The information and expression of the writer of this text are as follows:

1. The writer demonstrates a clear understanding of the topics discussed, providing a logical flow of ideas.
2. The text is well-organized, with clear sections and subsections.
3. The writer uses appropriate vocabulary and terminology relevant to the subject.
4. The text is free from grammatical errors and typos.
5. The text is easy to follow, with coherent sentences and paragraphs.

In summary, the writer has effectively conveyed their message, making the text informative and engaging.