

SQL> help variable;

VARIABLE

Declares a bind variable that can then be referenced in PL/SQL.
VARIABLE with no arguments displays a list of all variables declared
in the session. VARIABLE followed by a name lists that variable.

VAR[iable] [variable [NUMBER | CHAR | CHAR (n [CHAR|BYTE]) | NCHAR
| NCHAR (n) | VARCHAR2 (n [CHAR|BYTE]) | NVARCHAR2 (n)
| CLOB | NCLOB | REF_CURSOR]]

SQL> help break;

BREAK

Specifies where and how to make format changes to a report.

BRE[AK] [ON report_element [action [action]]] ...

where report_element has the following syntax:
{column | expression | ROW | REPORT}

and where action has the following syntax:
[SKI[P] n | [SKI[P]] PAGE] [MODUP[LICATES] | DUP[LICATES]]

SQL>