White Space Tips
http://graphicdesign.about.com/library/weekly/aa030900a.htm

Don't Trap White Space
Although you want white space in your designs, you don't want to trap that white space between two design elements. This interrupts the flow of the design. You might increase the size of font, the size of the graphic, or reposition elements to avoid trapped white space.

Keep Text Cells Small
We've all come across Web sites that have text stretching across the entire length of the browser. While that might be readable a fourteen inch monitor, it's very difficult to read on a larger monitor whose browser window is maximized. Keep text cells to 380 pixels.

Avoid Rivers
Rivers may appear if you set your type justified. A river is word spaces that appear near each other on subsequent lines of text. It is better to edit the text than to change the word spacing on a line by line basis to correct rivers. Rivers may also be a symptom that your line length is too long or too short.