

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.)

FLORA OF NEW ZEALAND VOLUME III

By A. J. Healy and E. Edgar

220 p. 1980. \$18.50 plus p. and p.

Volumes I and II of Flora of New Zealand were concerned with native plants. The authors call volume III a "weed flora". The book is an identification manual, intended for agriculturists concerned with weed control, for botanists making vegetation surveys, and for anyone who needs to identify those weedy plants.

FOREST LORE OF THE MAORI

By Elsdon Best

DOMINION MUSEUM BULLETIN No. 14

421 p. 1977. \$17.95

Printed without textual alteration, the work provides an important basis for any study of old-time Maori economics and perhaps more important of his attitude to what was a major part of his environment. It will be more of general interest today than when first written, since it stresses so fully the uses made by the Maori people of their natural resources, and supplies basic materials for further studies in ethnobotany and ethnozoology. The reverence which the old time Maori showed towards natural resources mirrors the modern concern for ecological principles.

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.

THE FUTURE FOR NEW ZEALAND AGRICULTURE—**Economic Strategies for the 1980s**

By Ian McLean

NEW ZEALAND PLANNING COUNCIL

74 p. 1978. \$4.50

The publication discusses the economic setting, then considers agricultural policy, and next presents alternative economic strategies with particular attention to the agricultural sector.

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 described 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.

THE GEOLOGY OF NEW ZEALAND

Edited by R. P. Suggate, et al.

820 p. 1978. \$92.50 plus p. and p.

The definitive work on New Zealand geology, this superbly produced 820-page 2-volume set has been written by some 38 specialists, under the editorship of three of New Zealand's most eminent geologists. The Geology of New Zealand is illustrated with over 370 photographs in colour and monochrome, and with more than 200 maps and line diagrams. A comprehensive supplement is included, incorporating all available new information up to the time of printing, together with five indexes.

GLASSHOUSE TOMATOES—Agriculture Bulletin 3370

DEPARTMENT OF AGRICULTURE

86 p. 1978. \$3.25

The present text replaces earlier editions of the bulletin. Important factors to consider when establishing a tomato-growing glasshouse, are lighting, soil type, site, water supply, shelter, and proximity to a market. These as well as general cultural practices are dealt with in this bulletin.

GOVERNMENT ACCOUNTING IN NEW ZEALAND

By David A. Preston

108 p. 1980. \$9.75 plus p. and p.

This book will be of particular interest to those whose daily occupations bring them into contact with the Government financial system; notably Government officials, journalists, members of Parliament, accountants in business, and the general commercial community, as well as academics and students. The text has, however, also been written with the general reader in mind.

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 POMPALLIER HOUSE

By R. M. Ross

32 p., 5 illustrations. 50c

Describes each room and the furniture in Pompallier House.

A GUIDE TO WAIMATE MISSION HOUSE

By J. M. Stacpoole

32 p., 12 illustrations. 75c

Describes each room and furniture in the Mission House.

HISTORICAL RECORDS OF NEW ZEALAND

Vol. I, 780 p., Vol. II, 650 p. \$25 per set

The two volumes, edited by Robert McNab, were originally published in 1908 with the object of affording the fullest information obtainable concerning the foundation, progress, and government of New Zealand. This is a limited edition we have had only 1500 sets printed in Ochre Lionide with handsome black and gold blocking on the spine, coloured end paper, and dust jackets. There are still available sets of these valuable prestige volumes.

HONOURS, TITLES, STYLES AND PRECEDENCE IN NEW ZEALAND

CABINET OFFICE, WELLINGTON

215 p. 1977. \$13.90

Compiled and edited by Philip P. O'Shea, this book is an informative guide to Honours, Titles, Styles, Precedence and certain allied matters in New Zealand.

Contents: H.M. The Queen and Royal Family Orders, Decorations and Medals