

**Specific Heat Capacity Table**

Substance	Specific Heat Capacity at 25°C in J/g°C
H <sub>2</sub> gas	14.267
He gas	5.300
H <sub>2</sub> O(l)	4.184
lithium	3.56
ethyl alcohol	2.460
ethylene glycol	2.200
ice @ 0°C	2.010
steam @ 100°C	2.010
vegetable oil	2.000
sodium	1.23
air	1.020
magnesium	1.020
aluminum	0.900
Concrete	0.880
glass	0.840
potassium	0.75
sulphur	0.73
calcium	0.650
iron	0.444
nickel	0.440
zinc	0.39
copper	0.385
brass	0.380
sand	0.290
silver	0.240
tin	0.21
lead	0.160
mercury	0.14
gold	0.129