This sentence contains three a’s, three c’s, two d’s, twenty-six e’s, five f’s, three g’s, eight h’s, thirteen i’s, two l’s, sixteen n’s, nine o’s, six r’s, twenty-seven s’s, twenty-two t’s, two u’s, five v’s, eight w’s, four x’s, five y’s, and only one z.

So the encoded message is 646 bits long:

1001 0100 1101 00 00 111 011 1001 111 011 110001 111 110001 11001 011 1001 1110000 ... 1010010

T H I S  S E N T  E N C E  C O N T A N T A  ...  Z
Only the fool would take trouble to verify that his sentence was composed of ten a’s, three b’s, four c’s, four d’s, forty-six e’s, sixteen f’s, four g’s, thirteen h’s, fifteen i’s, two k’s, nine l’s, four m’s, twenty-five n’s, twenty-four o’s, five p’s, sixteen r’s, forty-one s’s, thirty-seven t’s, ten u’s, eight v’s, eight w’s, four x’s, eleven y’s, twenty-seven commas, twenty-three apostrophes, seven hyphens and, last but not least, a single!

So the encoded message is 1617 bits long:

```
000 11010 11011 010 010 011 1011 000 011 1011 001000 011 001000 1010 1011 000 00111 · · · 10011010
THISSENTENCECONTADA···!
```