
GENERAL PUBLICATIONS

CARPENTRY

N.Z. TECHNICAL CORRESPONDENCE INSTITUTE

302 p. 1980 (reprint). Illustrated. \$22.50 plus \$3.60 p & p

Metricated with more than 450 illustrations, this edition contains a set of fold-out house plans. It also highlights safety and safe methods, elementary first aid, house design and construction. Besides providing a basic text for apprentices in the building industry, Carpentry will also provide a sound guide for tradesmen and home-builders.

A DICTIONARY OF THE MAORI LANGUAGEBy *H. W. Williams*

507 p. 1975 \$7.50 plus 85c p & p

The seventh revised edition, augmented by the advisory committee on the teaching of Maori language.

EGMONT NATIONAL PARKEdited by *J. S. Tullett*

114 p. 1980. Fourth edition. \$4 plus 55c p & p

This inexpensive publication that can easily be carried about, provides information that will help many people to understand and appreciate the values of Egmont National Park. This information covers such varied aspects as the plants and vegetation, animals, birds and insects, Maori history, the weather, volcanology, tracks, mountaineering, tramping and ski-ing.

FACSIMILES OF THE TREATY OF WAITANGI

1976. \$12.95 plus \$1.50 p & p

A valuable volume of old New Zealand records comprising:

The Declaration of the Independence of New Zealand.

The original draft of the Treaty by Governor Hobson.

A series of copies of the Treaty itself as finally adopted and signed by the chiefs and witnesses.

The preface and facsimiles are reproduced from lithographic originals first printed 1877. (Government Printer.)

FITNESS FOR LIVING

Physical Education in Secondary Schools

DEPARTMENT OF EDUCATION

1980.

Fitness for living involves developing the individual's potential for functional efficiency in all aspects of daily living throughout life. This series, consisting of nine titles, will help the reader to understand the nature of the human body. This in turn will lead to an understanding of the need for a balance between work, rest, food, exercise and keeping oneself in good physical condition.

Book 1: Basics	\$2.45 plus 55c p & p
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Book 4: through Ball Activities.....	\$2.45 plus 55c p & p
Book 5: through Gymnastics.....	\$3.00 plus 55c p & p
Book 6: through Movement and Dance	\$3.00 plus 55c p & p
Book 7: through Outdoor Education.....	\$2.75 plus 55c p & p
Book 8: through Recreation.....	\$1.75 plus 55c p & p
Book 9: Planning for Fitness of Living.	\$2.45 plus 55c p & p

Set of nine books: \$22.00 plus \$3.60 p & p

FLORA OF NEW ZEALAND, VOLUME IIIBy *A. J. Healy and E. Edgar*

220 p. 1980. \$18.50 plus \$1.50 p & 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.

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

275 p. 1979 fourth impression with amendments. \$15.95 plus \$1.50 p & 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.

5BX PLAN

ROYAL CANADIAN AIR FORCE

32 pp. 1981. Third Edition. \$1.75 plus 55c p & p

The five basic exercises (5BX) 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.

8BX PLAN

ROYAL CANADIAN AIR FORCE

86 pp. 1981 Eighth Edition. \$3.25 plus 55c p & p

The 8BX 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 8BX has been planned for gradual, painless progression toward physical fitness which will take just 12 minutes per day to do.

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