You can use the Internet to:

- Send and receive messages all over the world. You can send electronic mail to anyone online, anywhere in the world, in just seconds. Tens of millions of messages travel the information superhighway each week.
- Participate in group discussions. More than 10,000 special interest communities, or *newsgroups*, provide access to online discussions on topics from astrology to zoology.
- Find and access information. You can access information, from stock quotes in Tokyo to the New Zealand weather forecast and the latest in scientific research from Moscow. Millions of documents are available from libraries, museums, governments, educational institutions, the media, private corporations, and individuals.
- Retrieve files. The Internet contains vast numbers of files, free for
 the taking, including software, graphics, music, multimedia, and
 more, almost all of which are available to everyone on the Internet.
 You can also send your own files to the global community through a
 variety of Internet services.

Many businesses also use the Internet protocols to set up their own private versions of the Internet. These *intranets* support the same services as the Internet, but their information is restricted to users within the business, or other users who are specifically authorized.