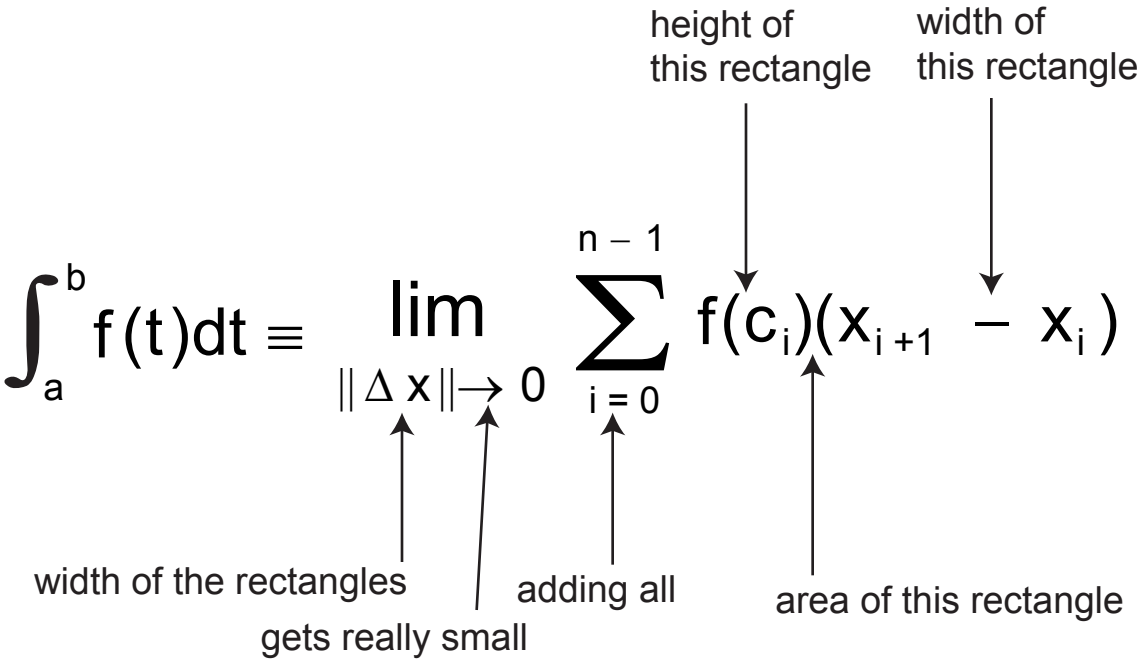
height of this rectangle
width of this rectangle
$\int_a^b f(t)dt \equiv \lim_{\|\Delta x\| \to 0} \sum_{i=0}^{n-1} f(c_i)(x_{i+1} - x_i)$
width of the rectangles
gets really small
adding all
area of this rectangle