

**THE PA MAORI****Dominion Museum Bulletin No. 6***By Elsdon Best*

459 p., illustrated. Reprinted 1975. \$15 plus \$1.50 p &amp; p

The bulletin contains a wealth of information and descriptions of many Pa sites and structures. Although great advances in archaeology have modified some of the details listed by Best and some of the PAs included in the book no longer exist, the information contained in this bulletin is still an important contribution in this field and is not readily available elsewhere.

**TE REO RANGATIRA***By S. T. Karety*

197 p., illustrated. 1974. \$4.50 plus 55c p &amp; p

A textbook for students of the Maori language written in the "Tuhoē" dialect. Its subject is contemporary Maori life with those aspects of the Maori heritage which prevail in it. This book is intended for advanced fifth formers and the sixth and seventh forms.

**TE TAUTOKO****DEPARTMENT OF EDUCATION**

A series of illustrated books with Maori text for the Form 3 and Form 4 learner reader (age 13 to 15). They are useful for occasional revision at Form 5 level. This particular series is also suitable for Form 1 and Form 2 provided that the children have some knowledge of the Maori language and are being helped by teachers who have a good command of the Maori language.

Numbers 1, 2 and 6: 45c each.  
Numbers 3 to 5 and 7 to 9: 60c each.  
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**TE WHAREKURA****DEPARTMENT OF EDUCATION**

A popular series of Maori readers which are particularly useful for advance Form 3 and Form 4 and Form 6 and Form 7 learner reader.

Numbers 20 and 26 to 30: 45c each.  
Number 24: 90c.  
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Number 31: 75c.  
Number 32: 95c.

Post and packing 40c each.

**TREES AND SHRUBS OF NEW ZEALAND***By A. L. Poole and Nancy M. Adams*

257 p. 1979 fourth impression with amendments. \$15.95 plus \$1.50 p &amp; p

This book has been designed especially to assist many people who lack a formal botanical training yet are deeply interested in New Zealand's trees and shrubs and want to be able to identify them and name them correctly. There is a complete coverage of the native trees and shrubs and over 400 species have been illustrated.

**THE WHARE KOHANGA AND ITS LORE****Dominion Museum Bulletin No. 13***By Elsdon Best*

93 p. Reprint 1975. \$5.75 plus 85c p &amp; p

In this study of Whare Kohanga (the "Nest House") is contained data of baptism rites performed over infants of superior families only, together with other cultural ceremonies applied

to infants of high birth. The information obtained was contributed by members of the Ngati-Kahungunu tribe of the North Island. The text has been retained in its original style in the belief that these basic studies should still be readily available without textual alteration.

**SBX PLAN****ROYAL CANADIAN AIR FORCE**

32 pp. 1981 Third edition \$1.75 plus 55c p &amp; p

The five basic exercises (SBX) Plan is designed to show how to develop and hold a high level of physical fitness. The scheme is not dependent on elaborate facilities or equipment. The exercises require only eleven minutes a day and can be done in the house or office. The Plan is scientifically designed to develop personal fitness at a rate set by yourself, to your required level, without getting stiff or sore muscles. It is self measuring with charts for age groupings, along with graduated standards for checking progress. The programmes are designed for varying age groups of males.

**XBX PLAN****ROYAL CANADIAN AIR FORCE**

86 pp. 1981 Eighth edition \$3.25 plus 55c p &amp; p

The XBX Plan for physical fitness has been designed for varying age groups of girls and women. The ten exercises in this booklet have been selected and their manner of use has been designed to enable women to achieve physical well being and to improve desirable qualities such as vitality, appearance, and personality. The XBX has been planned for gradual, painless progression toward physical fitness which will take just 12 minutes per day to do.

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