

standard distance. One possibility is to stretch a spring a certain fixed distance, as illustrated in [Figure 4.4](#), and use the force it exerts to pull itself back to its relaxed shape—called a *restoring force*—as a standard. The magnitude of all other forces can be stated as multiples of this standard unit of force. Many other possibilities exist for standard forces. (One that we will encounter in [Magnetism](#) is the magnetic force between two wires carrying electric current.) Some alternative definitions of force will be given later in this chapter.

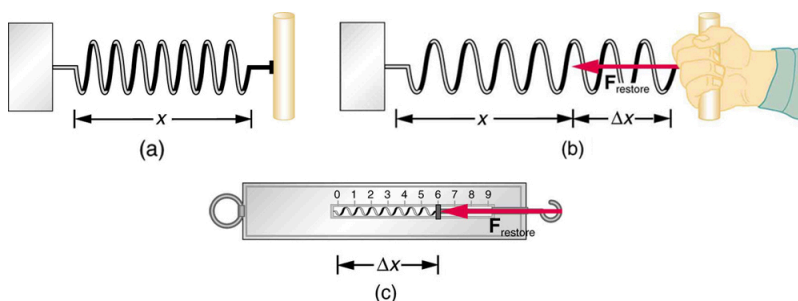


Figure 4.4 The force exerted by a stretched spring can be used as a standard unit of force. (a) This spring has a length x when undistorted. (b) When stretched a distance Δx , the spring exerts a restoring force, F_{restore} , which is reproducible. (c) A spring scale is one device that uses a spring to measure force. The force F_{restore} is exerted on whatever is attached to the hook. Here F_{restore} has a magnitude of 6 units in the force standard being employed.

Take-Home Experiment: Force Standards

To investigate force standards and cause and effect, get two identical rubber bands. Hang one rubber band vertically on a hook. Find a small household item that could be attached to the rubber band using a paper clip, and use this item as a weight to investigate the stretch of the rubber band. Measure the amount of stretch produced in the rubber band with one, two, and four of these (identical) items suspended from the rubber band. What is the relationship between the number of items and the amount of stretch? How large a stretch would you expect for the same number of items suspended from two rubber bands? What happens to the amount of stretch of the rubber band (with the weights attached) if the weights are also pushed to the side with a pencil?

4.2 Newton's First Law of Motion: Inertia

Experience suggests that an object at rest will remain at rest if left alone, and that an object in motion tends to slow down and stop unless some effort is made to keep it moving. What **Newton's first law of motion** states, however, is the following:

Newton's First Law of Motion

A body at rest remains at rest, or, if in motion, remains in motion at a constant velocity unless acted on by a net external force.

Note the repeated use of the verb “remains.” We can think of this law as preserving the status quo of motion.

Rather than contradicting our experience, **Newton's first law of motion** states that there must be a *cause* (which is a net external force) *for there to be any change in velocity (either a change in magnitude or direction)*. We will define *net external force* in the next section. An object sliding across a table or floor slows down due to the net force of friction acting on the object. If friction disappeared, would the object still slow down?

The idea of cause and effect is crucial in accurately describing what happens in various situations. For example, consider what happens to an object sliding along a rough horizontal surface. The object quickly grinds to a halt. If we spray the surface with talcum powder to make the surface smoother, the object slides farther. If we make the surface even smoother by rubbing lubricating oil on it, the object slides farther yet. Extrapolating to a frictionless surface, we can imagine the object sliding in a straight line indefinitely. Friction is thus the *cause* of the slowing (consistent with Newton's first law). The object would not slow down at all if friction were completely eliminated. Consider an air hockey table. When the air is turned off, the puck slides only a

short distance before friction slows it to a stop. However, when the air is turned on, it creates a nearly frictionless surface, and the puck glides long distances without slowing down. Additionally, if we know enough about the friction, we can accurately predict how quickly the object will slow down. Friction is an external force.

Newton's first law is completely general and can be applied to anything from an object sliding on a table to a satellite in orbit to blood pumped from the heart. Experiments have thoroughly verified that any change in velocity (speed or direction) must be caused by an external force. The idea of *generally applicable or universal laws* is important not only here—it is a basic feature of all laws of physics. Identifying these laws is like recognizing patterns in nature from which further patterns can be discovered. The genius of Galileo, who first developed the idea for the first law, and Newton, who clarified it, was to ask the fundamental question, “What is the cause?” Thinking in terms of cause and effect is a worldview fundamentally different from the typical ancient Greek approach when questions such as “Why does a tiger have stripes?” would have been answered in Aristotelian fashion, “That is the nature of the beast.” True perhaps, but not a useful insight.

Mass

The property of a body to remain at rest or to remain in motion with constant velocity is called **inertia**. Newton's first law is often called the **law of inertia**. As we know from experience, some objects have more inertia than others. It is obviously more difficult to change the motion of a large boulder than that of a basketball, for example. The inertia of an object is measured by its **mass**. Roughly speaking, mass is a measure of the amount of “stuff” (or matter) in something. The quantity or amount of matter in an object is determined by the numbers of atoms and molecules of various types it contains. Unlike weight, mass does not vary with location. The mass of an object is the same on Earth, in orbit, or on the surface of the Moon. In practice, it is very difficult to count and identify all of the atoms and molecules in an object, so masses are not often determined in this manner. Operationally, the masses of objects are determined by comparison with the standard kilogram.

CHECK YOUR UNDERSTANDING

Which has more mass: a kilogram of cotton balls or a kilogram of gold?

Solution

They are equal. A kilogram of one substance is equal in mass to a kilogram of another substance. The quantities that might differ between them are volume and density.

4.3 Newton's Second Law of Motion: Concept of a System

Newton's second law of motion is closely related to Newton's first law of motion. It mathematically states the cause and effect relationship between force and changes in motion. Newton's second law of motion is more quantitative and is used extensively to calculate what happens in situations involving a force. Before we can write down Newton's second law as a simple equation giving the exact relationship of force, mass, and acceleration, we need to sharpen some ideas that have already been mentioned.

First, what do we mean by a change in motion? The answer is that a change in motion is equivalent to a change in velocity. A change in velocity means, by definition, that there is an **acceleration**. Newton's first law says that a net external force causes a change in motion; thus, we see that a *net external force causes acceleration*.

Another question immediately arises. What do we mean by an external force? An intuitive notion of external is correct—an **external force** acts from outside the **system** of interest. For example, in [Figure 4.5\(a\)](#) the system of interest is the wagon plus the child in it. The two forces exerted by the other children are external forces. An internal force acts between elements of the system. Again looking at [Figure 4.5\(a\)](#), the force the child in the wagon exerts to hang onto the wagon is an internal force between elements of the system of interest. Only external forces affect the motion of a system, according to Newton's first law. (The internal forces actually cancel, as we shall see in the next section.) *You must define the boundaries of the system before you can determine which forces are external.* Sometimes the system is obvious, whereas other times identifying the boundaries of a system is more subtle. The concept of a system is fundamental to many areas of physics, as is the correct application of Newton's laws. This concept will be revisited many times on our journey through physics.