

GENERAL PUBLICATIONS

FIVE Bx PLAN FOR PHYSICAL FITNESS

DEPARTMENT OF EDUCATION

32 p., reprinted. 1977.

60c

Originally produced by the Royal Canadian Air Force, this exercise programme is designed for men.

The 5 Bx plan is a scientifically designed approach to physical fitness which can develop an adequate level of reserve energy needed for vigorous positive well being and zestful living.

The exercises can be done by yourself, at home, in your spare time, at your own rate of progress, without discomfort, and in only 11 minutes a day.

(For women see the xBx Plan for Physical Fitness.)

FOREIGN INVESTMENT POLICY IN NEW ZEALAND

Edited by R. H. Carey

128 p. 1975.

\$4.50

Foreign investment is an important and controversial issue in New Zealand. This book contains a wide range of facts and argument. Five papers cover the administrative and policy aspects, political attitudes, the degree of foreign ownership in New Zealand, and the benefits and costs of foreign investments. The general reader, as well as the student of the subject, will find this a volume of lively interest and a valuable addition to the small volume of literature available of this topic in New Zealand. Series No. 20. (N.Z. Institute of Public Administration.)

FOREST WILDLIFE

By P. Morrison, Wildlife Service, Department of Internal Affairs and L. H. Harris, Environment Forestry Division, New Zealand Forest Service

Illustrated by P. F. Scaife

48 p., colour plates and drawings. 1974.

\$1

In this informative booklet there is a description of 72 of the higher forms of animal life, both native and introduced, which may be seen in New Zealand forests. The main purpose of this booklet is to provide those people who seek recreation in forests with a guide to the wildlife they may see. It is hoped that this will stimulate interests in forest wildlife and supply those unaware of the abundance of animals that live in New Zealand's forest. (Published jointly by Wildlife Service, Department of Internal Affairs, New Zealand Forest Service.)

FREDERICK THATCHER AND ST. PAUL'S

By Margaret Alington

50 p., 18 illustrations.

75c

The story of Frederick Thatcher and the Colonial Gothic structure he built. This book fills in some gaps in his personal life and his original design for St. Paul's.

GAMES AND PASTIMES OF THE MAORI

by Elsdon Best

(National Museum Bulletin No. 8), 1976 Reprint

334 p.

\$17

First published in 1925 this bulletin is one of the series originally written by Elsdon Best, and has been reprinted without textual alteration.

Elsdon Best describes it as "An account of various exercises, games, and pastimes of the natives of New Zealand, as practised in former times; including some information concerning their vocal and instrumental music".

Includes an account of musical instruments and Maori song together with games and pastimes of a relaxing nature as well as those involved in ritual and training.

Contents include: Military exercises and games, Aquatic games, Children's games, Introduced games, Maori songs and Musical instruments.

GLACIERS OF WESTLAND NATIONAL PARK

A NEW ZEALAND GEOLOGICAL SURVEY HANDBOOK—Information Series No. 75

by W. A. Sara

47 p.

\$1.80

This survey summarises the study of the glaciers of Westland National Park. Although in this area there are about 29 secondary glaciers, only brief mention is made of them. The two main ones in the park are Franz Josef and Fox

Price 60c

BY AUTHORITY: E. C. KEATING, GOVERNMENT PRINTER, WELLINGTON, NEW ZEALAND—1978

Glaciers. A comprehensive description of both main glaciers, rate of movement, fluctuation, and other relevant factors are included. Geological and other information is set out in an interesting and easy to read form.

GROUNDWATERS OF THE HUTT VALLEY—PORT NICHOLSON ALLUVIAL BASIN

By I. G. Donaldson and D. G. Campbell

D.S.I.R. INFORMATION SERIES No. 124

78 p., illustrated.

\$2.50

A study of the Hutt Valley - Port Nicholson groundwater basin which is one of the major sources of water in the Wellington region, serving both municipal and industrial demands. Presents an analysis of the hydraulic effects of present and future use of the water of this resource basin.

GROWING, SHARING, LEARNING

120 p. 1977.

\$3

J. G. JOHNSON, *Chairman*

The Report of the Committee on Health and Social Education which was set up in 1976 to:

- (a) Identify the conditions under which healthy growth and development may be fostered in schools.
- (b) To make recommendations on the studies and activities that should constitute school programmes, organisation, and relationships.

Department of Education.

A GUIDE TO ENVIRONMENTAL LAW IN NEW ZEALAND

157 p. 1976.

\$2.50

This publication provides a general outline of environmental law and administration in New Zealand. It is a guide for the layman, and a quick and easy source of reference.

A GUIDE TO POMPALLIER HOUSE

By R. M. Ross

32 p., 5 illustrations.

50c

Describes each room and the furniture in Pompallier House.

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