

Joan Betterley



Every Sailor's Guide
to Eating Right

Good Food Afloat

Karin Nielsen-Saines



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web $m \times c \times \Delta t$ equation 1 where m is the total mass of the solution solute plus solvent c is the specific heat of the solution and Δt is the observed temperature change the specific heat of the solution is generally assumed to be the same as that of

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web the heat of reaction ΔH_{soln} is written after the products in units of kj mol rxn for example sodium hydroxide dissolves exothermically releasing 44.2 kilojoules per mole dissolved this process is represented as $NaOH(s) \rightarrow NaOH(aq)$ $\Delta H_{soln} = 44.2 \text{ kJ/mol rxn}$

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