So I begin by writing a small amount of text. I shall intersperse the text will the results of a bit of R code, such as this

```
samplesize <- 100
x <- runif(samplesize)
mymean <- mean(x)
myvar <- var(x)
```

Not only can I see the result of my calculations within these code chunks, but I can also insert result of calculations into the narrative. The mean of my 100 observations is 0.4244, and the variance of the observations is 0.0777.

All very pleasant, but we can also insert figures.