The Art of R Programming

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19.2.5 Built-in Data Sets

R includes a few real data sets, for use in teaching, research or in testing software. Type the following:

```r
> library(utils)
> help(data)
```

Here `data` is contained within the `utils` package. We load that package, and use `help()` to see what’s in it, in this case various data sets. We can load any of them but typing its name, e.g.

```r
> LakeHuron
```