Families, by name

Arial: The quick brown fox jumps. (bundled metric-compatible face)

Times New Roman: The quick brown fox jumps. (bundled)

Segoe UI: The quick brown fox jumps. (bundled)

Helvetica Neue: The quick brown fox jumps. (installed on macOS; else the serif fallback)

Avenir: The quick brown fox jumps. (installed on macOS; else the serif fallback)

(Japanese: the machine's fonts)