Some References on
METRIC
INFORMATION
Including
Charts on
ALL YOU NEED TO KNOW
ABOUT METRIC
and
METRIC CONVERSION FACTORS
INTRODUCTION

Without noticing it, Americans have already "gone metric" in many aspects of our daily living. The shutters of 8, 16 and 35 millimeter cameras click busily across the American countryside. Auto mechanics daily work on foreign cars manufactured in metric countries. Many products carry both customary and metric units on their labels.

Pharmaceutical companies went metric in America over 15 years ago. Currently major companies like IBM, General Motors, Caterpillar Tractor, International Harvester and Honeywell are in the midst of publicly-declared metrcation programs. Ford Motor Company is producing automobiles with metric engines. The State of Ohio has begun a changeover to metric by using both kilometers and miles on its road signs; at least nine other states have done likewise. Schools in every state are moving towards more and better metric education. In thirteen states, the State School Board has adopted a "go metric" resolution.

Thinking meters, kilograms and liters, instead of yards, pounds and quarts, is not a difficult adjustment because the metric units are nearly the same as the customary units they replace. A shopper can buy two meters of fabric instead of two yards, half a kilogram of butter instead of a pound, and a liter of milk instead of a quart.

This publication provides a listing of items and sources to help those of you who wish to explore and apply the metric system in your lives. Included is a list of publications produced by the National Bureau Standards and available from the Superintendent of Documents, a list of organizations that market metric materials for educators, assembled by the National Council of Teachers of Mathematics, and a list of additional sources of metric information.

This publication and its contents may be reproduced freely. We hope it will prove an effective and useful guide to metric information.

E. AMBLER
Acting Director
U.S. METRIC STUDY PUBLICATIONS

Because of the world trend to metric, Congress asked in 1968 for a sweeping investigation of the metric question. This investigation involved public hearings and surveys of almost every activity of our society—from education and the consumer to international trade and national security.

The findings are available in one summary report and 12 detailed special reports:


OTHER METRIC PUBLICATIONS BY NBS


Instructions for Obtaining Material Listed. — Government publications listed can be purchased from the Superintendent of Documents, U. S. Government Printing Office, Washington, D. C. 20402; U. S. Department of Commerce Field Offices, or the National Technical Information Service, Springfield, Virginia 22151. Prices shown are those in effect as of November 1974. Prices are subject to change and the prices that will be charged on your order will be those in effect as of the date your order is processed.

Where an SD Catalog Number or Stock Number is listed after a publication, include this number when you order. Unless you have an account with the office from which you are ordering a publication(s), please include your remittance with the order.

The prices quoted are for delivery to addresses in the continental United States and its territories and possessions, and in certain foreign countries that extend the franking privilege.

In the case of all other countries, one-fourth the cost of the publication should be added to cover postage. Remittances should be made either by five-cent coupons (obtainable from the Superintendent of Documents and good until used), or by check or money order payable to the “Superintendent of Documents,” and transmitted with the order. Do Not Send Postage Stamps.
Six informative publications dealing with the metric system and/or metric conversion may be ordered individually or as a set from the American National Standards Institute (ANSI), 1430 Broadway, New York, New York, 10018. The publications and their individual copy prices are as follows:

ORIENTATION FOR COMPANY METRIC STUDIES (Mechanical Products Industry), 2nd Edition: the nation’s first metric guide, revised March 1, 1970, to include standard parts and materials. $1.00 each.

MEASURING SYSTEMS AND STANDARDS ORGANIZATIONS: a 45-page illustrated booklet on measuring systems past, and present, and the role played in this field by national and international standards organizations. $1.25 each.

ISO STANDARD 1000, SI UNITS AND RECOMMENDATIONS FOR THE USE OF THEIR MULTIPLES AND OF CERTAIN OTHER UNITS. $1.50 each.

GUIDE TO IMPACT OF METRIC USE ON STANDARDS DEVELOPMENT IN COMPANIES, TRADE ASSOCIATIONS, TECHNICAL & PROFESSIONAL SOCIETIES: a manual for assessment of priorities and long-range planning for development of standards required for any change in units of measure. $1.00 each.

AMERICAN NATIONAL STANDARD METRIC PRACTICE GUIDE: Z210.1-1973 (ASTM E380-74)*: this newly-approved American National Standard provides guidance on conversion from U. S. customary units to SI units of quantities in general use. $1.50 each.

ANTITRUST IMPLICATIONS OF METRIC CONVERSION: a concise analysis of problems that may be encountered under a number of varying recommendations for national metric conversion. $2.00 each.

Quantity Discounts on Complete Sets

1-49 sets .... $5.50 each
50-99 sets .... $4.50 each
100 or more .... $4.00 each

*Also available by purchase from the American Society for Testing and Materials, 1916 Race Street, Philadelphia, PA 19103, $1.50 a copy, minimum order $3.00.
ORGANIZATIONS MARKETING METRIC MATERIALS FOR EDUCATORS

List courtesy of the National Council of Teachers of Mathematics

KEY: (B) Books or pamphlets, (F) Films or filmstrips, (K) Kits, (P) Posters, (I) Other instructional aids.

A. Balla & Co., 3494 North Ocean Boulevard, Fort Lauderdale, FL 33308 (I)

Abbey Books, P. O. Box 266, Somers, NY 10589 (B)

Activity Resources Company, Inc., Box 4875, Hayward, CA 94545 (B)

Aims Instructional Media Services, 626 Justin Avenue, Glendale, CA 91201 (F)

Allyn & Bacon, 470 Atlantic Avenue, Boston, MA 02210 (B)

American Association of School Librarians, East Huron Street, Chicago, IL 60611 (B)

American National Standards Institute, 1430 Broadway, New York, NY 10018 (B,P)

Behavioral Research Laboratory, P. O. Box 577, Palo Alto, CA 94302 (B)

BFA Educational Media, 2211 Michigan Avenue, Santa Monica, CA 90404 (F)

Central Instrument Company, 900 Riverside Drive, New York, NY 10032 (I)

Channing L. Bete Company, Inc., 45 Federal Street, Greenfield, MA 01301 (B)

Charles E. Merrill Publishing Company, 1300 Alum Creek Drive, Columbus, OH 43216 (B)

Compu-Data Services, Inc., 16 Sherman Street, P. O. Box 471, Wayne, NJ 07470 (I)

Coronet Films, 65 East South Water Street, Chicago, IL 60601 (B,P)

Creative Publications, P. O. Box 10328, Palo Alto, CA 94303 (I)

C-Thru Ruler Company, 6 Britton Drive, Bloomfield, CT 06002 (I)

Cuisenaire Company of America, 12 Church Street, New Rochelle, NY 10805 (I)

Dick Blick Co., P. O. Box 1267, Galesburg, IL 61401 (I)

Dominie Pty Ltd., 8 Cross Street, Brookvale, Australia 2100 (B,P)

Edmund Scientific Co., 380 Edscorp Building, Barrington, NJ 08007 (K)

Educational Film Systems, 11466 San Vicente Boulevard, Brentwood, CA 90049 (I)

Educational Teaching Aids, 159 West Kinzie Street, Chicago, IL 60610 (I)

Encyclopedia Britannica Educational Corporation, 425 North Michigan Avenue, Chicago, IL 60611 (K)

Enrich, 3437 Alma Street, Palo Alto, CA 94306 (K,I)

Eye Gate House, Inc. 146-01 Archer Avenue, Jamaica, NY 11435 (F)

Fisher Scientific Company, 711 Forbes Avenue, Pittsburgh, PA 15219 (I)

GLC Educational Materials and Services Limited, 115 Nugget Avenue, Agincourt, Ontario, Canada MIS (I)

Ganco Industries, P. O. Box 1911, Big Spring, TX 79720 (F,P,I)

Grolier Educational Corporation, 845 Third Avenue, New York, NY 10022 (B,I)

Houghton Mifflin Company, 110 Tremont Street, Boston, MA 02107 (B,I)

Ideal School Supply Company, 11000 South Lavergne Avenue, Oak Lawn, IL 60453 (F,I)

Instructor Publications, Inc. (The), Instructor Park, Dansville, NY 14437 (B,P)

International Business Machines Corporation, Old Orchard Road, Armonk, NY 10504 (I)
International Tutors, Department A, 22303 Devonshire, Chatsworth, CA 91311 (K)
JEM Innovations, 4568 East 45th Street, Tulsa, OK 74135 (P)
J. J. Keller & Associates, Inc., 145 West Wisconsin Avenue, Neenah, WI 54956 (B)
John Colburn Associates, Inc., P. O. Box 187, Lake Bluff, IL 60044 (I)
John Wiley & Sons, Inc., 605 Third Avenue, New York, NY 10016 (B)
Klevens Publications, Inc., 6500 Kelvin Avenue, Canoga Park, CA 91306 (F)
Laidlaw Brothers, Thatcher and Madison, River Forest, IL 60305 (B)
Larry Harkness Company, 115 North Princeton Avenue, Villa Park, IL 60181 (K)
Leicestershire Learning Systems, Box 335, New Gloucester, ME 04260 (I)
Library Filmsstrips Center, 3033 Aloma, Wichita, KS 67211 (F)
MacLean-Hunter Learning Materials Co., 481 University Avenue, Toronto 101, Ontario, Canada (Canada only) (I)
McGraw Hill, 1221 Avenue of the Americas, New York, NY 10020 (B,F)
Math Shop, 5 Bridge Street, Watertown, MA 02172 (I)
Metric Aids Limited, 75 Horner Avenue, Toronto 530, Ontario, Canada (I)
Metric Association, Inc., Sugarloaf Star Route, Boulder, CO 80302 (B,I)
Metrix Corporation, P. O. Box 19101, Orlando, FL 32814 (I)
Midwest Publications Co., Inc., P. O. Box 129, Troy, MI 48084 (B)
Mind/Matter Corp., P. O. Box 345, Danbury, CT 06810 (I)
Moyer Vico Limited, 25 Milvan Drive, Weston, Ontario, Canada M9L 1Z1 (I)
National Council of Teachers of Mathematics, 1906 Association Drive, Reston, VA 22091 (B,I,P)
National Education Association, American Education Week, P. O. Box 327, Hyattsville, MD 20781 (B)
National Microfilm Association, Suite 1101, 8728 Colesville Road, Silver Spring, MD 20910 (I,P)
National Science Teachers Association, 1201 Sixteenth Street, NW, Washington, D.C. 20036 (B,K)
National Textbook Company, 8259 Niles Center Road, Skokie, IL 60076 (B)
National Tool, Die & Precision Machining Association, 9300 Livingston Road, Washington, DC 20022 (B)

NBC Education Enterprises, 30 Rockefeller Plaza, New York, NY 10020 (F)
Ohaus Scale Corporation, 29 Hanover Road, Florham Park, NJ 07932 (F,K,I)
Pathescope Educational Films, Inc., 71 Weyman Avenue, New Rochelle, NY 10802 (F,I)
Pickett Industries, P. O. Box 1515, Santa Barbara, CA 93102 (I)
Polymetric Services, 4600 Brewster Drive, Tarzana, CA 91356 (I,P)
Random House, The School Division, Westminster, MD 21157 (B)
REAL-T-FACS, P. O. Drawer 449, Warwick, NY 10990 (I)
Robert C. Sellers & Associates, Inc., 131 Tulip Avenue, Floral Park, NY 11001 (B)
Robie Sales Company, 2755 Woodshire Drive, Hollywood, CA 90068 (I)
Rowsey Enterprises, P. O. Box 666, Friendswood, TX 77546 (I)
Sargent-Welch Scientific, 7300 North Linder Avenue, Skokie, IL 60076 (I,P)
Slide Chart Corporation, P. O. Box 527, West Chester, PA 19350 (K,I)
Science Service, 1719 N Street, NW, Washington, DC 20036 (I,K)
Selective Educational Equipment, Inc., 3 Bridge Street, Newton, MA 02195 (I)
Sigma Scientific, Inc., P. O. Box 1302, Gainesville, FL 32601 (I)
Society for Visual Education, Inc., 1345 Diversey Parkway, Chicago, IL 60614 (F)
Spectrum Educational Ltd., 9 Dohme Avenue, Toronto, Ontario, Canada (I)
Sterling Publishing Company, Inc., 419 Park Avenue, South, New York, NY 10016 (B)
Swani Publishing Company, Box 248, Roscoe, IL 61073 (B,I,F,F)
Teach'em Inc., 625 North Michigan Avenue, Chicago, IL 60611 (I)
Teachers, P. O. Box 398, Manhattan Beach, CA (B,I)
Union Carbide Corp., Public Relations Department, 270 Park Avenue, New York, NY 10017 (I)

ADDITIONAL SOURCES OF METRIC INFORMATION

Two NBS metric items--the Modernized Metric System (wall chart in color) and the Metric Conversion Card (wallet card)--have been reprinted by the training and recruiting services of the Department of the Army for school distribution. These are available free upon request from your nearest Army school representative.

The following organizations may be contacted for additional material as indicated:

U.S. Metric Association, Sugarloaf Star Route, Boulder, Colorado 80302. Distributes some educational material and publishes a quarterly newsletter, available to its members (annual dues are $3).

National Council of Teachers of Mathematics, 1906 Association Drive, Reston, Virginia 22091.


American National Metric Council, 1625 Massachusetts Avenue, N.W., Washington, D.C. 20036. A group newly established under the auspices of the American National Standards Institute to provide guidance to industrial and commercial segments of society.

Metric Studies Center, American Institutes for Research, Box 1113, Palo Alto California 94302.

The several national metric conversion boards can supply general information about conversion in their respective countries and also provide referrals to other organizations therein. Their addresses are listed below.

Metrication Board
22 Kingsway
London WC2B 6LE England

Metric Conversion Board
18-24 Chandos Street
St. Leonards, N.S.W. 2065 Australia

Metric Advisory Board
P. O. Box 10-243
The Terrace
Wellington, New Zealand

South African Bureau of Standards
Private Bag X191
Pretoria, South Africa
# METRIC CONVERSION FACTORS

## Approximate Conversions to Metric Measures

<table>
<thead>
<tr>
<th>Symbol</th>
<th>When You Know</th>
<th>Multiply by</th>
<th>To Find</th>
<th>Symbol</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LENGTH</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>in</td>
<td>inches</td>
<td>2.5</td>
<td>centimeters</td>
<td>cm</td>
</tr>
<tr>
<td>ft</td>
<td>feet</td>
<td>30</td>
<td>centimeters</td>
<td>cm</td>
</tr>
<tr>
<td>yd</td>
<td>yards</td>
<td>0.9</td>
<td>meters</td>
<td>m</td>
</tr>
<tr>
<td>mi</td>
<td>miles</td>
<td>1.6</td>
<td>kilometers</td>
<td>km</td>
</tr>
</tbody>
</table>

| **AREA** | | | | |
| in² | square inches | 6.5 | square centimeters | cm² |
| ft² | square feet | 0.09 | square meters | m² |
| yd² | square yards | 0.8 | square meters | m² |
| mi² | square miles | 2.6 | square kilometers | km² |
| acres | | 0.4 | hectares | ha |

| **MASS (weight)** | | | | |
| oz | ounces | 28 | grams | g |
| lb | pounds | 0.45 | kilograms | kg |
| | short tons | 0.9 | metric tons | t |

| **VOLUME** | | | | |
| tsp | teaspoons | 5 | milliliters | ml |
| Tbsp | tablespoons | 15 | milliliters | ml |
| fl oz | fluid ounces | 30 | milliliters | ml |
| c | cups | 0.24 | liters | l |
| pt | pints | 0.47 | liters | l |
| qt | quarts | 0.95 | liters | l |
| gal | gallons | 3.8 | liters | l |
| ft³ | cubic feet | 0.03 | cubic meters | m³ |
| yd³ | cubic yards | 0.76 | cubic meters | m³ |

| **TEMPERATURE (exact)** | | | | |
| °F | Fahrenheit temperature | 5/9 (after subtracting 32) | Celsius temperature | °C |

*1 in = 2.54 cm (exactly). For other exact conversions and more detailed tables, see NBS Misc. Publ. 286, Units of Weights and Measures, Price $2.25, SD Catalog No. C13.10:286.*
### Approximate Conversions from Metric Measures

<table>
<thead>
<tr>
<th>Symbol</th>
<th>When You Know</th>
<th>Multiply by</th>
<th>To Find</th>
<th>Symbol</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LENGTH</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>mm</td>
<td>millimeters</td>
<td>0.04</td>
<td>inches</td>
<td>in</td>
</tr>
<tr>
<td>cm</td>
<td>centimeters</td>
<td>0.4</td>
<td>inches</td>
<td>in</td>
</tr>
<tr>
<td>m</td>
<td>meters</td>
<td>3.3</td>
<td>feet</td>
<td>ft</td>
</tr>
<tr>
<td>m</td>
<td>meters</td>
<td>1.1</td>
<td>yards</td>
<td>yd</td>
</tr>
<tr>
<td>km</td>
<td>kilometers</td>
<td>0.6</td>
<td>miles</td>
<td>mi</td>
</tr>
<tr>
<td>cm²</td>
<td>square centimeters</td>
<td>0.16</td>
<td>square inches</td>
<td>in²</td>
</tr>
<tr>
<td>m²</td>
<td>square meters</td>
<td>1.2</td>
<td>square yards</td>
<td>yd²</td>
</tr>
<tr>
<td>km²</td>
<td>square kilometers</td>
<td>0.4</td>
<td>square miles</td>
<td>mi²</td>
</tr>
<tr>
<td>ha</td>
<td>hectares (10 000 m²)</td>
<td>2.5</td>
<td>acres</td>
<td></td>
</tr>
</tbody>
</table>

| **MASS (weight)** |                   |             |             |        |
| g                  | grams             | 0.035       | ounces      | oz     |
| kg                 | kilograms         | 2.2         | pounds      | lb     |
| t                  | metric tons (1000 kg)| 1.1   | short tons  |        |

| **VOLUME** |                   |             |             |        |
| ml       | milliliters       | 0.03        | fluid ounces| fl oz  |
| l        | liters            | 2.1         | pints       | pt     |
| l        | liters            | 1.06        | quarts      | qt     |
| l        | liters            | 0.26        | gallons     | gal    |
| m³       | cubic meters      | 35          | cubic feet  |        |
| m³       | cubic meters      | 1.3         | cubic yards |        |

| **TEMPERATURE (exact)** |                   |             |             |        |
| °C                   | Celsius temperature| 9/5 (then add 32) | Fahrenheit temperature | °F |

![Temperature Conversion Diagram]
All You Will Need to Know About Metric
(For Your Everyday Life)

Metric is based on Decimal system
The metric system is simple to learn. For use in your everyday life you will need to know only ten units. You will also need to get used to a few new temperatures. Of course, there are other units which most persons will not need to learn. There are even some metric units with which you are already familiar: those for time and electricity are the same as you use now.

BASIC UNITS

<table>
<thead>
<tr>
<th>Unit</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meter</td>
<td>A little longer than a yard (about 1.1 yards)</td>
</tr>
<tr>
<td>Liter</td>
<td>A little larger than a quart (about 1.06 quarts)</td>
</tr>
<tr>
<td>Gram</td>
<td>A little more than the weight of a paper clip</td>
</tr>
</tbody>
</table>

COMMON PREFIXES
(to be used with basic units)

- milli: one-thousandth (0.001)
- centi: one-hundredth (0.01)
- kilo: one-thousand times (1000)

For example:
- 1000 millimeters = 1 meter
- 100 centimeters = 1 meter
- 1000 meters = 1 kilometer

OTHER COMMONLY USED UNITS

- Millimeter: 0.001 meter, diameter of paper clip wire
- Centimeter: 0.01 meter, a little more than the width of a paper clip (about 0.4 inch)
- Kilometer: 1000 meters, somewhat further than 1/2 mile (about 0.6 mile)
- Kilogram: 1000 grams, a little more than 2 pounds (about 2.2 pounds)
- Milliliter: 0.001 liter, five of them make a teaspoon

OTHER USEFUL UNITS

- Hectare: about 21/2 acres
- Metric ton: about one ton

TEMPERATURE
degrees Celsius are used

<table>
<thead>
<tr>
<th>°C</th>
<th>°F</th>
</tr>
</thead>
<tbody>
<tr>
<td>-40</td>
<td>80</td>
</tr>
<tr>
<td>-20</td>
<td>98.6</td>
</tr>
<tr>
<td>0</td>
<td>32</td>
</tr>
<tr>
<td>20</td>
<td>80</td>
</tr>
<tr>
<td>37</td>
<td>98.6</td>
</tr>
<tr>
<td>60</td>
<td>160</td>
</tr>
<tr>
<td>80</td>
<td>212</td>
</tr>
<tr>
<td>100</td>
<td></td>
</tr>
</tbody>
</table>

Water freezes at -40 °C and 80 °F
Body temperature is 37 °C / 98.6 °F
Water boils at 100 °C / 212 °F