

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

(X) Check this box if no longer subject to Section 16.
 Form 4 or Form 5 obligations may continue. See Instructions 1(b).

1. Name and Address of Reporting Person
 Kunz, Heidi
 ITT Industries, Inc.
 4 West Red Oak Lane
 White Plains, NY 10604
2. Issuer Name and Ticker or Trading Symbol
 ITT Industries, Inc.
 IIN
3. IRS or Social Security Number of Reporting Person (Voluntary)
4. Statement for Month/Year
 08/06/99
5. If Amendment, Date of Original (Month/Year)
6. Relationship of Reporting Person(s) to Issuer (Check all applicable)
 Director 10% Owner Officer (give title below) Other (specify below)
 Former Executive Vice President & CFO
7. Individual or Joint/Group Filing (Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

Table I -- Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security	2. Transaction Date	3. Code	4. Securities Acquired (A) or Disposed of (D)			5. Amount of Securities Beneficially Owned at End of Month	6. Direct (D) or Indirect (I)	7. Nature of Indirect Beneficial Ownership
			Amount	A/D	Price			
Common Stock (1)	7/29/99	M	40,000	A	\$23.38			
Common Stock (1)	7/29/99	S	2,200	D	\$37.38			
Common Stock (1)	7/29/99	S	10,000	D	\$37.44			
Common Stock (1)	7/29/99	S	27,800	D	\$37.19			
Common Stock (1)	7/30/99	M	35,000	A	\$23.38			
Common Stock (1)	7/30/99	M	35,000	A	\$24.88			
Common Stock (1)	7/30/99	M	32,000	A	\$31.13			
Common Stock (1)	7/30/99	S	102,000	D	\$37.53			
Common Stock ISP (2)						758	I	In Trust
Common Stock						2,577	D	

Table II -- Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Derivative Security	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date	4. Code	5. Number of Derivative Securities Acquired (A) or Disposed of (D)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities	8. Price of Derivative Security	9. Number of Derivative Securities Beneficially Owned at Month	10. Direct (D) or Indirect (I)	11. Nature of Indirect Beneficial Ownership
Common Stock (Right to Buy)	\$23.38	7/29/99	M	40,000	D 8/16/97 1/11/06	Common Stock 40,000		0		
Common Stock (Right to Buy)	\$23.38	7/30/99	M	35,000	D 8/16/97 1/11/06	Common Stock 35,000		0		
Common Stock (Right to Buy)	\$24.88	7/30/99	M	35,000	D 9/12/97 3/12/07	Common Stock 35,000		0		
Common Stock (Right to Buy)	\$31.13	7/30/99	M	32,000	D 1/9/99 1/04/08	Common Stock 32,000		0		

Explanation of Responses:

(1) Shares acquired through stock option exercises under the 1994 ITT Industries Incentive Stock Plan, a Rule 16b-3 plan.
(2) Shares held under the ITT Industries Investment and Savings Plan for Salaried Employees reflecting accumulations through August 2, 1999.

SIGNATURE OF REPORTING PERSON

HEIDI KUNZ

DATE

08/06/99