A, It is very fast to get a sample record from the table. I used SELECT \* and then the tables name. or we can simply click the small table icon to the table we want to see.  
B, to specify columns, I did SELECT, Name, Countrycode FROM City.

C, you can modify the display rows by changing the value in the LIMIT section.

2, the table contains information about cities, including their names, country codes, districts, and populations.

Locations for market research and expansion strategies