

Mathematical derivation:

original volume: L^3

new volume $(1.001 \times L)^3 \approx 1.003 L^3$

so 0.3% bigger

$$\text{generally: } (L + \Delta L)^3 = L^3 + \underbrace{3L^2\Delta L + 3L(\Delta L)^2 + (\Delta L)^3}_{\Delta V}$$

$$\frac{\Delta V}{V} = 3 \cdot \frac{\Delta L}{L} + 3 \left(\frac{\Delta L}{L}\right)^2 + \left(\frac{\Delta L}{L}\right)^3$$

this means
 $\beta = 3\alpha$

these are negligible compared to
the first term if $\frac{\Delta L}{L}$ is small

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