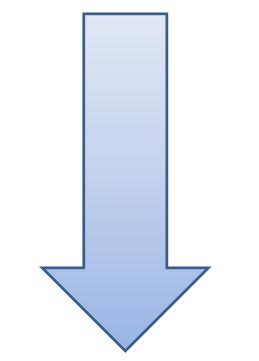


Golden Rules

- Effectiveness
 - Encode the most important information with the most effective channel
- Expressiveness
 - Match the properties of the data and channel

Most Quantitative Representations

Good quantitation

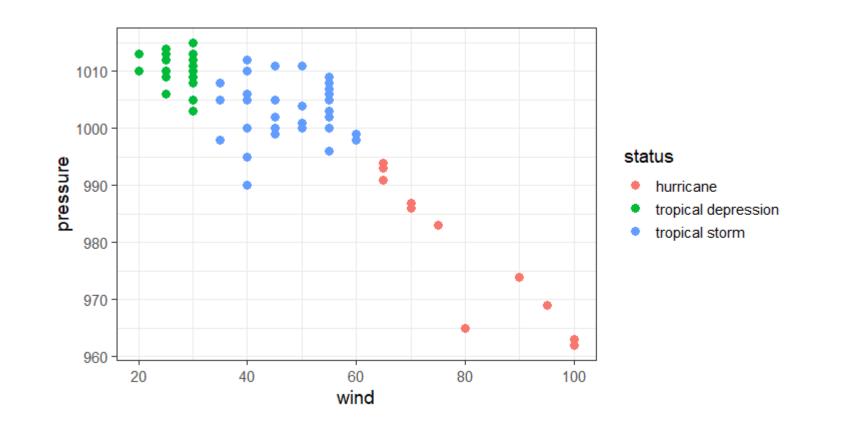


- Bar chart
- Stacked bar chart with common start
- Stacked bar chart with different starts
- Pie charts
- Bubble plots (circular area)
- Rectangular area
- Colour (luminance)
- Colour (saturation)

Poor quantitation

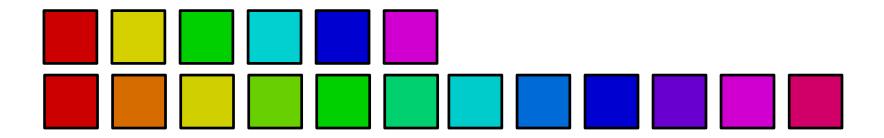
Effectiveness of Qualitative Channels

• If you encode categorical data are the differences between categories easy for the user to perceive correctly?



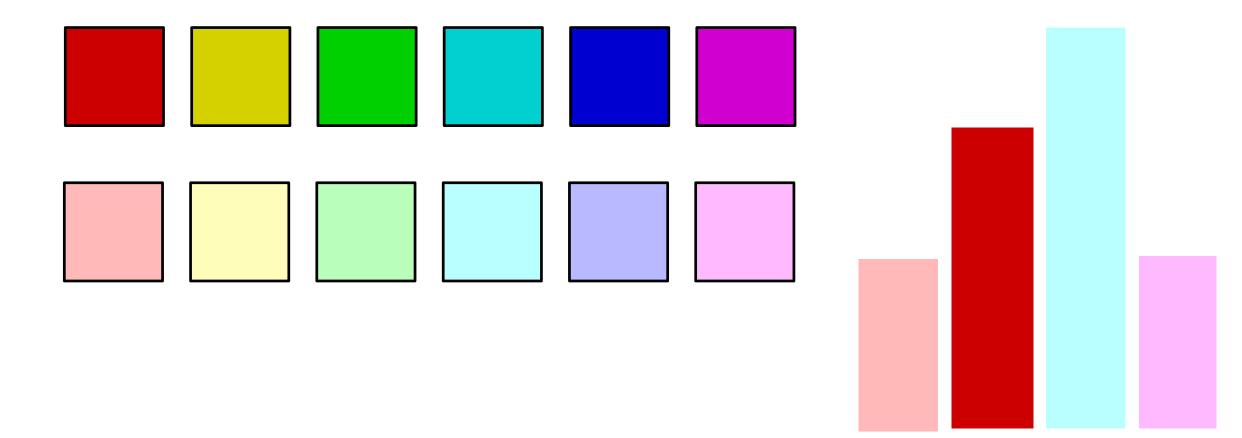
Colour Discrimination

• How many colours can you discriminate?

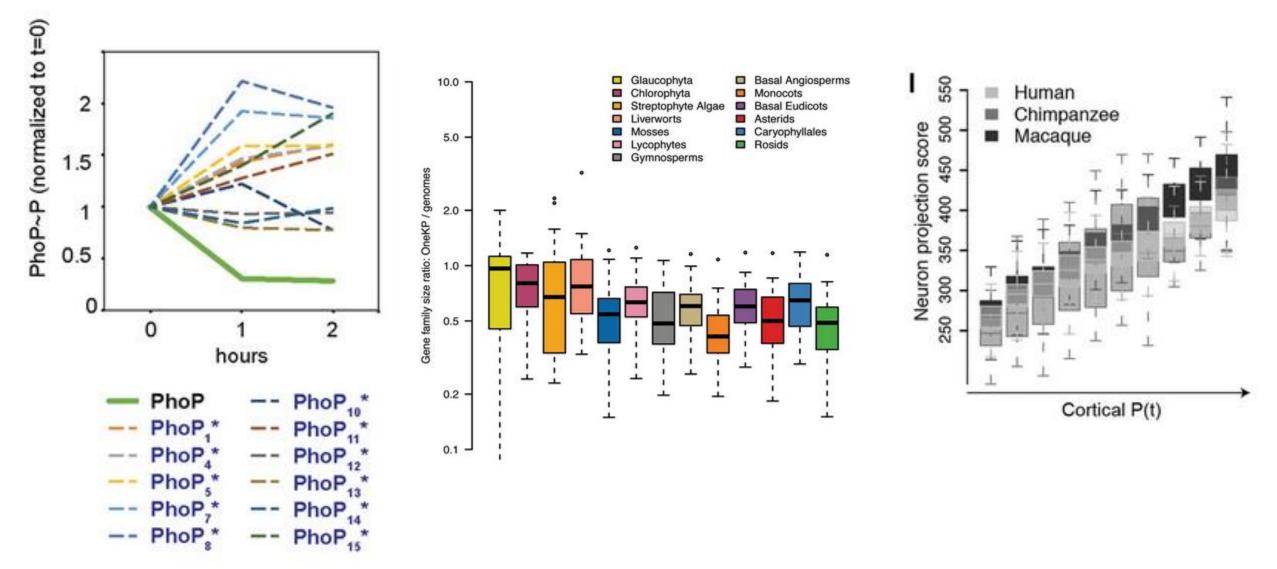


Colour Discrimination

• How many colours can you discriminate?



Colour Discrimination



Qualitative Discrimination

How many (fillable) shapes can you discriminate?

A

A

A

A

A

A

A

A

A

A

A

A

A

A

A

A

B

A

B

B

B

B

B

B

B

B

B

B

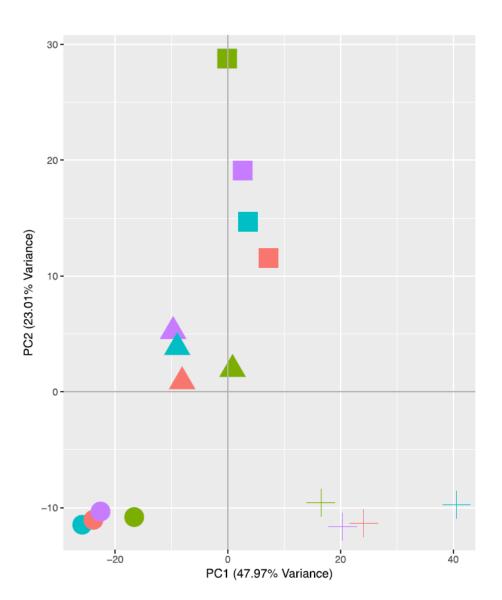
B

$\blacksquare \bullet \blacktriangle \bullet + \star \bullet \lor \star \\$

• Can combine shape with colour, but you need to maintain similar fillable areas

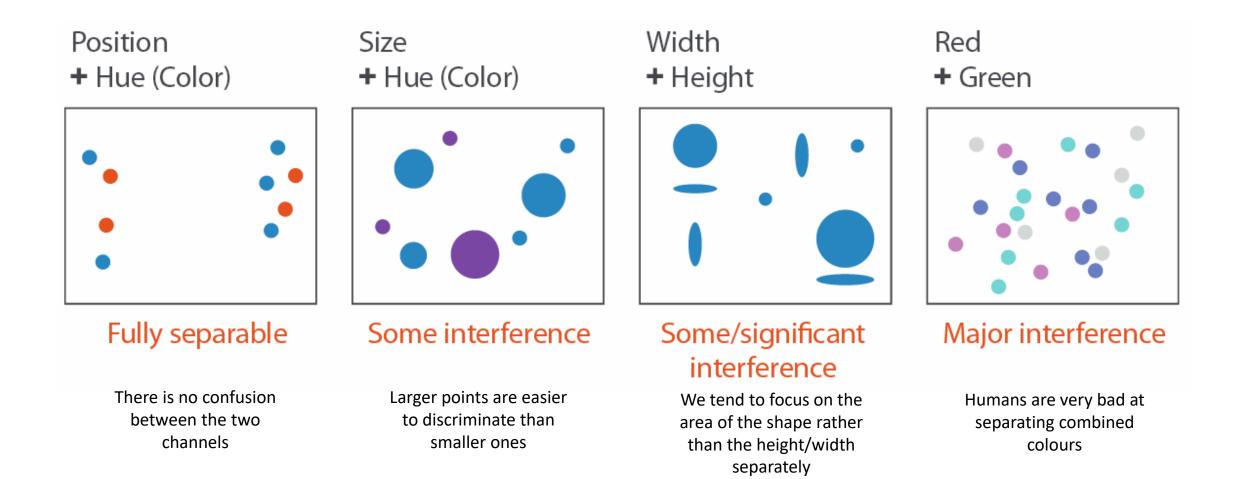
Qualitative Discrimination

 You can combine shape with colour, but you need to maintain similar fillable areas

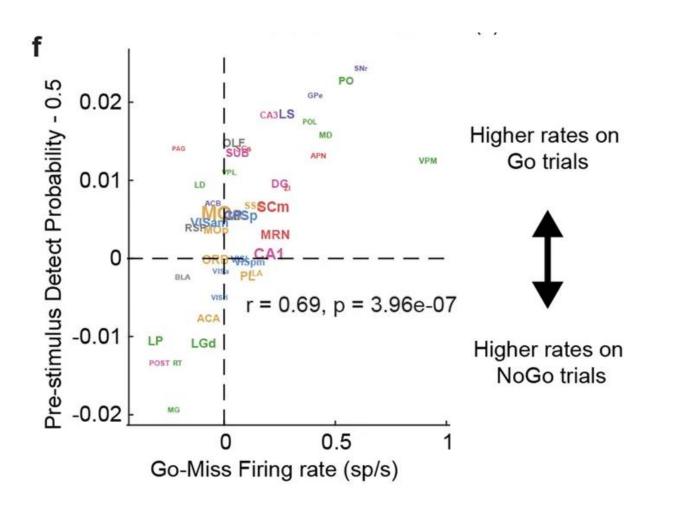


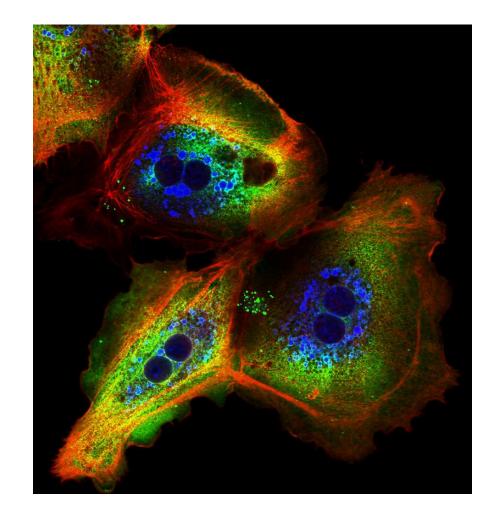
Separability

Adding channels can adversely affect the effectiveness of existing channels



Separability





Other visual cues

How can you modify your plot to improve its ease of interpretation, without changing the basic data representation?

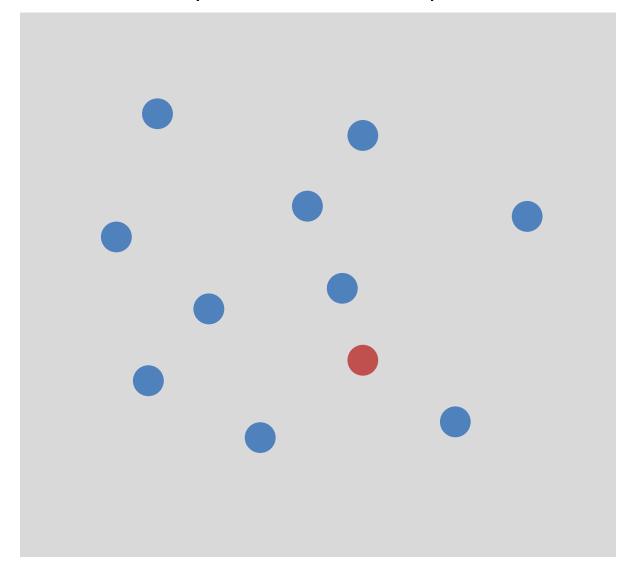
Other visual cues Popout

 Sometimes you want to draw people's attention to parts of the plot

• We can use colours or shapes to trigger a 'popout' reaction

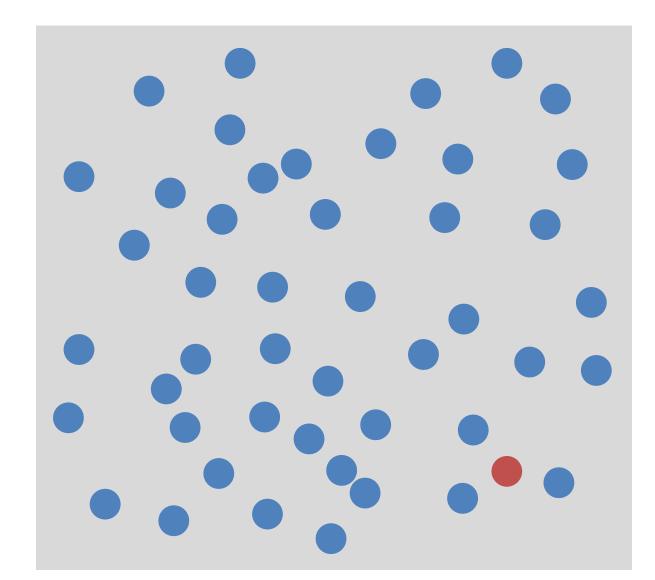
• An implicit rather than explicit cue

Popout (find the red circle)



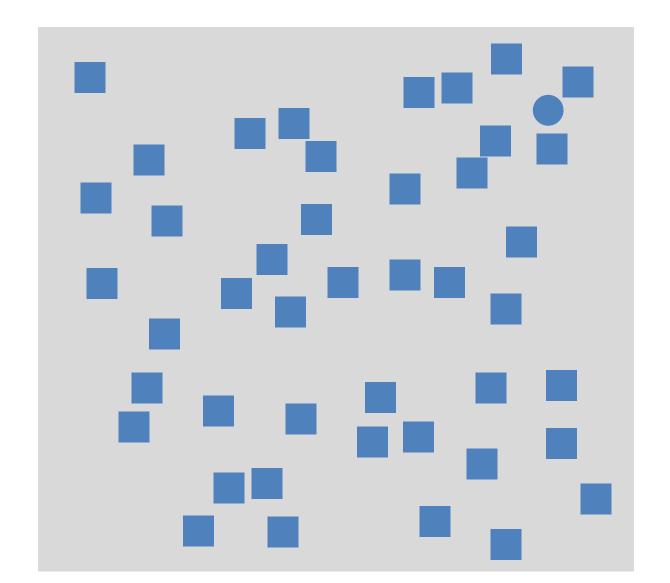
Popout

Speed of identification is independent of the number of distracting points



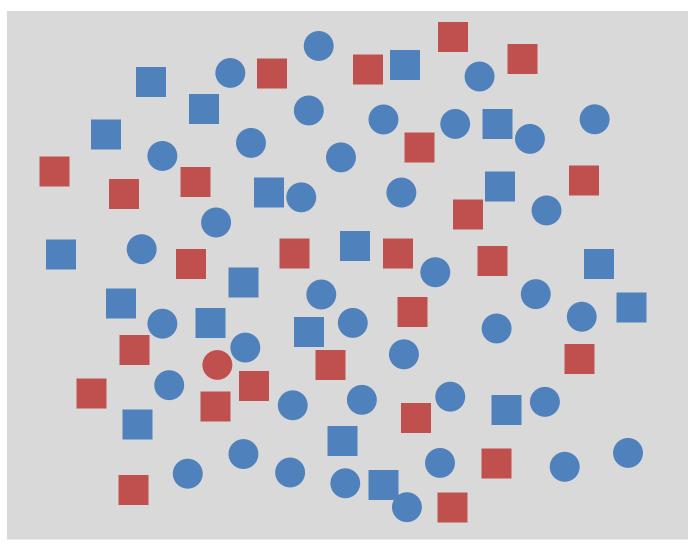
Popout

Colour pops out more than shape

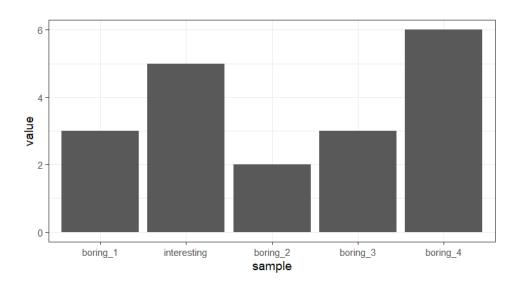


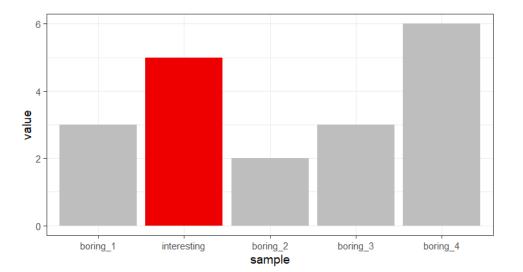
Popout

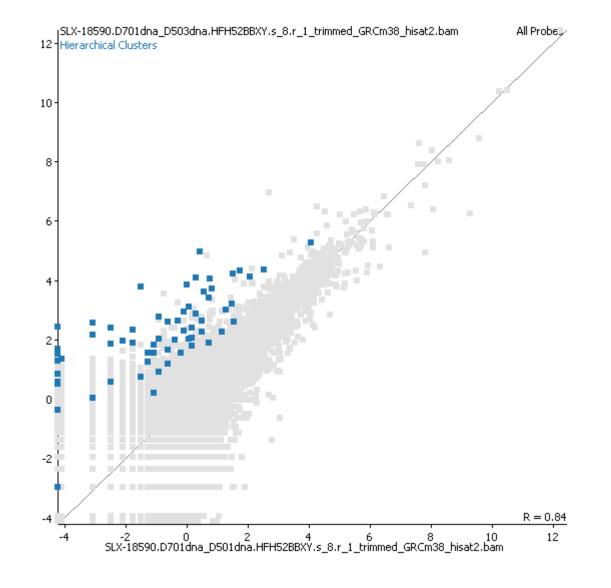
Mixing channels removes the effect (Find the red circle)



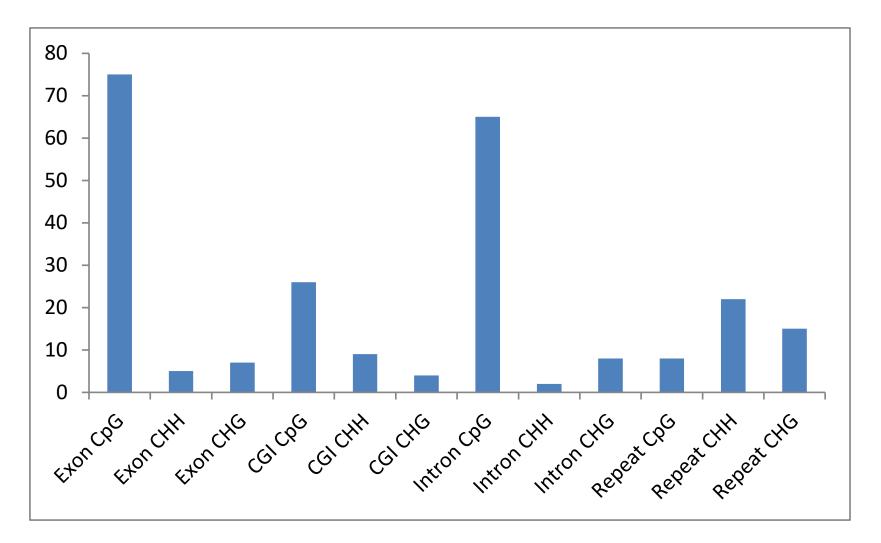
Popout Examples



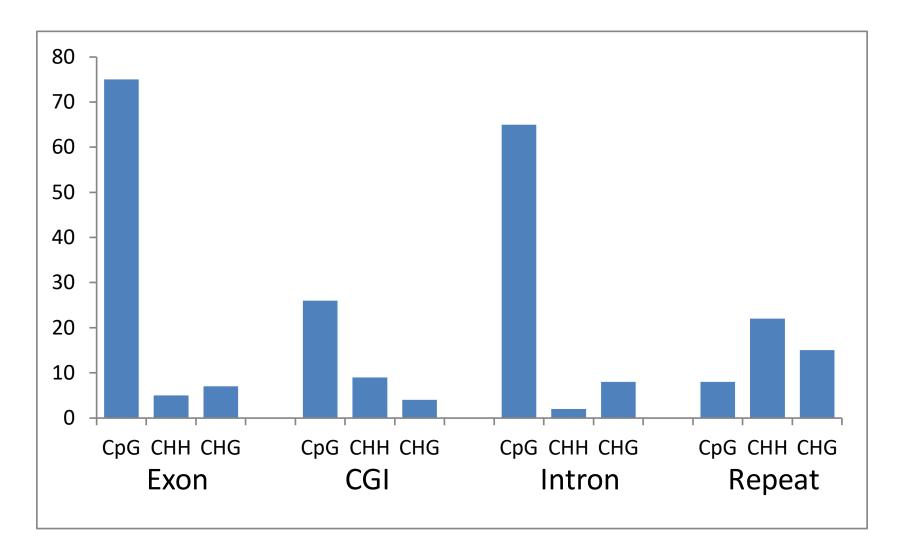




Other visual clues

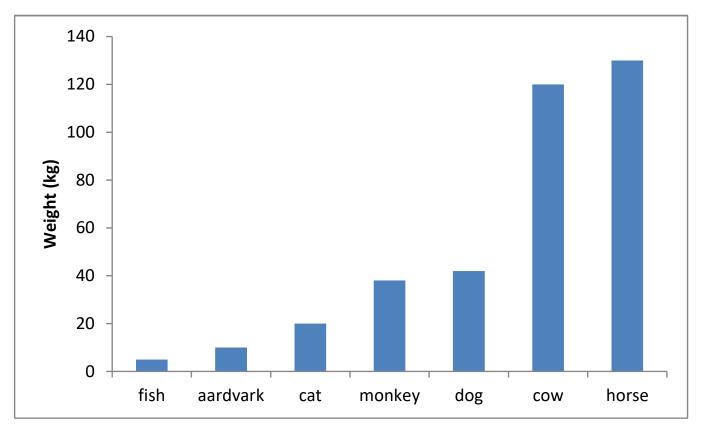


Grouping



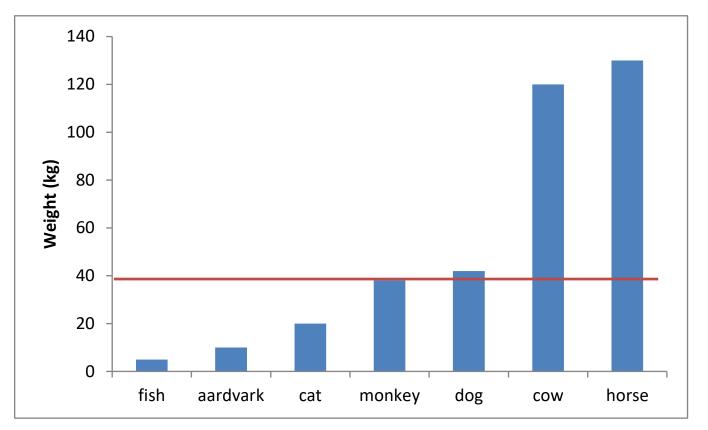
Other visual clues

• Is a monkey heavier than a dog?

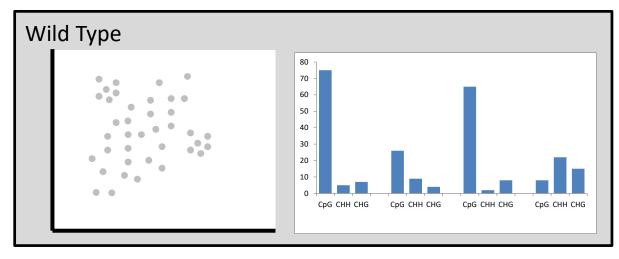


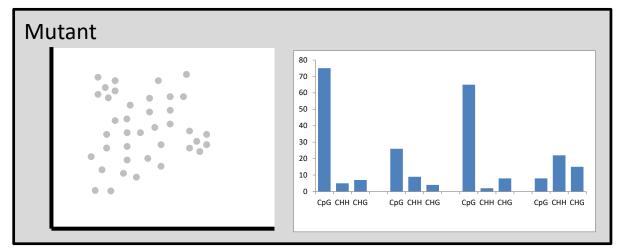
Other visual clues

• Is a monkey heavier than animal X?

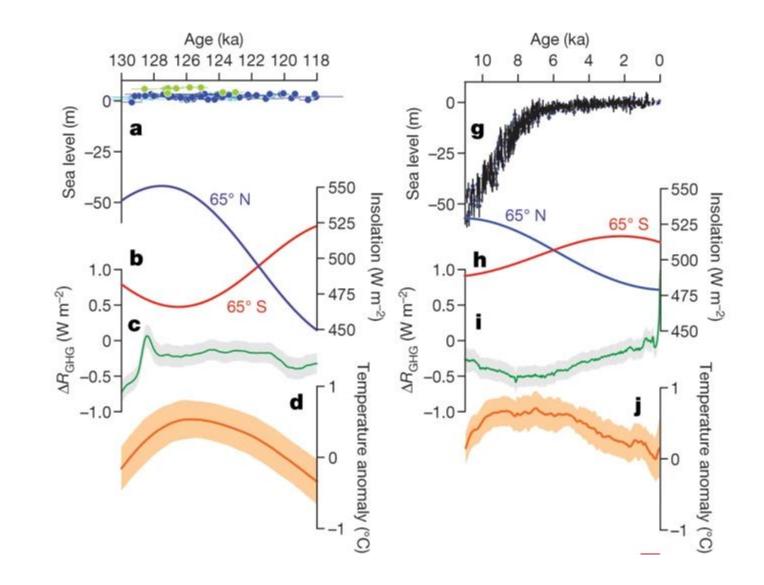


Containment / Linking





Containment / Linking



How do you know if your figure is working?

Validation

- Always try to validate plots you create
- You have seen your data too often to get an unbiased view
- Show the plot to someone not familiar with the data
 - What does this plot tell you?
 - Is this the message you wanted to convey?
 - If they pick multiple points, do they choose the most important one first?

Exercise

You will be given a series of (not very good) plots to validate. Try to think what message the plot is trying to convey and whether it is doing so effectively.

Work out how you would choose to represent the data if you don't like the way it's presented now.

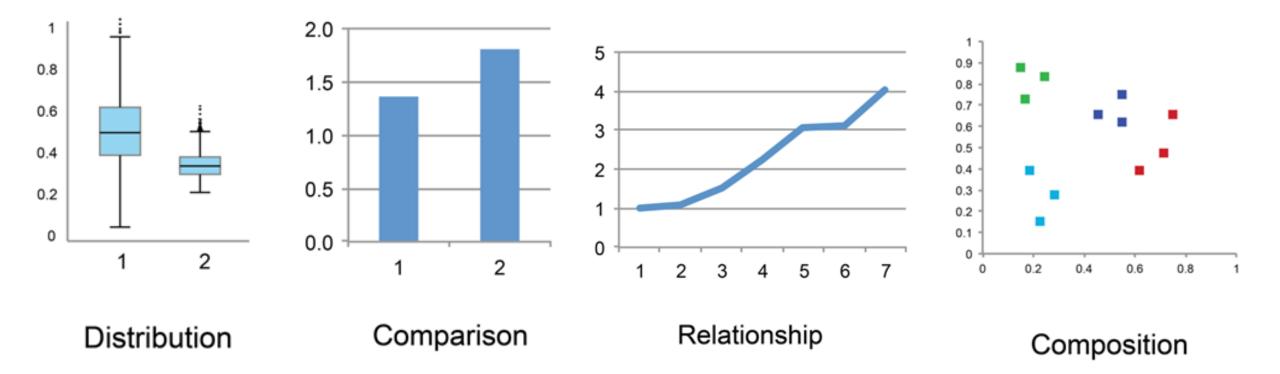
Making effective use of common plot types

Anne Segonds-Pichon Simon Andrews Phil Ewels

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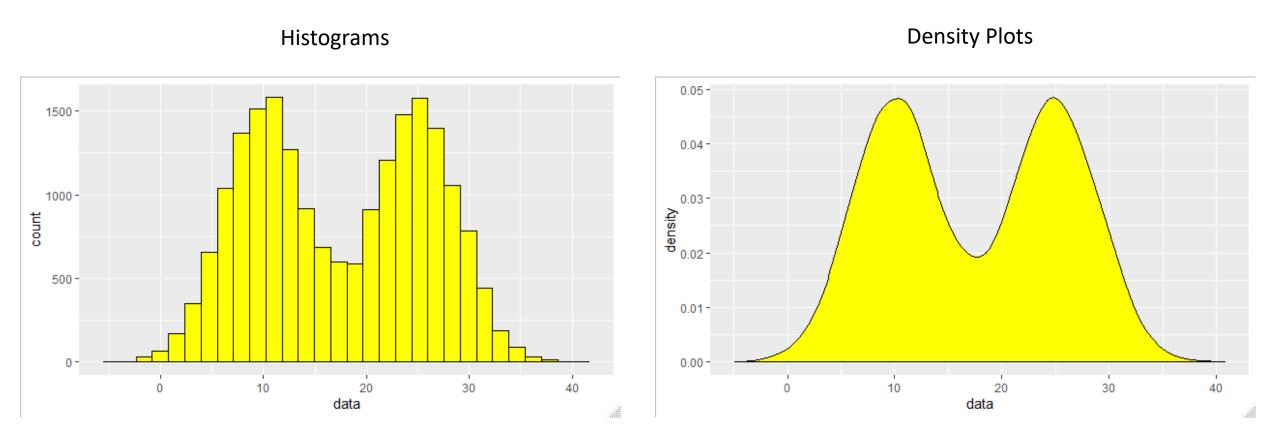


Types of plot Things you can illustrate

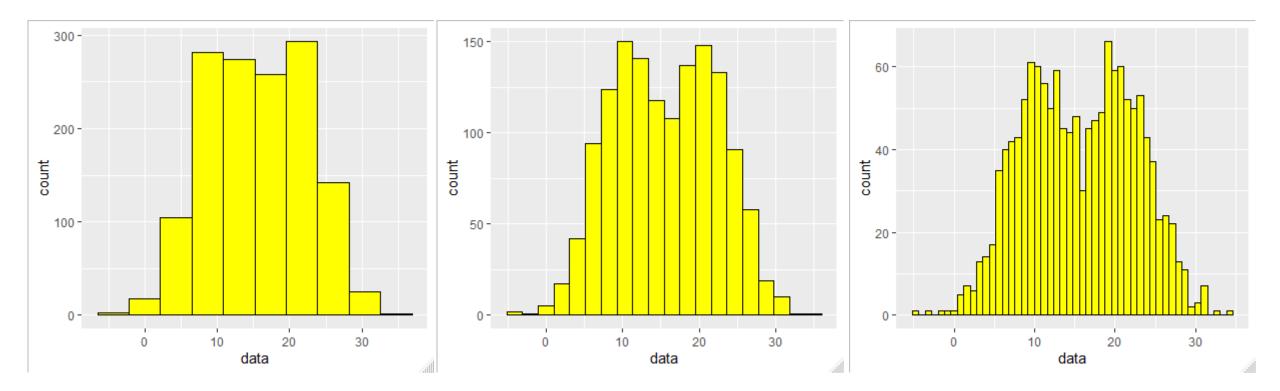


Distributions

Representing Distributions Single Samples

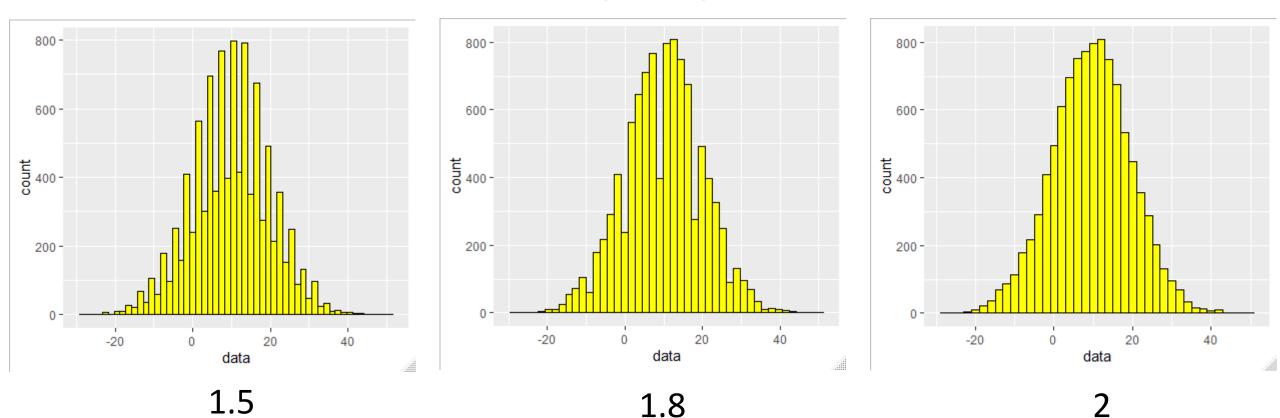


Representing Distributions Single Samples - Bandwidth

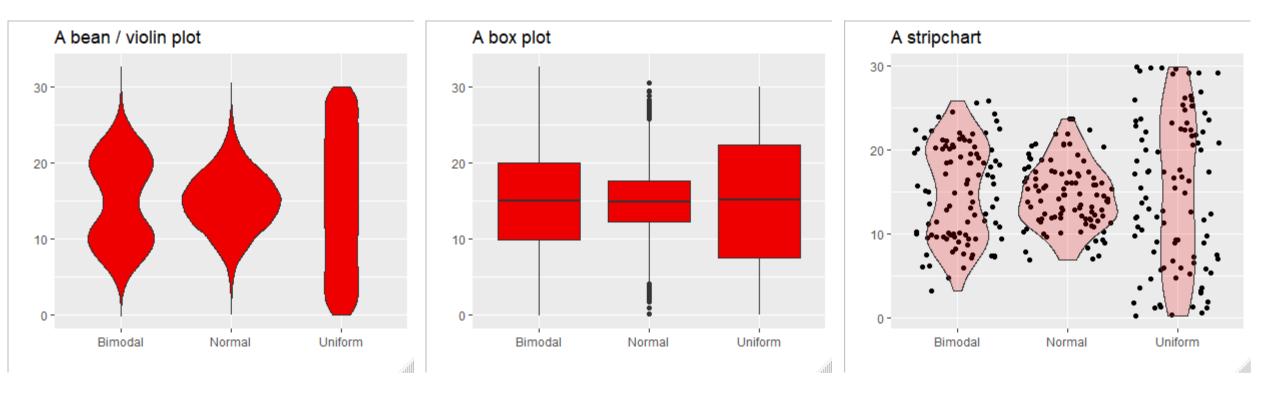


Representing Distributions Single Samples – Discontinuous data

Plotting Integer Data

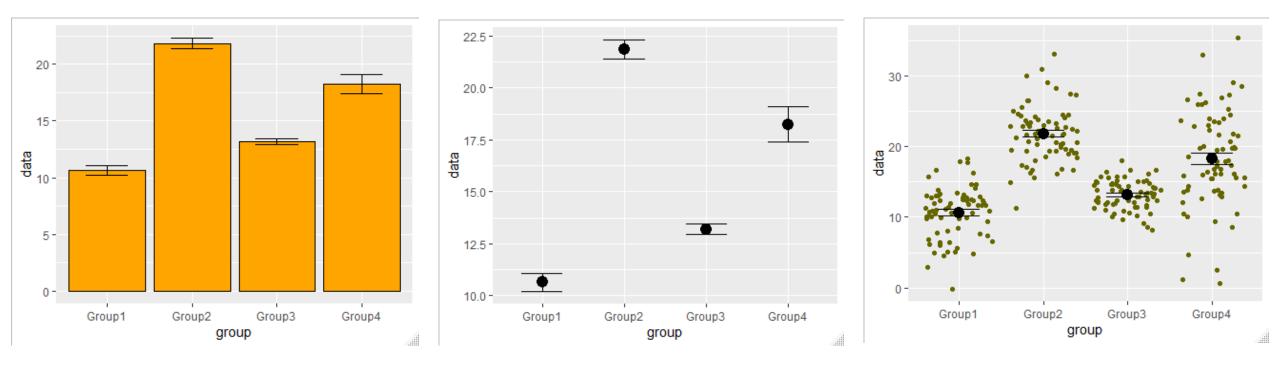


Representing Distributions Multiple Samples

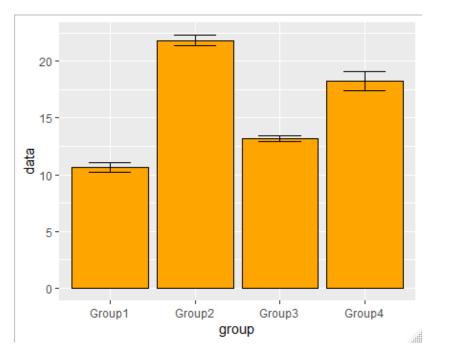


Comparisons

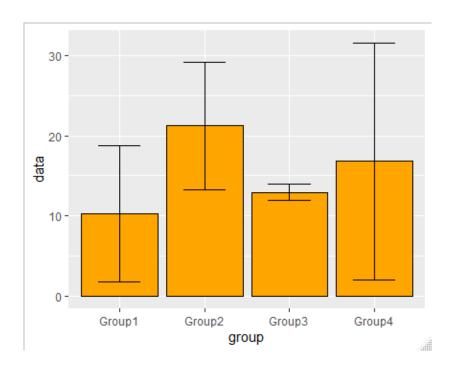
Comparisons



Error Bars

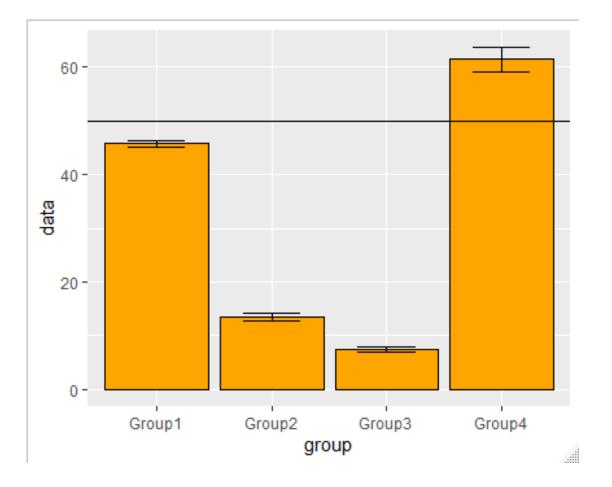


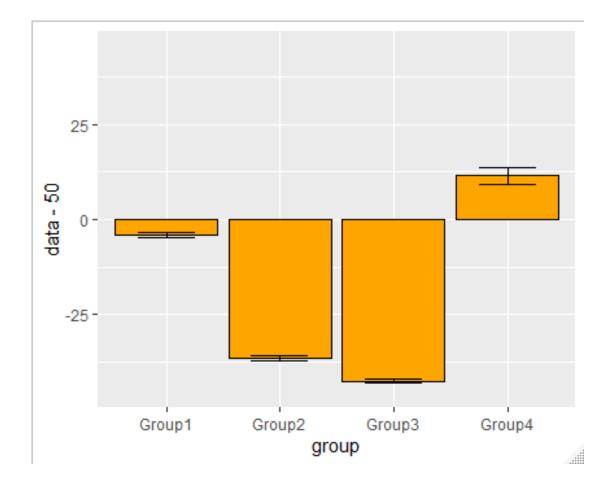
- Standard Error of Mean (SEM)
- How accurately is the mean calculated
- Gets smaller with increased data
- Good when comparing means



- Standard Deviation (SD)
- How well does the mean summarise the data
- No systematic change with increased data
- Good when comparing variability

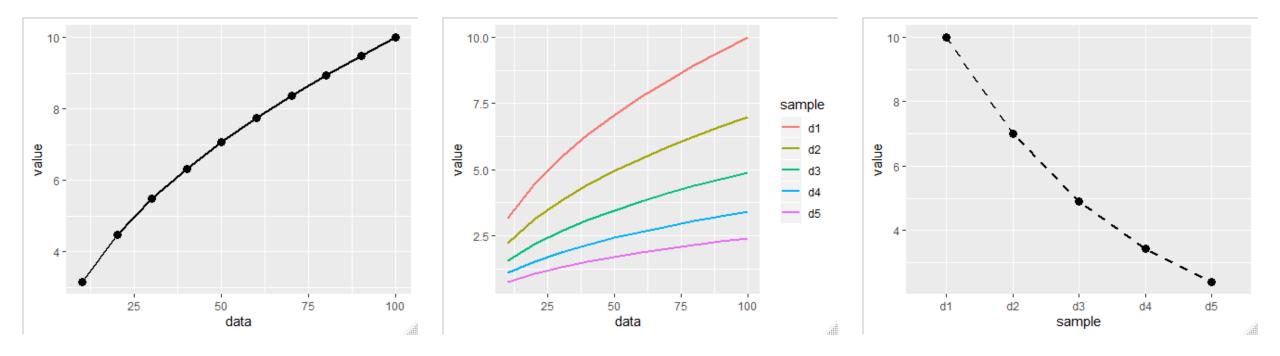
Setting a suitable baseline



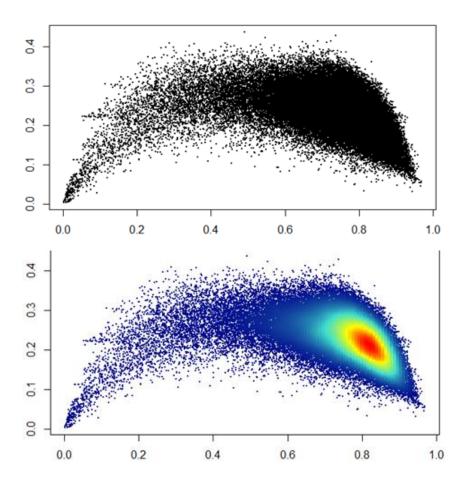


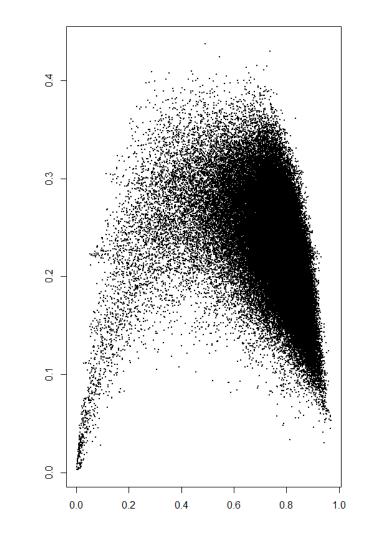
Relationships

Relationships – Line Graphs



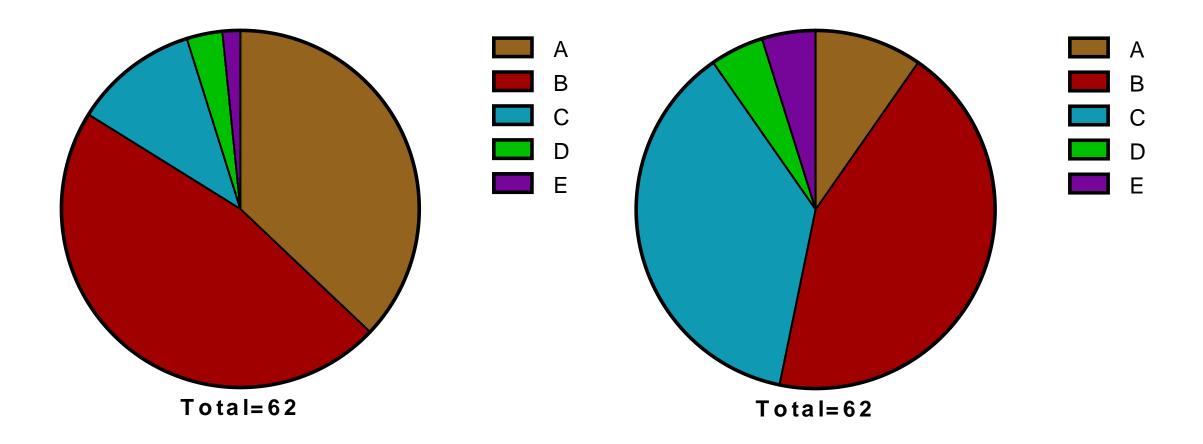
Relationships - Scatterplots



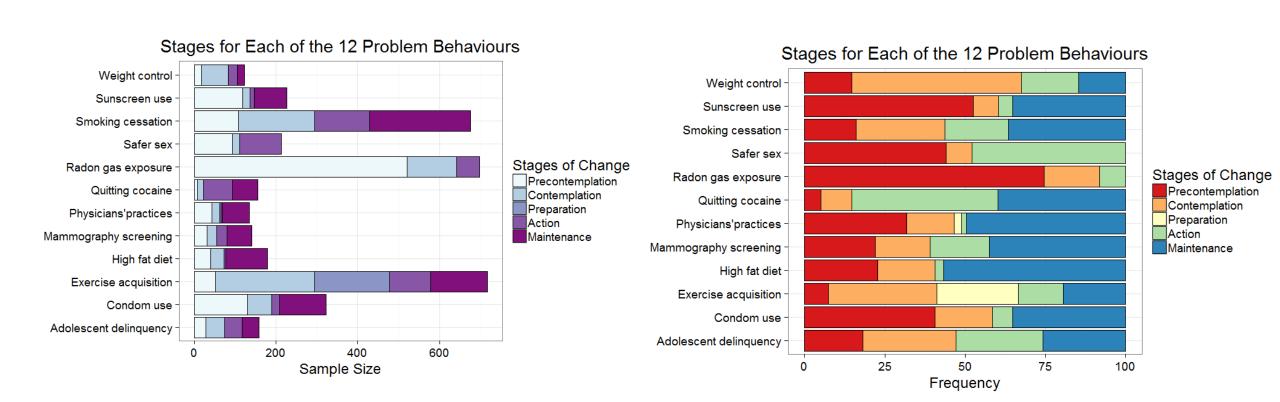


Composition

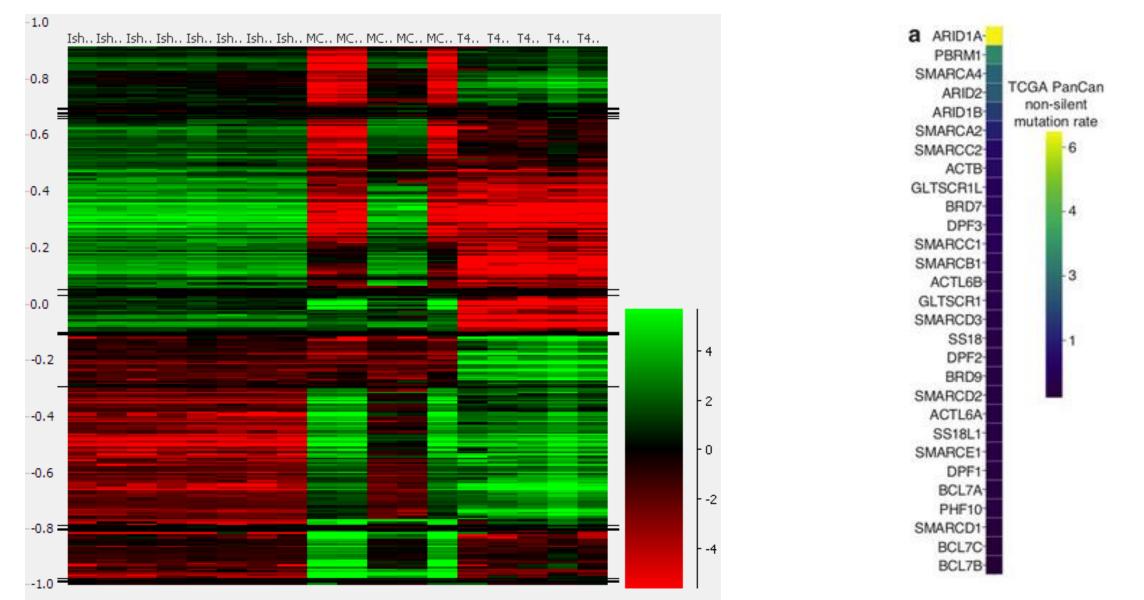
Pie Charts



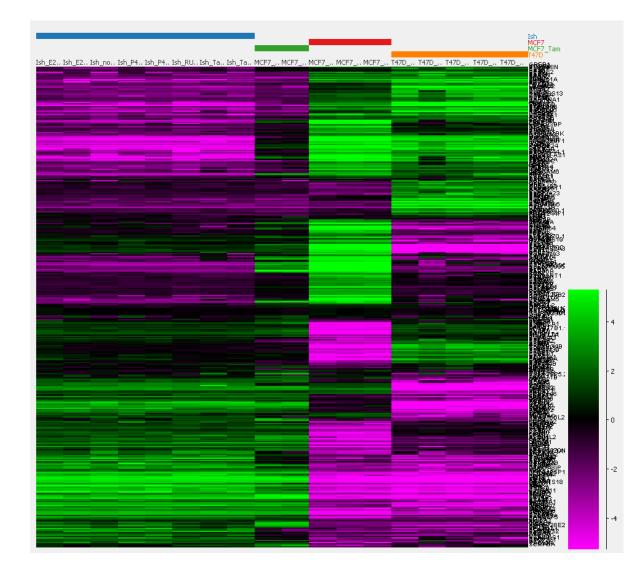
Stacked Bar Charts



Heatmaps



Making Heatmaps Effective



• Cluster rows and columns

• Median centre rows

• Diverging symmetrical colour scheme (colourblind friendly)

• Clear annotation

Ethics of data representation

Simon Andrews, Anne Segonds-Pichon

simon.andrews@babraham.ac.uk



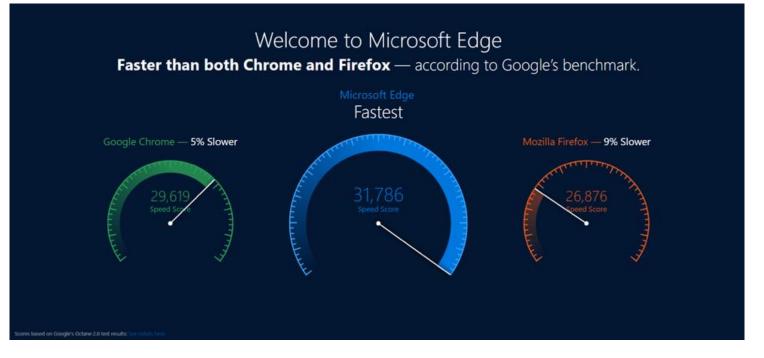
What is an Ethical data visualisation?

- Different ways of being unethical:
 - not exploring/getting to know the data well enough
 - misusing your chosen graphical representation
 - deliberately showing the data in a misleading manner
 - choosing the 'most representative' image/experiment

Is my plot ethical?

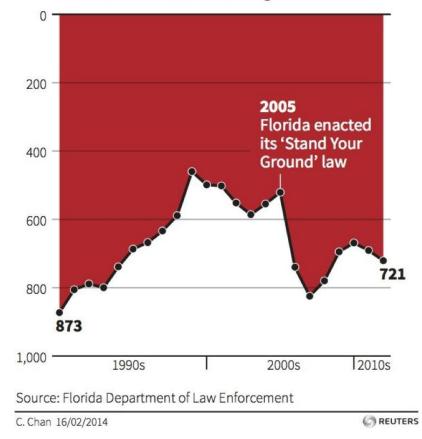
Would a reader come to a different conclusion if they could see the details of the data which were omitted from the plot?

Advertising and politics are built on unethical data representation.



Gun deaths in Florida

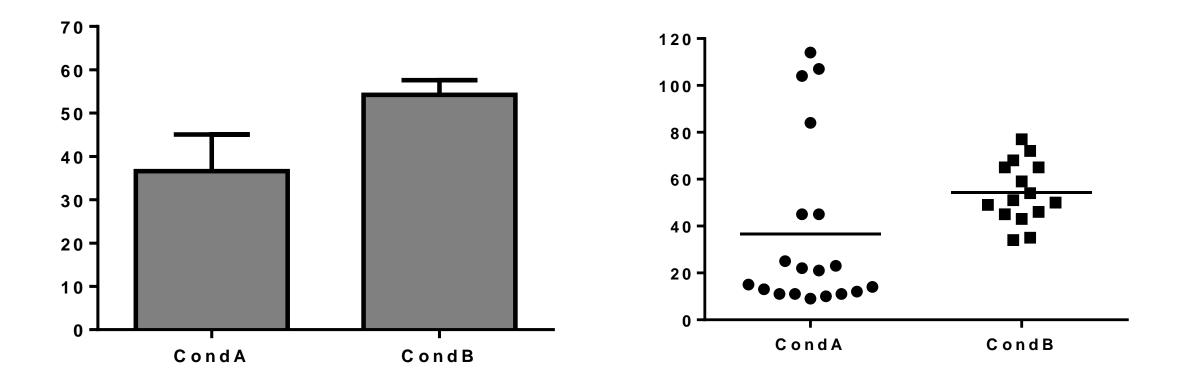
Number of murders committed using firearms



https://venngage.com/blog/misleading-graphs/

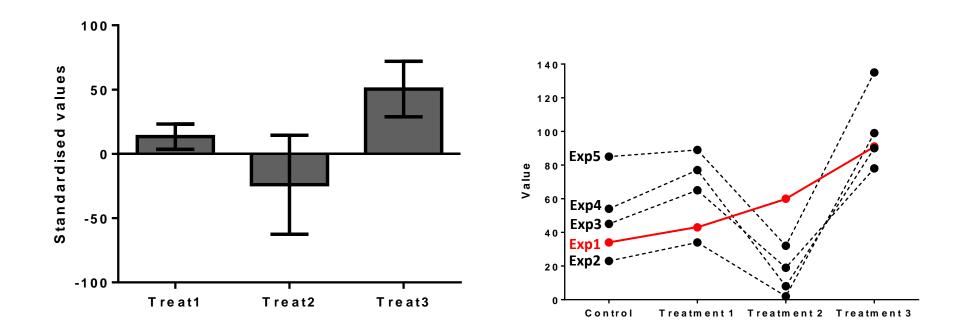
Not exploring the data well enough

- <u>One experiment</u>: change in the variable of interest between CondA to CondB.
 - Data plotted as a **bar chart**.



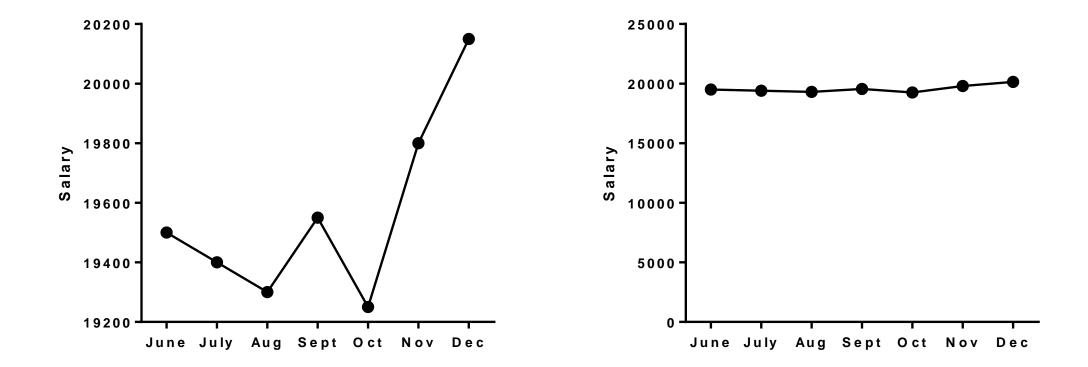
Not exploring the data well enough

- <u>Five experiments</u>: change in the variable of interest between 3 treatments and a control.
 - Data plotted as a **bar chart**.



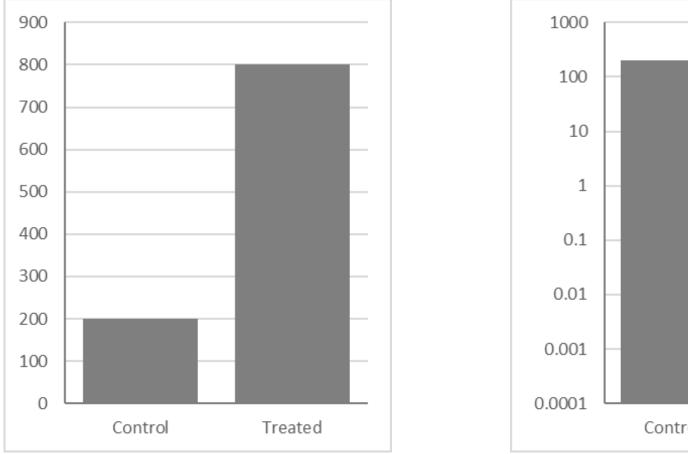
Choosing the wrong axis/scale

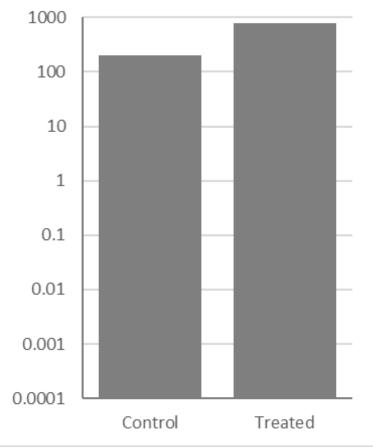
• Example: increase in salaries offered in the last term.



Choosing the y-axis/scale

• Inappropriate use of a log scale can artificially minimise differences





Choosing the y-axis/scale

• Logarithmic axis should only be used for:

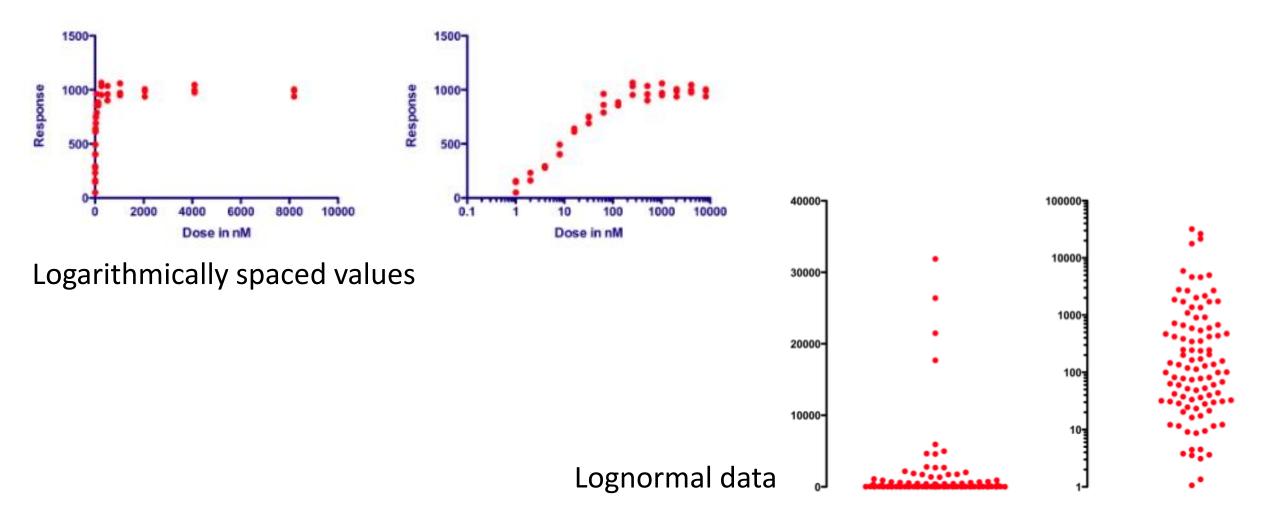
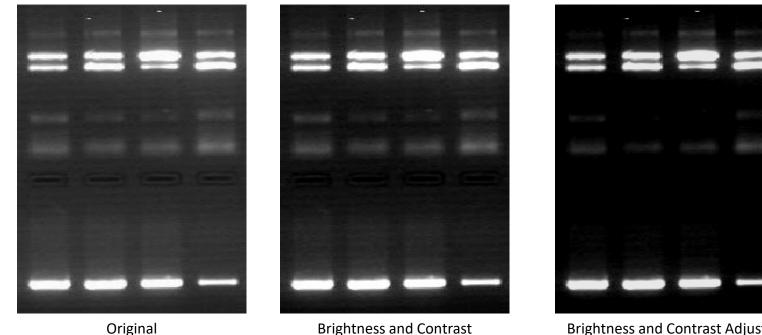


Image Manipulation

• 'Playing' too much with contrast



Brightness and Contra Adjusted

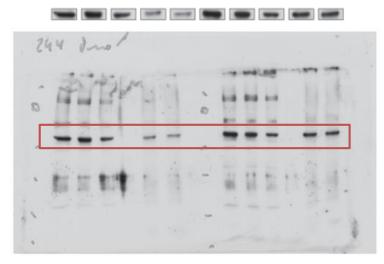
Brightness and Contrast Adjusted Too Much: Oversaturation

"Adjusting the contrast/brightness of a digital image is common practice and is not considered improper if the adjustment is applied to the whole image.

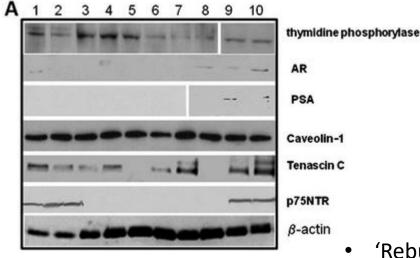
Adjusting the contrast/brightness of only part of an image is improper, however, and this practice can usually be spotted by someone scrutinizing a file."

Image Manipulation

• Presenting bands out of context



BPH-derived cultures

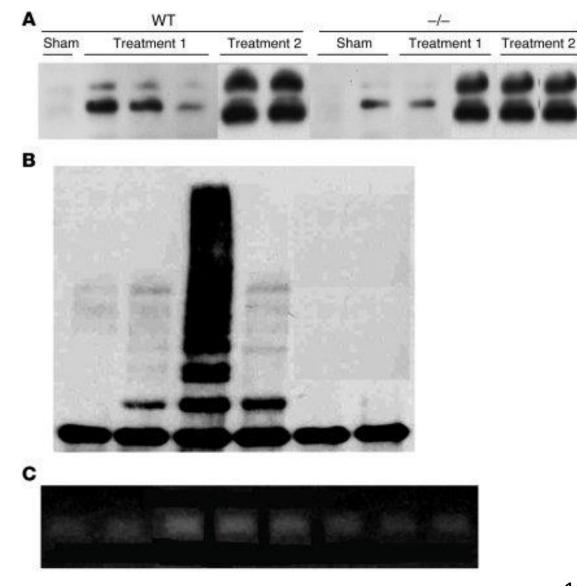


Juxtaposing two lanes that were not next to each other in an original gel is common practice when preparing figures from hard copy photographs of the gel, and is acceptable manipulation if the figure is digital. Taking a band from one digital image and placing it in a lane in another is improper manipulation, which can usually be spotted by someone scrutinizing a file.

'Rebuilding' a gel from several cuts

Image Manipulation can be detected





10.1172/JCI28824

Is my plot ethical?

Would a reader come to a different conclusion if they could see the details of the data which were omitted from the plot?

Practical Design Theory

Boo Virk Simon Andrews

simon.andrews@babraham.ac.uk



Why does good design matter?

Good design makes a great first impression

Good design makes for effective communication

• Good design keeps the reader engaged

Art Palvanov (http://www.palvanov.com/)

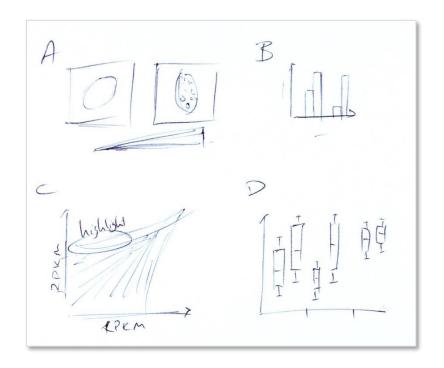
Planning

- Always look at the guidelines for the journal you're submitting to
 - <u>https://www.sciencemag.org/authors/instructions-preparing-initial-manuscript</u>
 - <u>https://www.nature.com/nature/for-authors/formatting-guide</u>
 - <u>https://www.cell.com/figureguidelines</u>
- Huge variation in the amount of detail they provide
- Getting things right from the start saves huge amounts of time

General Figure Guidelines

- Use distinct colors with comparable visibility and consider colorblind individuals by avoiding the use of red and green for contrast. Recoloring primary data, such as fluorescence images, to color-safe combinations such as green and magenta, turquoise and red, yellow and blue or other accessible color palettes is strongly encouraged. Use of the rainbow color scale should be avoided.
- Use solid color for filling objects and avoid hatch patterns.
- Avoid background shading.
- Figures divided into parts should be labeled with a lower-case, boldface 'a', 'b', etc in the top left-hand corner.
 Labeling of axes, keys and so on should be in 'sentence case' (first word capitalized only) with no full stop. Units must have a space between the number and the unit, and follow the nomenclature common to your field.
- Commas should be used to separate thousands.
- Unusual units or abbreviations should be spelled out in full, or defined in the legend.

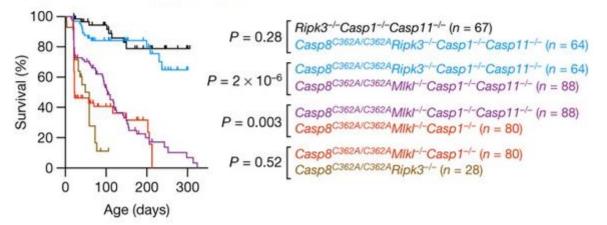
Plan out your panels



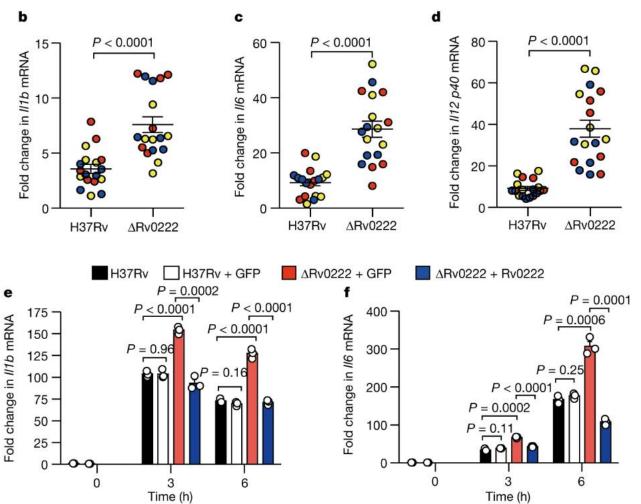
 Plan your panels before starting to draw final figures

- Plan to be consistent
 - Multiple figures of the same type
 - Common colour/shape schemes
 - Common fonts and sizing
 - Common abbreviations and units
 - Common naming of samples / conditions

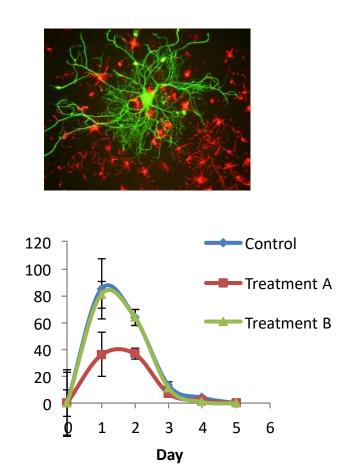
Fig. 2: Caspase-1, caspase-11 and RIPK3 promote lethality in *Casp8*^{C362A/C362A}*Mlk1*^{-/-} mice.

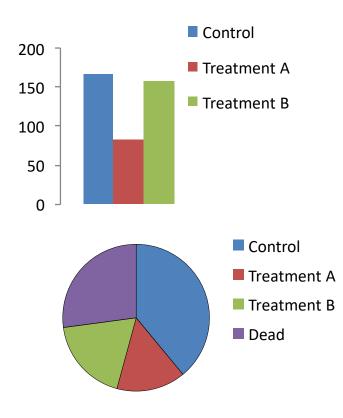


Kaplan–Meier curves of mouse survival. *P* values were calculated by two-sided Gehan–Breslow–Wilcoxon test. The number of mice differs from the list in Table 1, as some of the mice in the graph had a *Casp8^{C362A/C362A}* parent. Source data.

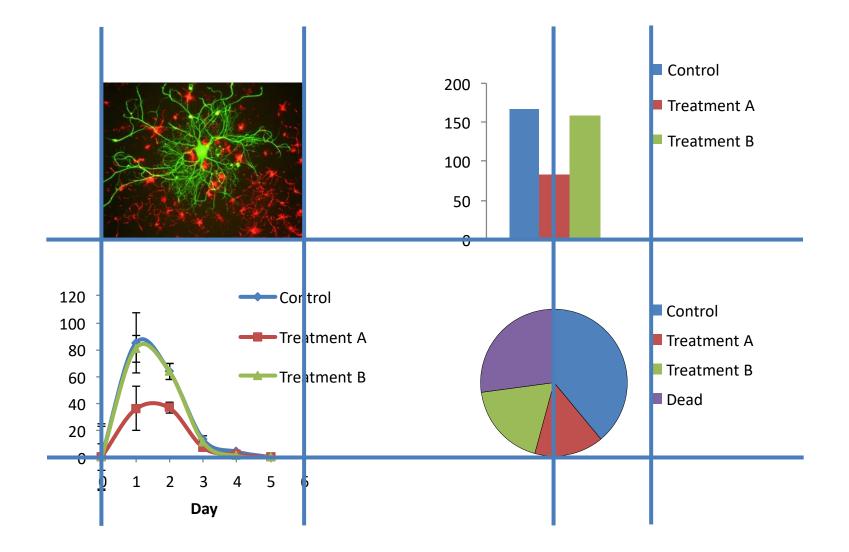


Alignment: We are sensitive to aligned edges, even when they are separated

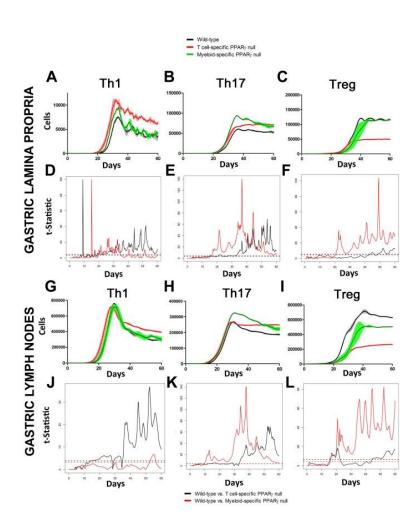


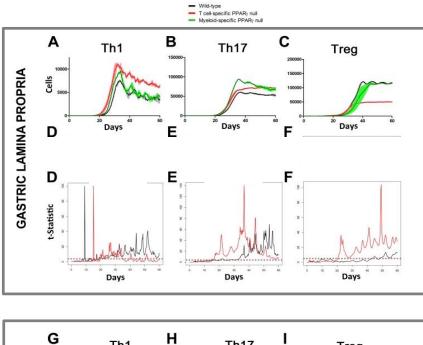


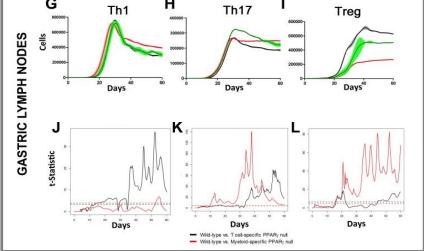
Use a grid to help align disparate parts of a figure



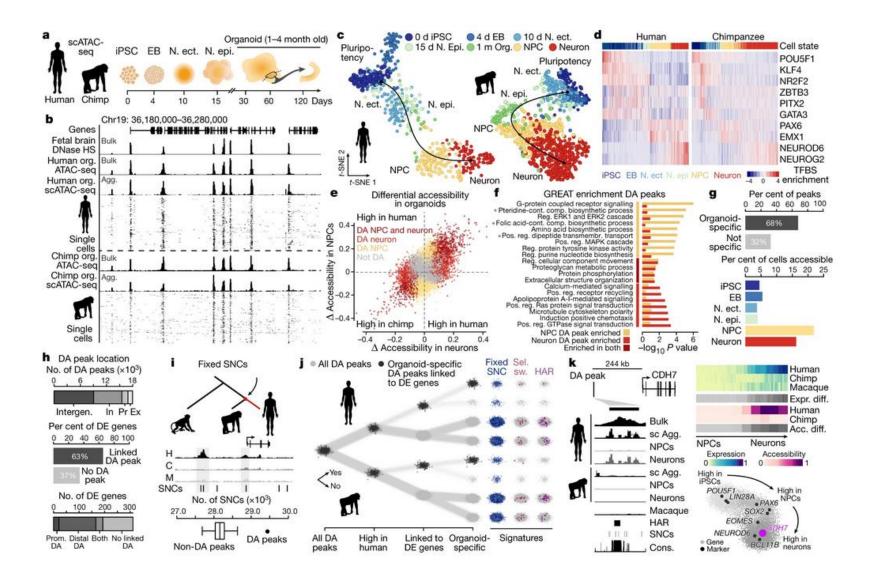
Don't make figures too crowded



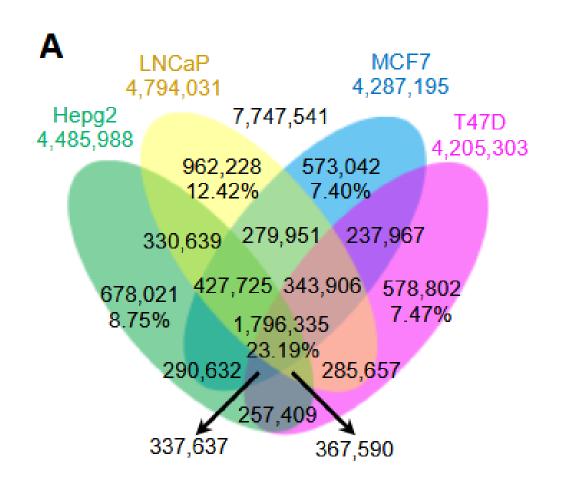


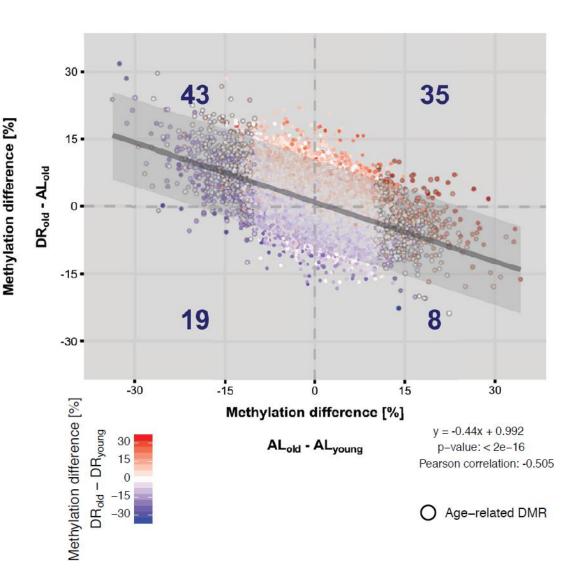


Don't make figures too crowded

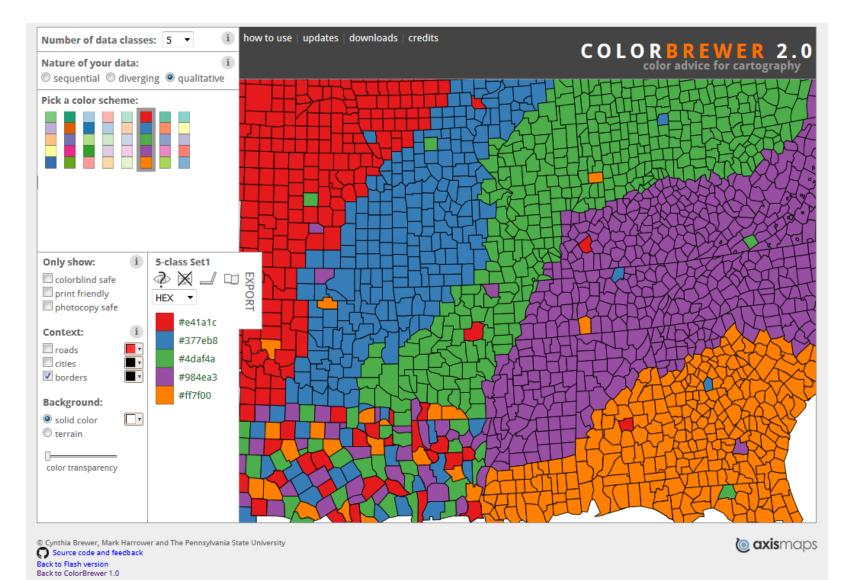


Don't cram too much information onto one figure





Don't invent your own colour schemes



Colorbrewer2.org

If possible try to consider colour blind readers

• Affects 1:12 men and 1:200 women worldwide

• "If a submitted manuscript happens to go to three male reviewers of Northern European descent, the chance that at least one will be colour blind is 22 percent."

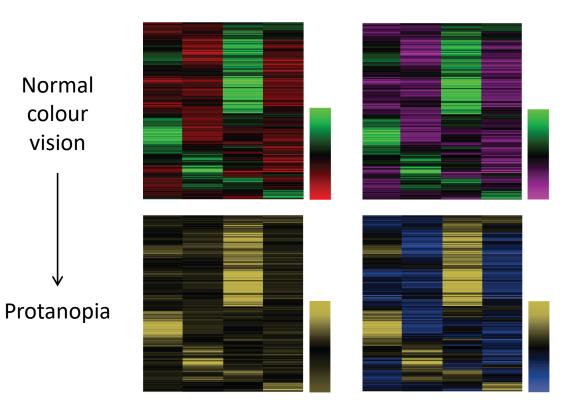
See how well your figure works for colour blind people

Normal

colour

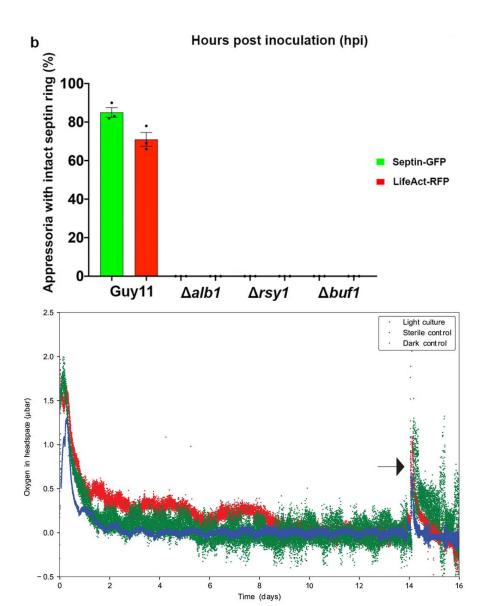
vision

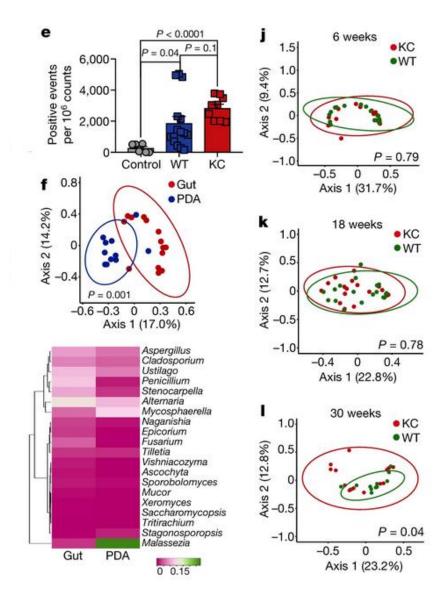
- Gradients are easy to change
- Categorical colours \bullet are very limited
- **Basic interpretability** • in black and white is ideal



http://www.color-blindness.com/coblis-color-blindness-simulator/

Try to consider colour blind readers



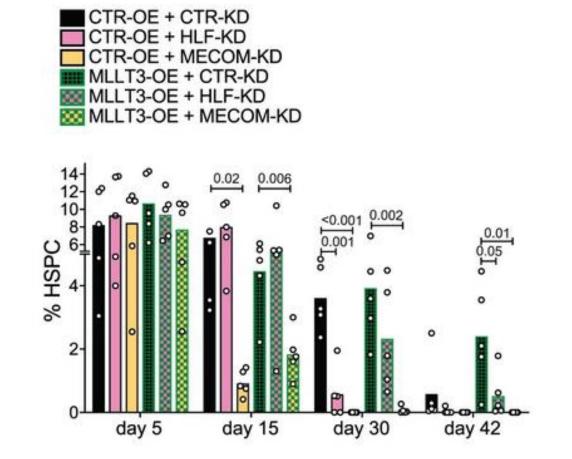


Only use plain colours as fills

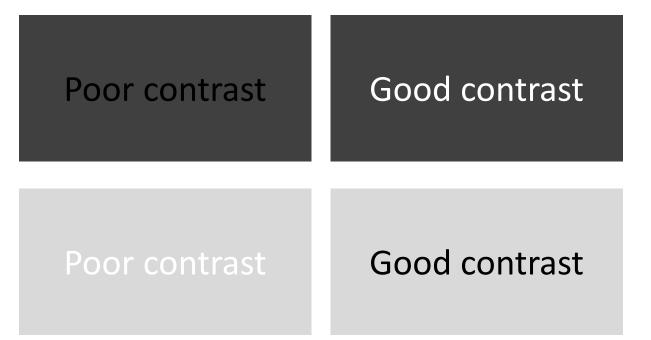
Use a standard colour scheme

• Optimise for colour blind people if possible

• Keep colours plain



When overlaying information, make sure you have sufficient contrast



Vibrating colour



Add overlays to increase contrast





Keep text and fonts simple

• All fonts for figures should use sans serif fonts

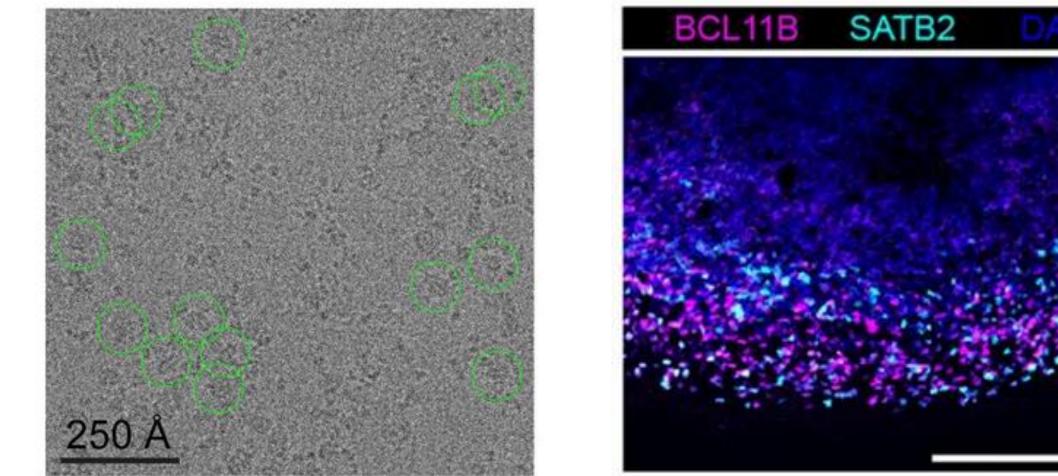
sans-serif serif

All text in figures should be black or white^{*}

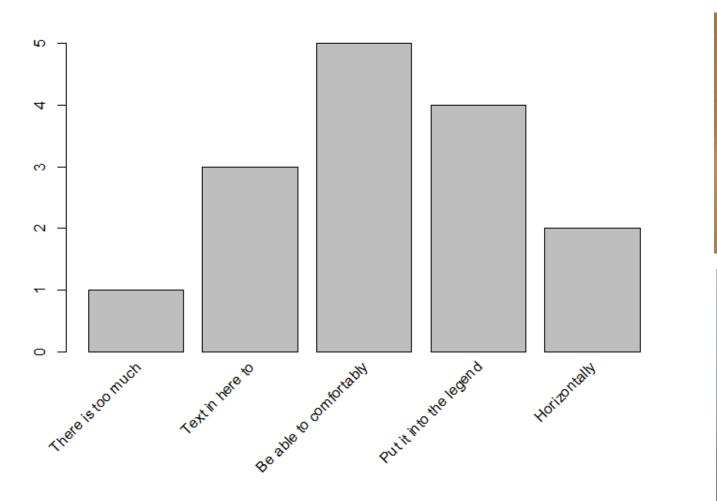


* Some journals insist on coloured text. They're wrong, but you can't fight the system

Contrast and text



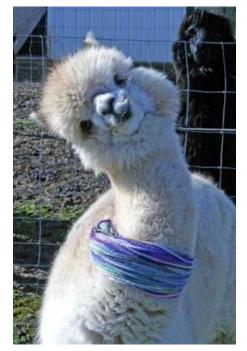
Keep text horizontal



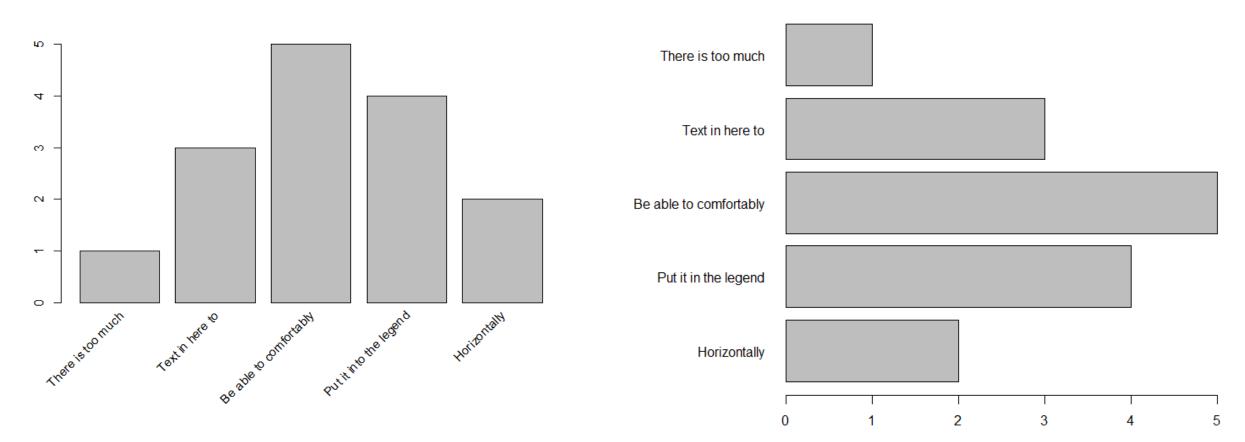






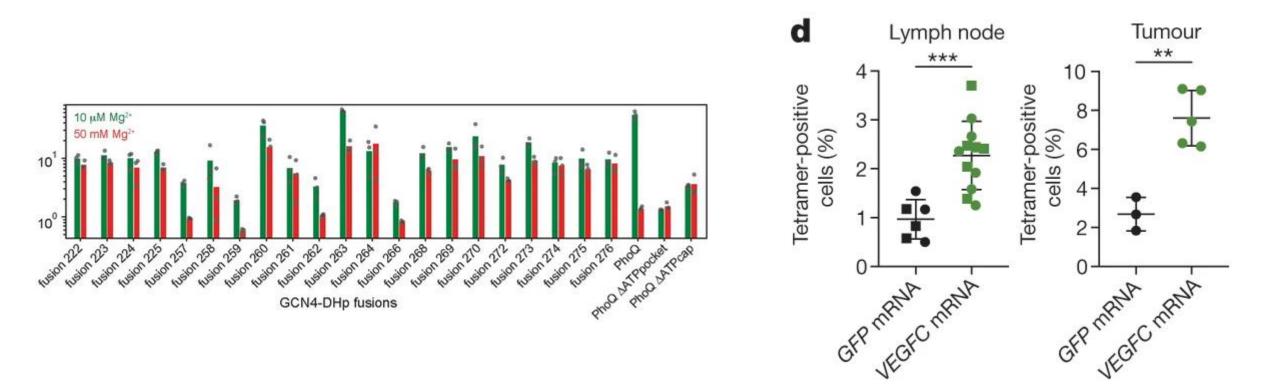


Keep text horizontal



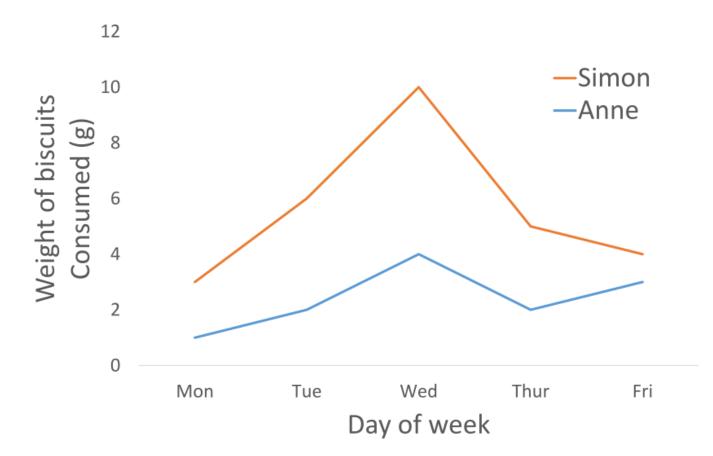
- Numbers are small, text is big
- All graphs still work when rotated 90°

Keep text horizontal



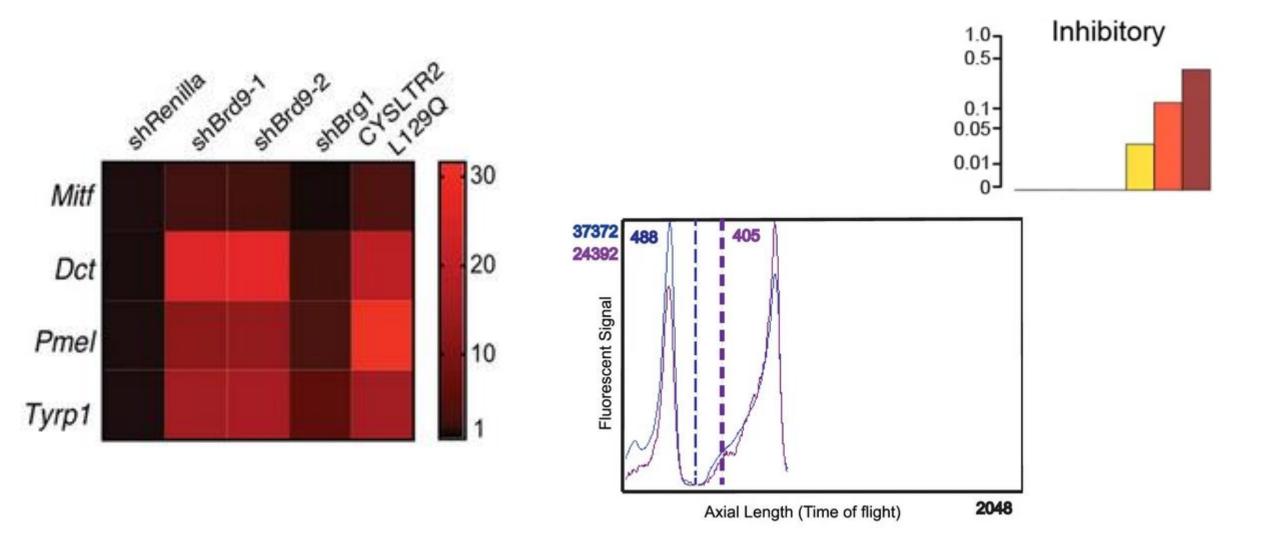
Labelling and annotation

- Each axis is labelled
- Axis scales are appropriate
- Quantitative axes have units
- Colour scheme is explained
- Point shapes are explained

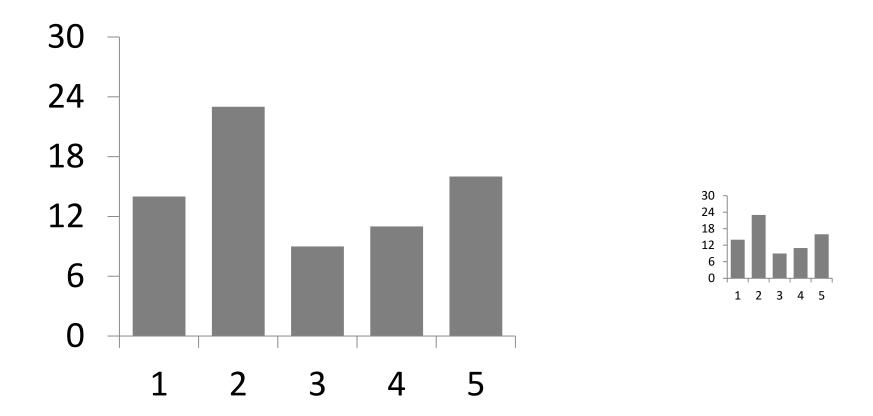


You need enough annotation that the figure is understandable on its own.

Labelling and annotation

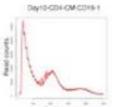


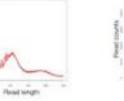
Make sure all text is legible at the final printed size

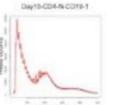


6 point font is the smallest you can comfortably read (just over 2mm height on paper)

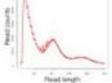
Make sure text is legible

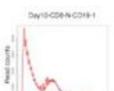




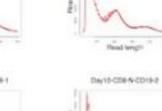


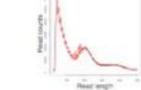






Head length





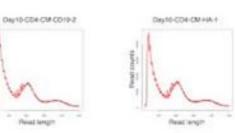
.

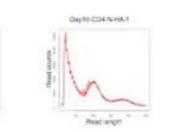
Philad langth

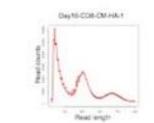
Day10-CE4-N-C019-2

Paul length

Day10-CD8-CM-CD10-2

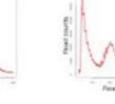


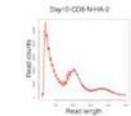


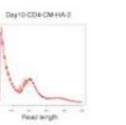


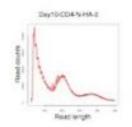
Day10-CO8-NH4-1

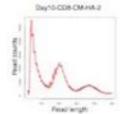
Reat aroth

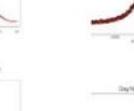


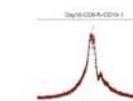


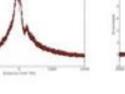


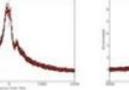


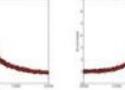


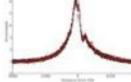


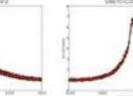


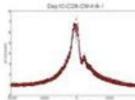




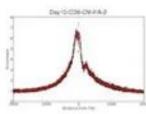


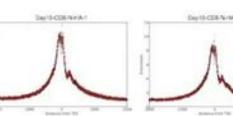




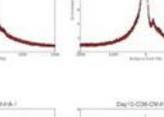


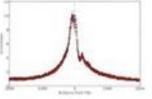
Day 10 CO4 ON HAT











EN/10-COA CM HAIR

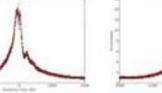
Roman Province

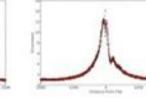
Dep/10-CD4-%+66.2

3ay19-004-6-0019-1

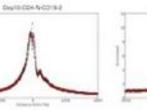
Dig 10 CD4 CM (CD19-1

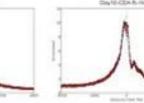
Report Frank

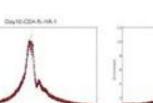


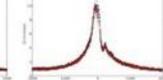


Brg/10 C54 CV CD IS 8



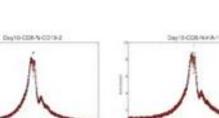


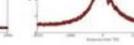


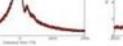


Day10-COB CM-CD18-1

Day 10-C28-C9-CD19-J

























When resizing be aware of what can and cannot have its aspect ratio changed

- Things that always need to maintain their aspect ratios:
 - Images
 - Text
 - Circular objects
 - Axes with comparable units







Checklist

- Consistent use of
 - Figure types
 - Colours / Shapes
 - Fonts and Sizes
 - Names
- Colour
 - Uses a standard scheme
 - Colourblind friendly (if possible)

- All figures are correctly annotated
 - Axes labelled with names and units
 - Colours and Shapes explained
- Text
 - Sans serif font
 - Large enough to be legible
 - Ideally in black or white
 - Sufficient contrast to be legible