I defined inertial mass conceptually as a measure of how hard it is to change an object's state of motion, the implication being that if you don't interfere, the object's motion won't change. Most people, however, believe that objects in motion have a natural tendency to slow down. Suppose I push my refrigerator to the west for a while at 0.1 m/s, and then stop pushing. The average person would say fridge just naturally stopped moving, but let's imagine how someone in China would describe the fridge experiment carried out in my house here in California. Due to the rotation of the earth, California is moving to the east at about 400 m/s. A point in China at the same latitude has the same speed, but since China is on the other side of the planet, China's east is my west. (If you're finding the three-dimensional visualization difficult, just think of China and California as two freight trains that go past each other, each traveling at 400 m/s.) If I insist on thinking of my dirt as being stationary, then China and its dirt are moving at 800 m/s to my west. From China's point of view, however, it's California that is moving 800 m/s in the opposite direction (my east). When I'm pushing the fridge to the west at 0.1 m/s, the observer in China describes its speed as 799.9 m/s. Once I stop pushing, the fridge speeds back up to 800 m/s.
From my point of view, the fridge “naturally” slowed down when I stopped pushing, but according to the observer in China, it “naturally” sped up!

What's really happening here is that there's a tendency, due to friction, for the fridge to stop moving relative to the floor. In general, only relative motion has physical significance in physics, not absolute motion. It's not even possible to define absolute motion, since there is no special reference point in the universe that everyone can agree is at rest. Of course if we want to measure motion, we do have to pick some arbitrary reference point which we will say is standing still, and we can then define x, y, and z coordinates extending out from that point, which we can define as having x=0, y=0, z=0. Setting up such a system is known as choosing a frame of reference. The local dirt is a natural frame of reference for describing a game of basketball, but if the game was taking place on the deck of a moving ocean liner, we would probably pick a frame of reference in which the deck was at rest, and the land was moving.

a / Galileo Galilei (1564-1642).
Galileo was the first scientist to reason along these lines, and we now use the term Galilean relativity to refer to a somewhat modernized version of his principle. Roughly speaking, the principle of Galilean relativity states that the same laws of physics apply in any frame of reference that is moving in a straight line at constant speed. We need to refine this statement, however, since it is not necessarily obvious which frames of reference are going in a straight line at constant speed. A person in a pickup truck pulling away from a stoplight could admit that the car's velocity is changing, or she could insist that the truck is at rest, and the meter on the dashboard is going up because the asphalt picked that moment to start moving faster and faster backward! Frames of reference are not all created equal, however, and the accelerating truck's frame of reference is not as good as the asphalt's. We can tell, because a bowling ball in the back of the truck, as in figure c, appears to behave strangely in the driver's frame of reference: in her rear-view mirror, she sees the ball, initially at rest, start moving faster and faster toward the back of the truck. This goofy behavior is evidence that there is something wrong with her frame of reference. A person on the sidewalk, however, sees the ball as standing still. In the sidewalk's frame of reference, the truck pulls away from the ball, and this makes sense, because the truck is burning gas and using up energy to change its state of motion.
We therefore define an *inertial frame of reference* as one in which we never see objects change their state of motion without any apparent reason. The sidewalk is a pretty good inertial frame, and a car moving relative to the sidewalk at constant speed in a straight line defines a pretty good inertial frame, but a car that is accelerating or turning is not an inertial frame.

![Inertial frames](image)

*C* Left: In a frame of reference that speeds up with the truck, the bowling ball appears to change its state of motion for no reason. Right: In an inertial frame of reference, which the surface of the earth approximately is, the bowling ball stands still, which makes sense because there is nothing that would cause it to change its state of motion.

The principle of Galilean relativity states that inertial frames exist, and that the same laws of physics apply in all inertial frames of reference, regardless of one frame's straight-line, constant-speed motion relative to another.⁴
Another way of putting it is that all inertial frames are created equal. We can say whether one inertial frame is in motion or at rest relative to another, but there is no privileged “rest frame.” There is no experiment that comes out any different in laboratories in different inertial frames, so there is no experiment that could tell us which inertial frame is really, truly at rest.

b / The earth spins. People in Shanghai say they're at rest and people in Los Angeles are moving. Angelenos say the same about the Shanghainese.

Source:
http://physwiki.ucdavis.edu/Fundamentals/01._Conservation_of_Mass/1.3_Galilean_Relativity