<http://html5.gingerhost.com> :

// THIS IS WHERE THE MAGIC HAPPENS

 $(function() {

 $('nav a').click(function(e) {

 $("#loading").show();

 href = $(this).attr("href");

 loadContent(href);

 // HISTORY.PUSHSTATE

 history.pushState('', 'New URL: '+href, href);

 e.preventDefault();

 });

// THIS EVENT MAKES SURE THAT THE BACK/FORWARD BUTTONS WORK AS WELL

 window.onpopstate = function(event) {

 $("#loading").show();

 console.log("pathname: "+location.pathname);

 loadContent(location.pathname);

 };

 });

 function loadContent(url){

 // USES JQUERY TO LOAD THE CONTENT

 $.getJSON("content.php", {cid: url, format: 'json'}, function(json) {

 // THIS LOOP PUTS ALL THE CONTENT INTO THE RIGHT PLACES

 $.each(json, function(key, value){

 $(key).html(value);

 });

 $("#loading").hide();

 });

 // THESE TWO LINES JUST MAKE SURE THAT THE NAV BAR REFLECTS THE CURRENT URL

 $('li').removeClass('current');

 $('a[href="'+url+'"]').parent().addClass('current');

 }

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// We're using jQuery functions to make our lives loads easier

$('nav a').click(function(e) {

      url = $(this).attr("href");

      //This function would get content from the server and insert it into the id="content" element

      $.getJSON("content.php", {contentid : url},function (data) {

            $("#content").html(data);

      });

      //This is where we update the address bar with the 'url' parameter

      window.history.pushState('object', 'New Title', url);

      //This stops the browser from actually following the link

      e.preventDefault();

}