**Selected chart**:

* Bar Chart

**History**:

The bar chart, also known as a bar graph, is a widely used method for data visualization. It is a chart that presents categorical data with rectangular bars of lengths proportional to the values that they represent. The bars can be plotted vertically or horizontally and can be used to compare the values of different categories.

The history of the bar chart can be traced back to the early 18th century. William Playfair, a Scottish economist and statistician, is credited with creating the first bar chart in 1786. He used it to represent the trade of different countries in his book "The Commercial and Political Atlas."

In the following decades, the bar chart began to be used more widely in various fields such as business, science, and education. In 1821, the German scientist Carl Friedrich Gauss used a bar chart to represent the distribution of mathematical data in his book "Theoria Motus Corporum Coelestium."

In the late 19th century, the bar chart became increasingly popular in the field of statistics. The American statistician Charles Henry Dow, who co-founded the Wall Street Journal, used bar charts to represent stock market data. In the early 20th century, the British statistician Florence Nightingale used bar charts to represent the causes of death in hospitals during the Crimean War, which helped to improve conditions in hospitals.

In recent years, the bar chart has been used in a variety of software and online tools, making it easier to create and share. With the advent of data visualization software and tools, the bar chart has become an essential tool for data analysis and presentation.

In terms of best practices for using bar charts, it is important to ensure that the bars are labeled clearly and accurately, and that the scales used on the axes are appropriate for the data being represented. Additionally, it is important to use colors and patterns appropriately to help the viewer distinguish between different bars or groups of bars.

Data analysts and data scientists should use bar charts when they want to compare the values of different categories, such as comparing the sales of different products or the number of votes for different candidates. They should also use bar charts when they want to show the distribution of data, such as showing the frequency of different values in a dataset.

On the other hand, bar charts are not the best choice when the data is continuous and requires more precision, such as showing temperature changes over time, in this case a line chart would be more appropriate. Additionally, bar charts are not suitable when the number of categories is large, as the chart can become cluttered and difficult to read.

In conclusion, the bar chart is an important data visualization tool with a rich history dating back to the 18th century. It is an effective tool when you want to compare the values of different categories or show the distribution of data. It is important to follow best practices such as ensuring clear and accurate labeling, using appropriate scales, and using colors and patterns appropriately when creating bar charts. However, it's not suitable when the data is continuous, or the number of categories is large.