

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

() 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
 Araskog, Rand V.
 12980 Brynwood Circle
 Palm Beach Gardens, FL 33418
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
 03/01/99
5. If Amendment, Date of Original (Month/Year)
6. Relationship of Reporting Person(s) to Issuer (Check all applicable)
 (X) Director () 10% Owner () Officer (give title below) () Other
 (specify below)
7. Individual or Joint/Group Filing (Check Applicable Line)
 (X) 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	2/10/99	S	200,000	D	\$38.25	155,808	D	
Common Stock (RS) (1)						4,180	D	
Common Stock (DRIP) (2)						128	D	
Common Stock (3)	3/16/98	S	19,839	D	\$35.75	0		

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

Explanation of Responses:

- (1) Shares held under the ITT Industries, Inc. Restricted Stock Plan for Non-Employee Directors.
- (2) Shares held under the ITT Industries, Inc. Dividend Reinvestment Plan reflecting accumulations through February 1, 1999.
- (3) Shares previously held under the ITT Corporation Investment and Savings Plan transferred in connection with the acquisition of ITT Corporation by Starwood Resorts & Hotels.

SIGNATURE OF REPORTING PERSON
 RAND V. ARASKOG
 DATE
 3/1/99