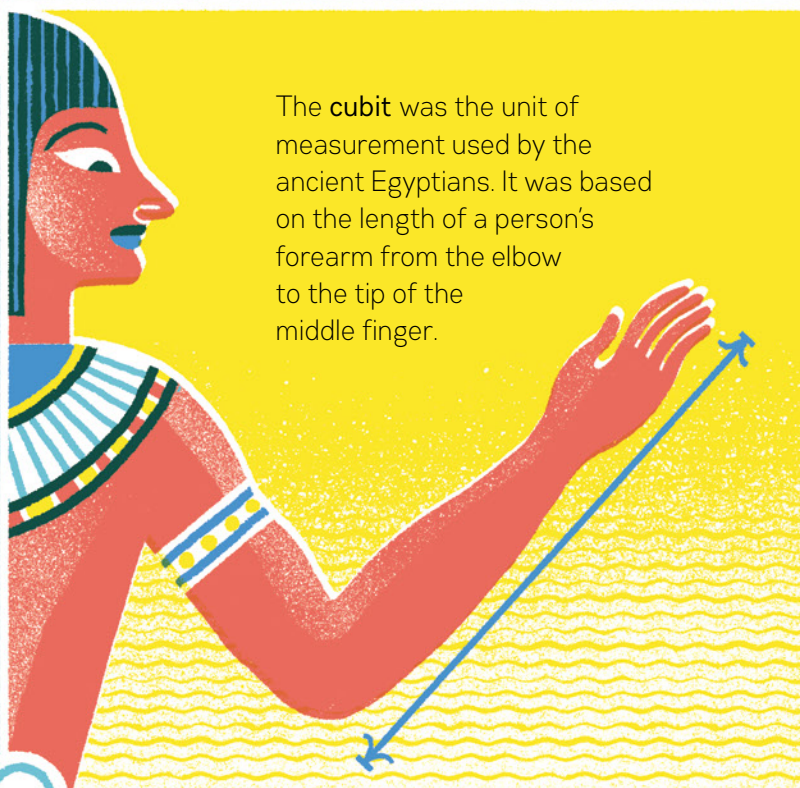
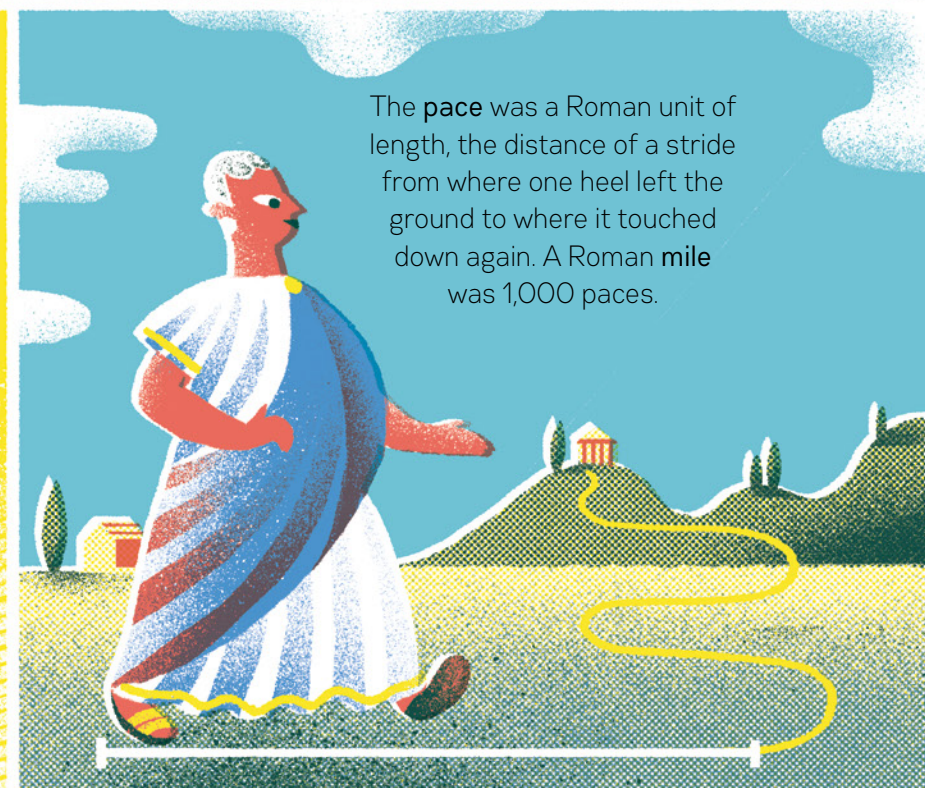


Arms, hands, and seeds: how the first measurements were based on nature

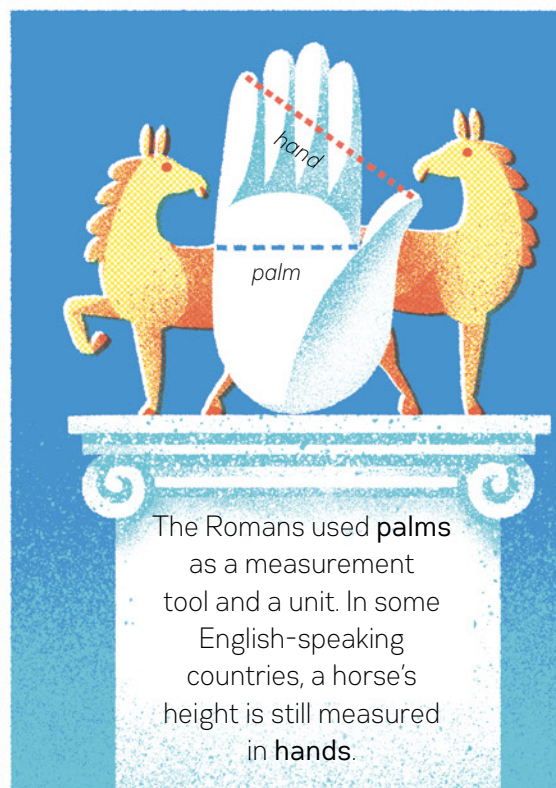
With the growth of civilizations came the need for measurements to help with the trade of goods such as fruits, vegetables, animals, and honey. The first measurements were derived from people's bodies and the world around them.



The **cubit** was the unit of measurement used by the ancient Egyptians. It was based on the length of a person's forearm from the elbow to the tip of the middle finger.



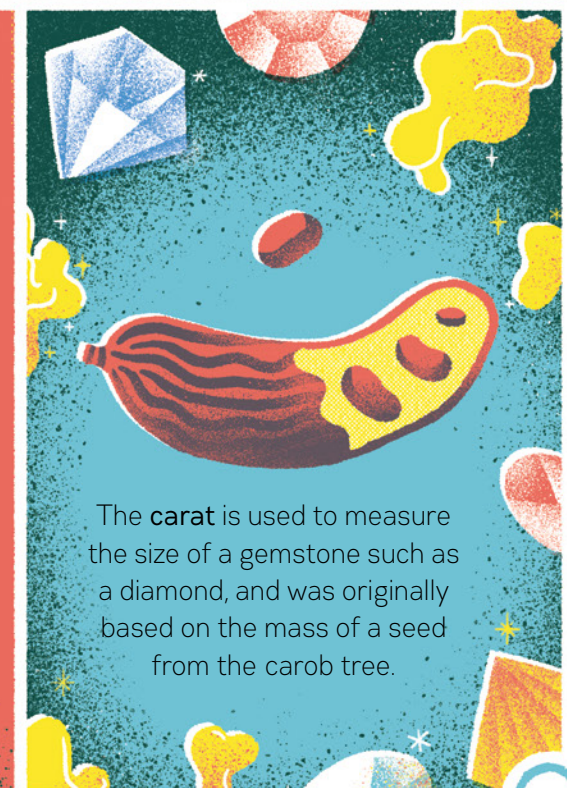
The **pace** was a Roman unit of length, the distance of a stride from where one heel left the ground to where it touched down again. A Roman **mile** was 1,000 paces.



The Romans used **palms** as a measurement tool and a unit. In some English-speaking countries, a horse's height is still measured in hands.



In medieval Germany the **mark** was used to measure the weight of precious metals. It was also used as the name for the German unit of currency before the euro.



The **carat** is used to measure the size of a gemstone such as a diamond, and was originally based on the mass of a seed from the carob tree.