JUVENILE PASTIMES;

OR

GIRLS' AND BOYS'

BOOK OF SPORTS.

There's a time to be merry and a time to be wise,
Their sunshine and shadow presenting;
But if, in our sports, we should learning despise,
We shall soon find a time for repenting.

NEW HAVEN.

PUBLISHED BY S. BABCOCK.

1849.

GIRLS' AND BOYS'

BOOK OF SPORTS.

Exercise, my little readers, is as necessary to health as food and clothing. I like to see a group of merry little ones at play, if they are not too boisterous and rude. It makes me feel young again, and reminds me of the days when I was a child, and had my playthings and my pets, and made kites, and balls, and little boats, and windmills, and a hundred other toys. Even now I look back upon my childhood as the "holiday of life;" and so will you too, if you live to be as old as I am.

Let me remind you, that in all your sports good-humor should ever prevail, or the most pleasant game will be spoiled:

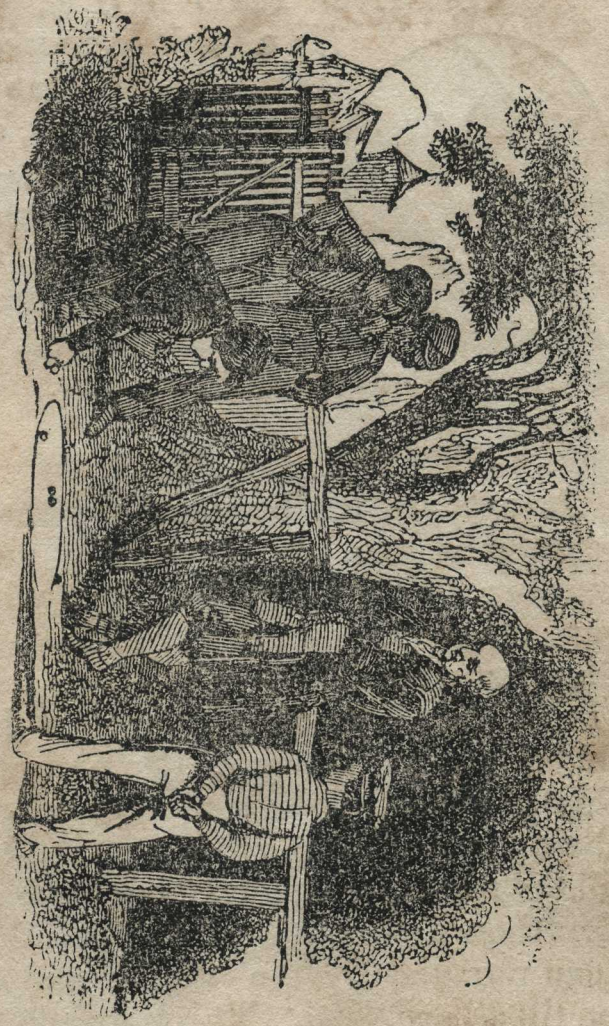
Let love through all your actions run,
And all your words be mild.

MARBLES.

This is a favorite game, and one which usually renders the play-ground an animated scene. Many different games are played with these toys, which I have not room to describe in a little book like this. But boys soon learn the various games of their playmates. There is one thing I dislike about Marbles: I dislike to see children trying to win them from one another, for this is a kind of gambling, and is apt to lead to gambling habits.

SOAP BUBBLES.

Blowing Bubbles is fine sport for little folks. A basin of strong soapsuds, and a tobacco-pipe, will keep them delighted for a long time. It is pleasant to see them thus employed, and to hear their merry shouts as the bright bubbles float in the air.



SKIPPING THE ROPE,

Is a healthy recreation, and one that is suitable for boys, as well as for girls.—For exercising and giving strength to the limbs, this game is preferable to many others, and it it always pleasant and amusing.

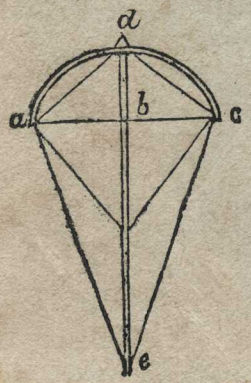
TOUCH, OR TAG,

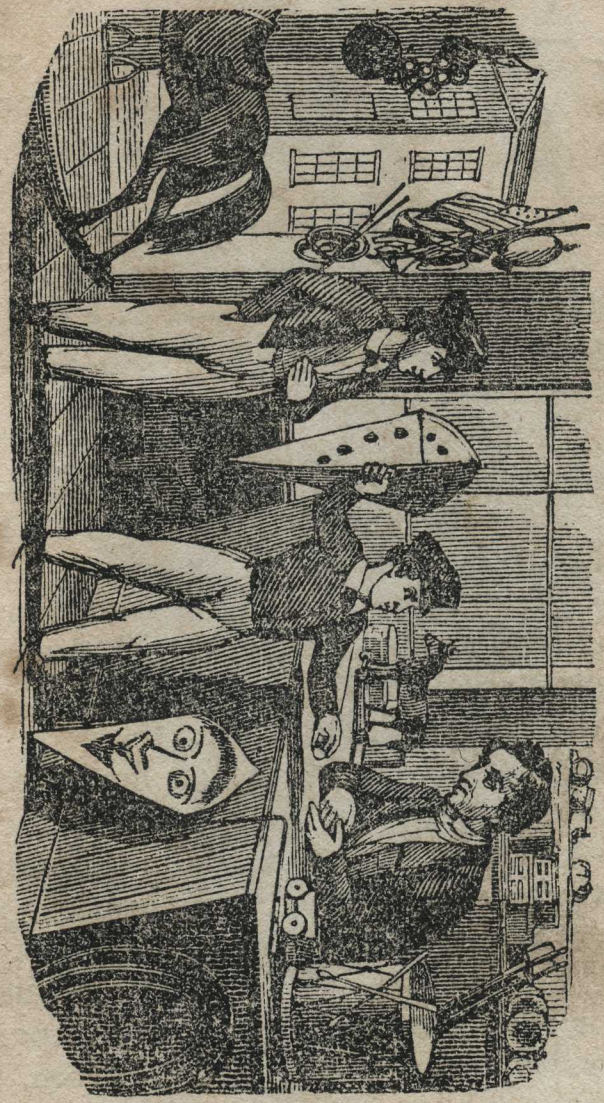
Is a sport for boys, rather than girls, and can be played by any number. One is called *Tag*, who runs after the others till he comes up with, and touches one. This one then becomes Tag, and pursues the others in the same way. Sometimes this game is played another way: the one called Tag being pursued by all the rest; the one who touches him first then becomes Tag, and is in his turn pursued by the others; and so on till all are tired. This is excellent sport in frosty weather.

FLYING KITES.

These interesting toys are made in various shapes; some square, some six-sided, or with six corners, and in some parts of world, in the shape of men, birds, stars, ships, &c. But the most common kind is the bow-kite.

Some little boys, like the one in the picture on the opposite page, buy their kites at the toy shops. Others exercise their patience and ingenuity in making them. This is much the best way, and to assist my little readers in doing this, I here show them the frame of a bow-kite, by which they can see how it is made. When the frame is completed, cover one side with paper, neatly pasting it over the edges, and the kite is finished.





GRACES.

An elegant and suitable amusement for young people, especially if stormy weather prevents all out-door games. As it exercises the arms and chest, this sport is as healthy as it is pleasant and amusing.

LEAPING WITH A POLE.

This is a sport for boys. The *Long Leap* is made by taking hold of the pole with the right hand, about as high as the head, and with the left hand about as high as the hips. Putting the end of the pole on the ground in front of you, spring as far as you can, alighting on the balls of the feet. The *High Leap* is made in the same way, only the spring is made upwards, instead of a great distance.

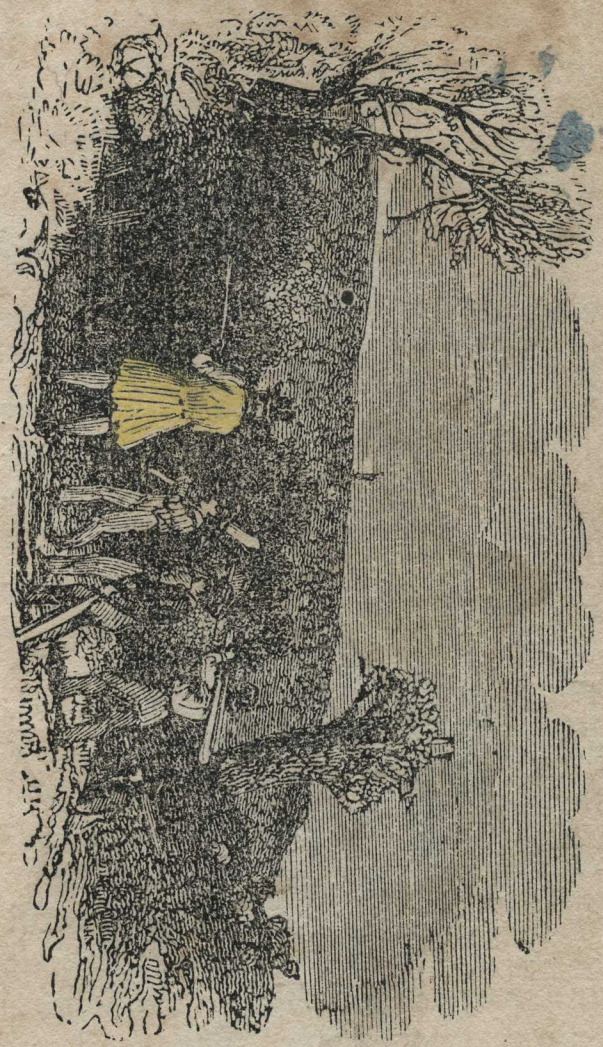
These sports afford good exercise for the limbs and chest, and impart health and strength to the system.

PLAYING BALL

Is a favorite sport with boys of all ages, and affords innocent and healthy amusement. There are a great number of games played with Balls, of which *Base-Ball, Trap-Ball, Cricket, Up-Ball, Catch-Ball, and Drive Ball,* are the most common. Such of my little readers as have never played these different games, must learn them of their companions.

PUSS IN THE CORNER.

A simple but lively and amusing game for five little folks,—girls or boys. At each of the four corners of a room stands a player; the fifth, who is called *Puss,* stands in the middle. The players in the corners then exchange places, while Puss tries to secure one of the corners before the others reach it. If Puss succeeds, the player who is left with-



out a corner then becomes the Puss. That is, if Mary and John attempt to exchange places, and Mary gets to John's corner, but John fails to get to Mary's corner before Puss gets there, then John has to become the Puss.

BOWS AND ARROWS.

The Bow is now a favorite plaything, but it was formerly used for hunting and in war. Even now it is a weapon of some Indian tribes.

Be careful not to shoot your arrows in a public place, where people are passing, as many sad accidents have happened by so doing.

THE SWING.

In a warm day, and in the shade of a fine large tree, it is delightful sport to swing to and fro, in the cool breeze. I would advise my little readers, however, to be always careful that the rope is properly fastened, and that they do not swing too high, lest they get a tumble and break some of their bones.

SEE-SAW.

A plank is placed across a barrel, or log, or something of the kind, and one player sits on one end of it and another on the other end. By a very little exertion they can go up and down quite pleasantly, if the plank is properly balanced. When one of the players is heavier than the other, his or her end of the plank must be shortened, to give the lighter one the proper weight.

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1849
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SHUTTLECOCK.

This is an excellent game for girls, and for boys too. It affords fine exercise, and is a healthy and invigorating sport.—The game is played by two persons, each of whom has a battledore, with which they knock the shuttlecock back and forth between them. The one who misses first, of course loses the game.

TRUNDLING HOOP.

This is fine sport. When I was young, hoops were trundled by boys only. But now, *fashion*, I am glad to see, allows girls a share in the sport. Some boys, trundling their hoops on the pavement, drive against passers-by; a rudeness which I hope my readers will never be guilty of.