

Table 1-2  
Heat capacities of common materials

<i>Material</i>	<i>Density lb/cu ft</i>	<i>Heat Capacity BTU/°F lb</i>
Water	62.4	1.0
Wood	45	0.57
Foam insulation	1.5	0.38
Air	0.075	0.24
Concrete	144	0.156
Steel	489	0.12