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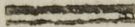
Youthful
RECREATIONS.



PHILADELPHIA,
Published by J. Johnson
N.º 147, Market-Street.



YOUTHFUL
RECREATIONS.



“**A**LL work and no play, makes *Jack* a dull boy.”

Who this *Jack* was, we never heard, but we assent to the principle; and it



Battledoor & Shuttlecock.



Trap Ball.

must be confessed, that youth is the time to obtain a stock of health, and that is best promoted by moderate exercise.

For he who sits by the fire all day,
And never goes abroad to play
May keep himself from being cold,
But may not live till he is old.

To prevent *bodily weakness and infirmity*, exercise is necessary ; and one physician has said, that “ he did not know which was most

‘ necessary to the human
‘ frame, *food or motion.*’ To
play with *battledore* and
shuttlecock or with a *trap*
and *ball*, is good exercise ;
and if we had it in our
power to grant, not only
the children of the affluent,
but even such of the poor
as are impelled by necessity
to pick cotton, card wool,
to sit and spin or reel all
day, should have at least
one hour, morning and
evening, for some youthful
recreation ; and if they
could obtain neither battle-



Hop Scotch.

dore nor shuttlecock, trap, bat, nor ball, they should at least play at *Hop-Scotch*.*

Indeed, if we could obtain it, they should even have a *Rocking-Horse* to ride on, or *Marbles* to play with, which might divert their little minds, if it did not yield them so much exercise as some other sports.

* This exercise was frequently practised by the *Greeks* and *Spartan women*. Might it not be very useful in the present day, to prevent children having of chilblains?



The Rocking Horse.



Marbles.

It is reported, that *Baron Trenck*, who was long confined in a damp prison, though loaded with fetters of seventy pounds weight, leaped about as a lion, in order to preserve his health.

In the beginning of the Bible it is said, “ In the “ sweat of thy face shalt “ thou eat bread.”

This has been looked upon as a curse by too many ; but it has proved, to those who have prac-

tised it, a valuable medicine : and this reminds us of some other proverbs, such as,

“ Exercise is the best physic.”

“ A good appetite is the best
“ fauce.”

Trundling a Hoop, on a level ground, affords good exercise, and was used by the ancient Greeks. They had rings, or little plates of tin or brass, fastened to their hoops, to make a noise ; so that we find the



Trundling a Hoop.



Have a ride in my Chair!

lads of Greece were as fond of a jingle as the boys of England are.

*“ Who will ride in my
“ Chair ? ”*

This question saluted our ears one morning in London ; when on looking toward the place from whence it came, there were two boys carrying a little girl seated on a leather strap, and fastened at each end to a mop-stick ! It was difficult to tell which looked the most pleased, they who

carried or she that rode. The novelty of the scene caused many spectators, who gazed with equal delight. Indeed, it is a pleasant sight to see cheerful, healthy children, and nothing contributes so much to makethem so, as proper exercise in the open air, and keeping their hands and faces clean. We do not mean to say that children should never dirty their hands, but that the dirt should be frequently washed off again.



Swinging.



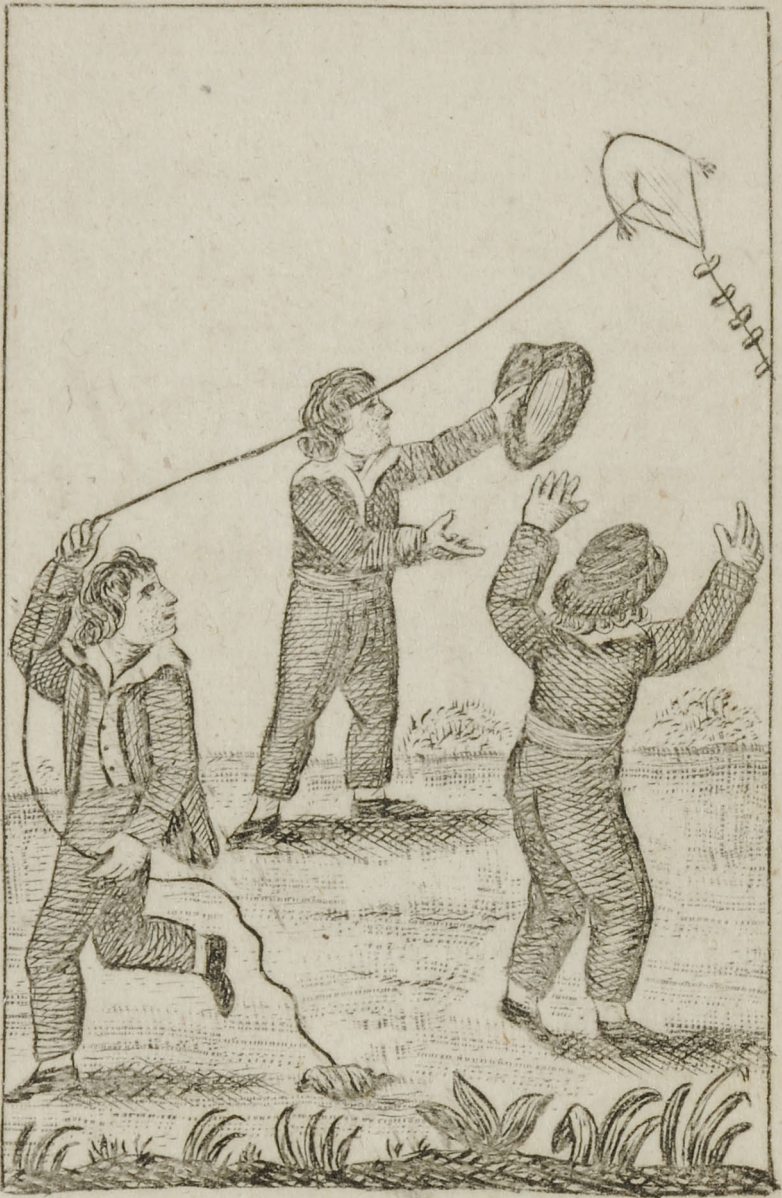
Foot Ball.

Even *Swinging* is a pleasant exercise in fine weather in the open air ; but those who swing should be careful that the rope on which they sit be made quite fast at both ends, as a tumble might be attended with very bad effects.

Playing at *Foot-Ball* is a manly exercise, and though not proper for girls, it affords good exercise for boys on a cold day. When a proper foot-ball cannot be had, a bladder well

blown will answer the purpose.

In playing at foot-ball, care should be taken not to kick or hurt one another; indeed, caution is necessary for youth in all they do; and even in *flying of a Kite*, though they themselves may be as safely employed as in almost any recreation they enjoy; yet, care should be taken not to raise it in or near to a public road, for thereby horses have been affrighted, their riders thrown and bruised.



Flying a Kite.



Bow and Arrow.

Bows and Arrows were formerly used to kill beasts and birds ; indeed, some men were so simple as to kill one another with them in war : they were used in hunting the wild boar, stag, bull, &c. So long since as the days of Saul, Jonathan his son used a bow and arrow for a signal to David in a time of danger. See the 1st book of Samuel, chap. xx. and the 35th verse.



I Spie! Hi!

I Spie! Hi!

This is a recreation but little known in London, except at the Blue-Coat, Charter-House, and Westminster Schools, where the situations of the buildings, walls, and pillars, admit of a lad concealing himself. The method of play is, for six or eight boys to stop at a *home*, as it is called, whilst an equal number go out and hide themselves within a given district; then, at a signal

given, those who staid at home go in quest of the concealed; when, if any one espy a lad in his hiding-place, he exclaims, *I spie Tom Brown; home for Tom Brown.* Then the boy concealed runs forth and catches if he can any one of the seekers, and rides home on his back. Thus, the principle of this play is, for those who hide to rush from their secret places, catch the seekers, and ride home on their backs.



Blindmans Buff.



Skipping along rope.

Blindman's Buff is so well known that we need not describe it; though we think it right to caution children never to play at it near a fire, as some serious accidents have frequently happened by children falling into, or by their clothes catching the fire.——*Skipping over a Rope* is such an useful exercise, that we would have every boy and girl occasionally practise it in cold weather. Indeed it, is far preferable to *Hunt*

*the Slipper, or Bait the
Bear.*

Youth should be engaged in some rational recreations, and then, says a celebrated writer, “ Children will remain more
“ apt for instruction, if
“ we do not break the
“ spring of their capacity
“ for it, by too early over-
“ straining; nay, they may
“ enjoy it perpetually, if
“ we have but the art of
“ mixing with it their
“ bodily exercise.”



Bait the Bear.

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