




OUTDOOR GAMES

BY

F. W. STRANGE,

OF



DAI GAKU YOBINON



TOKIO

Z. P. MARUYA & Co.

1883



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F. W. STEARNS

DAVID YODIMON

TORONTO

N. B. JARVIS

1881



教員遊藝三月各一冊可謂力進之矣

PREFACE

AN association of many years with Japanese boys has convinced me that games suitable for the playground are almost, if not quite unknown to the youth of Japan. This may be, and most probably is the reason, why school-boys in this country make so little use of the play ground.

There are two kinds of exercise, Mental Exercise and Physical Exercise. Scholastic Education is mental exercise, *thought* directed to any object is mental exercise; gymnastics and all kinds of outdoor games constitute physical exercise. In ancient times the Greek doctors and philosophers believed that mental and physical exercise went together. One of these doctors, Asclepiades by name, declared that health could be preserved by physical exercise alone, he also said that if good health were lost, it could be restored by physical exercise. He made a

public declaration that he would give up all claim to the title of doctor, if he should ever fall sick or die but by violence or extreme old age. He kept his promise, for he lived for more than one hundred years, and then died from the effects of an accident. (There is no doubt that Japanese students take a sufficiency of mental exercise, but they do *not* take enough physical exercise.) Fresh air is a part of a human being's daily food and by far the most important part. The purity of the blood depends chiefly on the purity of the air one breathes. Out-of-doors the air is much purer than the air in-doors. Dr. Oswald says: "The beneficial effect of outdoor exercise is not limited to the respiratory organs: their quickened function reacts on the nervous system, and through the nerves on the mind; true mental and physical vigor in any form can be maintained only on a liberal allowance of life-air; those who feed their lungs on miasma become strangers to that exuberant health which makes bare existence a luxury."

It is a very difficult thing to say how much exer-

cise is necessary to preserve health, as different people are differently constituted. What is one man's food, is another's poison. But the following is a good general rule: an hour of exercise to every pound of food. In order, therefore, to induce Japanese schoolboys to take more physical exercise, I have compiled this little book. I have to tender my acknowledgements to the respective authors of "The Boy's Own Book," "Every Boy's Book," and "Spalding's Baseball Guide," from which works I have freely borrowed.

In conclusion, I beg to state that I shall be most happy to explain practically, as far as I can, any or all of the games described in this volume, and more especially to the students of Dai Gaku, and Yobimon.

F. W. STRANGE.

Tokio, May 1883.

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CONTENTS.

ROUNDERS	1
PRISONERS' BASE	4
WARNING	7
TOUCH	9
FOLLOW MY LEADER	9
HARE AND HOUNDS	10
LEAP FROG	13
FLY THE GARTER	14
STEEPLE CHASE	13
FRENCH AND ENGLISH	17
BUCK! BUCK!	17
CATCH BALL	19
HOCKEY	19
FOOTBALL	21
LAWN TENNIS	25
CRICKET	30
BASE BALL	37
ATHLETIC SPORTS	47

100 YARDS RACE	47
200 YARDS RACE	47
440 YARDS RACE	47
880 YARDS RACE	47
HIGH JUMP	48
LONG JUMP	48
HOP STEP AND JUMP	49
POLE JUMP	49
THREE-LEGGED RACE	50
CONSOLATION RACE	50
THROWING THE CRICKET BALL	51
PUTTING THE SHOT	51
THROWING THE HAMMER	51
HURDLE RACING	52
TRAINING	52
THE LAWS OF ATHLETICS... ..	54

FOUNDERS.

ERRATA.

Page.

7. In the 3rd line, after 'this' insert 'is.'
9. In the 3rd line, after 'it' insert 'is.'
12. In the 19th line, read 'waste' for 'wasted.'
20. In the 2nd line, read 'consect' for 'consist.'
22. In the last line, read 'not' for 'nto.'
28. In the 13th line, read 'returns' for 'return.'
29. In the 15th line, read 'wins' for 'win.'
44. In the 13th line, read, 'calls' for 'called.'

ERRATA

1. In the 8th line, after "this" insert "is."
2. In the 8th line, after "is" insert "is."
12. In the 17th line, read "wants" for "wants."
20. In the 2nd line, read "consent" for "consent."
22. In the last line, read "not" for "no."
23. In the 13th line, read "returns" for "return."
29. In the 14th line, read "wins" for "win."
41. In the 18th line, read "calls" for "called."

家員... 三... 一... 二... 三... 四... 五... 六... 七... 八... 九... 十... 十一... 十二... 十三... 十四... 十五... 十六... 十七... 十八... 十九... 二十... 二十一... 二十二... 二十三... 二十四... 二十五... 二十六... 二十七... 二十八... 二十九... 三十... 三十一... 三十二... 三十三... 三十四... 三十五... 三十六... 三十七... 三十八... 三十九... 四十... 四十一... 四十二... 四十三... 四十四... 四十五... 四十六... 四十七... 四十八... 四十九... 五十... 五十一... 五十二... 五十三... 五十四... 五十五... 五十六... 五十七... 五十八... 五十九... 六十... 六十一... 六十二... 六十三... 六十四... 六十五... 六十六... 六十七... 六十八... 六十九... 七十... 七十一... 七十二... 七十三... 七十四... 七十五... 七十六... 七十七... 七十八... 七十九... 八十... 八十一... 八十二... 八十三... 八十四... 八十五... 八十六... 八十七... 八十八... 八十九... 九十... 九十一... 九十二... 九十三... 九十四... 九十五... 九十六... 九十七... 九十八... 九十九... 一百

ROUNDERS.



This is a very amusing and exciting game, and can be played in all seasons, except winter. It is played with a moderate sized ball, and a bat about two feet in length. Two parties play at the game, and there ought not to be less than five players, and not more than ten on each side.

In playing the game, five bases are placed (large stones will do) at sixteen yards apart, forming the five angles of a pentagon:—

At the centre of this figure is a station, called the feeder's place. The outplayers are scattered about the playground, except one who stands at the feeder's place from whence he gently tosses the ball towards one

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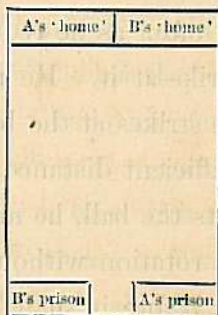
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of the in-players standing at the home base ; another out-player being behind the home base to return the ball to the feeder. The in-player then strikes at the ball with the bat, and should he succeed in hitting it, he drops the bat and runs to the first base, or as many as he can, but he must touch each base as he comes to it, or he will be out. When he is running between bases, any out-player who has the ball, may throw it at him, and if he is hit, he is out ; or if the ball be returned to the catcher' and the catcher touch the home base with the ball, while the in-player is between any two bases, he is out. The in-player is also out if he tips the ball behind him, or if he misses striking it when delivered,—also if the ball is caught by an out-player. The feeder is allowed to pretend to toss the ball in order to tempt an in-player to leave his base, and then to hit him with the ball as he runs. As the

in-players arrive home, after passing through the other bases, they take the bat in rotation, until they are all out but one, this last player can claim two fair hits. He stands at the home base, and the feeder tosses the ball to him ; if it does not suit him he need not strike at it, and the feeder must toss the ball to him as often as he requires, provided he does not strike at it. He need not run the first time he strikes at the ball, should he not send it a sufficient distance ; but the second time, if he hits the ball, he must run round all the bases in rotation without being struck by the ball, or before it shall have been grounded on the home base. Should he succeed all his side go in again, but should he fail the other side have their innings. This game was the origin of Baseball. At the present day no game in the playground is more popular in England. It is especially recommended.

PRISONER'S BASE.

This a most delightful game and can be played all the year round. It is commenced by choosing two Captains. Each Captain then selects, alternately, a boy till all the boys wishing to play, are drawn. The sides being thus chosen, the next point is to mark out the 'homes' and 'prisons.' A straight line is drawn and then divided into two equal parts, these parts are the homes. Thirty yards or so in front of these homes two spots (marked by stones or sticks put into the ground) are chosen, these are the prisons. Captain A then orders out one of his side, usually a slow runner, who is bound to run at least beyond his prison before he returns. Directly he has started, Captain B sends out one of his men to pursue, and if



possible, to touch him before he can regain his own home. If this is accomplished, the boy who pursued him and could not touch him must go to the prison belonging to Captain A, from which he cannot stir, until some one from his own side releases him, by touching him in spite of the enemy. This is not an easy task, as, in order to reach the prison the player must cross the enemy's home. It is allowable for the prisoner to stretch his hand as far towards his rescuer as possible, but one of his feet must touch the prison ; and if several prisoners are taken, only one need touch the prison, while the rest, by joining hands, make a chain towards the boy who is trying to release them. When this is accomplished, both the prisoner and his rescuer return home, no one being able to touch them till they have reached their home and again started off. The game is not restricted to the two players originally sent out. Directly

Captain A sees his man pursued, he sends out another of his side, and he, in his turn, is pursued by another of Captain B's side ; each being able to touch any who have preceded, but none who have left their home after him. The game soon becomes spirited ; prisoners are made and released, the two Captains watching the game, and rarely exposing themselves, except in cases of emergency, but directing the whole proceedings. The game is considered won when one side has succeeded in imprisoning the whole of the other side. Much depends upon the Captains, who sometimes by a bold dash rescue the most important prisoner, and thereby turn the fate of the battle ; or when the attention of the opposite side is occupied by some hardly-contested struggle, send some slow runner to the rescue ; who quietly runs to the prison, and rescues a prisoner. The prisoner last taken must always go to the

rear end of the line of prisoners. This game is much played in all English playgrounds.

WARNING.

This an excellent winter game, as in playing it, the boys are running about all the time. A circle about 15 feet in radius is drawn in a corner of the playground, or a space near a wall or fence ; this space should be about 4 feet wide and 12 feet long. This place is called the home. One of the boys is selected, he is called the Cock, and takes his place in the home; the other players are called the Chickens, and they distribute themselves about the playground. The Cock now clasps his hands together, and cries, "Warning, Warning." He then, keeping his hands still clasped before him, runs after the other players ; when he touches one, he and the player so touched

immediately run home ; the other players try to capture them before they get there ; if they succeed, they are privileged to get upon their backs and ride them home. The Cock and his Chicken now come out of the home hand-in-hand, and try to touch some other of the players ; the moment they do this they break hands, and they and the player now touched run to the home as before, while the other players try to overtake them, so as to secure the ride. The three now come out of the home in the same manner, touch a boy and return. If, while trying to touch the other boys, the players break hands before they touch any one, they may be ridden home if they can be caught before they reach there. The out-players have the privilege of attacking them to compel them to let go their hands, and on any occasion when the line is broken they can be ridden home, if caught.

TOUCH.

This a brisk game and suitable for cold weather. One of the players being chosen as Touch, it his business to run about in all directions after the other players, till he can touch one, who immediately becomes touch in his turn. Sometimes when the game is played it is held as a law that Touch shall have no power over those boys who can touch wood. The players then, when out of breath, rush to the nearest post or tree they can find, to render themselves secure. Cross-touch is sometimes played, in which, whenever another player runs between Touch and the pursued, Touch must immediately leave the one he is after to follow him.

FOLLOW MY LEADER.

This may be played by any number of boys : one, a bold and active boy, being selected as

the Leader ; the others being the Followers. The Followers arrange themselves in a line behind the Leader, who immediately begins to run, the others being bound to follow him. The fun of this game is in the Leader taking his followers over various obstacles, and through extraordinary difficulties. Those who fail in doing what he has done must go last. This game can be stopped at any moment.

HARE AND HOUNDS.

In England, this game stands in the first rank of out-door sports. It should be played in the country, and on a half-holiday, as it requires two or three hours. The principle of it is very simple, that one boy represents the Hare, while the others represent the Hounds and pursue him. It is advisable, when a long run is agreed upon, to have two hares. The proper management of the game, however,

requires some skill. The first thing to be done is to choose a Hare. The Hare should not be the best runner, but he should be daring, and at the same time prudent, or he may trespass into private property, and so get into trouble. A Huntsman and a Whipper-in are then chosen. The Huntsman should be the best runner, and the Whipper-in the second best. The Hare carries a large bag of white paper torn into small pieces, which he scatters on the ground as he runs. If there are two Hares, each should have a bag, so that when one has scattered all his paper the other begins to scatter his. An arrangement is made that the Hare shall not cross his own path, nor return home until a certain time; in either of which cases he is considered caught. The Hounds also are bound to follow the track of paper, and not to make short cuts if they see the Hare. The Hare then starts, and has about ten minutes

grace, at the expiration of which time the Hounds pursue him, the Huntsman leading and the Whipper-in bringing up the rear. The Huntsman carries a small stick with a white flag on one end, and the Whipper-in a stick with a red flag. Off they go merrily enough, until at last the Huntsman loses the track of paper. He immediately shouts "Lost!" and sticks his flag into the ground. At the same time the Whipper-in sticks his flag into the ground where the track was last seen, and all the boys search around for the continuation of the paper track. When it is found, the player, who discovers it shouts out "Found," the Huntsman and whipper-in take up their flags, and off they run again. It is incredible how useful the two flags are. Many a Hare has been lost because the Hounds forget where the last track was seen, and wasted time in searching for it again. To join in this game, the boys

require to be good runners, as sometimes the chases are eight or ten miles in length ; but any distance may be decided upon before the game commences. The country around Meguro is especially suited for this sport.

LEAP-FROG.

This is an excellent game and requires agility. It is very simple, and can be played by any number of players. One player places himself in position, with his head inclined and his shoulders elevated, and his hands resting on his knees, at ten yards' distance from the other players ; one of whom then takes a short run, and placing his hands on the shoulders of the one in position, leaps over his head. He then places himself in position at the same distance forward from the boy over whom he has just leaped. The third boy leaps over the first and second boys, and then places himself

in position beyond the second ; and the fourth boy leaps over the first, second, and third, and then stands in position, and so on till all the players are out. The first boy then rises and follows the last over all the other boys, and then stands in position again, and so on. This game may be played for any length of time, and generally lasts till the players are tired out. When it is once commenced, it is a very fast game and a fine way to get warm on a cold winter's morning, when going across the playground from the boarding-house to the school-room.

FLY THE GARTER.

This game may be played by any number. A line, called "the garter" is marked on the ground, at which one of the players leans down as in Leap-Frog, only he must turn side-ways to the other players, and be careful to keep his

head well in or he may be struck by the knees of the other players. Before commencing, it is agreed how many feet are to be considered the "fly." The last one who goes over the back cries "Foot it," and the one down then moves on a foot distance, and so on until the limit of the fly is reached. This limit is generally 5 or 6 feet. If the fly is too great for any of the players, the one so failing takes his place at the garter ; or should the last player omit to cry "Foot it," he must go to the garter, and the game begins again. Should all succeed in flying the number of feet agreed upon, the player leaning down takes a jump from his last position, and leans down again at the spot where he alights ; each of the other players then jump from the garter, and fly over the back in rotation ; and so the game proceeds till some one fails to go clear over the back. If any player, either in the jump or

fly, starts from inside the garter, or places his hands on the back and removes them before going over, he is down. The game then commences again as before.

STEEPLE CHASE

Steeple chase is a rare good game for cold weather, for it is not only a trial of speed and activity, but a capital preservative of health. Any number of boys may play at it ; at the public schools in England it is very popular. When the players assemble at a place agreed upon (in the country is best) they agree upon a run of a mile or a couple of miles towards some conspicuous object as a house, or a tall tree, and back again to the starting place, the boy who gets back first being the winner. No particular route need be observed, each player choosing that which he thinks best. Some will take the high road, while others will make

straight to the mark, across hedges, ditches, and any thing that comes in their way. Good runners, climbers, and jumpers stand an excellent chance of distinguishing themselves in the Steeple Chase.

FRENCH AND ENGLISH.

This game is played by two parties, whose numbers are equal ; they all take hold of a rope, and the object of each party is to pull those belonging to the other across a line on the ground, by means of a rope. When all the players on one side are thus pulled over, or made prisoners, the other party wins the game. This is a very lively sport ; it is most seasonable in cold weather when it affords capital exercise and much amusement.

BUCK! BUCK!

This a sport for two boys only, with a third, who stands by as umpire. The game com-

mences by one of the players giving a back ; that is, placing his arms across his breast, or resting them on his knees, stooping forward so as to bring his back nearly horizontal with his head, which he supports against a post, wall, tree, or other convenient place. It is usual, but not necessary, for the player who gives the back to be blindfolded. The first player having thus taken his position, the second leaps astride on his back, holds up as many of the fingers of one hand as he pleases, and says, " Buck, Buck, how many fingers do I hold up ?" The player who gives the back makes a guess ; if he name the right number, the other player becomes Buck, and gives him a back. If, however, his guess be an incorrect one, the rider remains on, holds up some more fingers, and asks the some question as before ; this is repeated until the Buck names the true number. Sometimes the umpire is made third

player ; so that when Buck's guess is correct, the rider gives a back, the umpire becoming rider, and the Buck umpire.

CATCH BALL.

This game is excellent practice for Baseball and Cricket. The players distribute themselves about the playground and throw a ball to each other to catch.

HOCKEY.

This a fine, exhilarating game, and very popular in England. Sides are chosen by the two best players. Every player is provided with a good strong, tough stick, hooked or turned up at the end in an oblique angle, so that when held by one or both hands in a slanting position, the end lies flat on the ground. A small, solid, India-rubber ball is the object of contention. The game is com-

menced between two goals between 70 and 100 yards apart. The goals consist of two posts stuck into the ground about 20 feet from each other. The sides are arranged in two lines opposite each other, the players standing several yards apart. The first strike is decided by chance, the ball being placed on the ground half way between the goals. When all are ready, the striker calls "play!" and with his utmost force hits the ball in the direction of his adversaries' goal. The game has then begun, the object of each side being to send the ball through the goal of the opposing side. When a goal is obtained, the sides change ends, and begin again. The best plan is to play the best of three games, that is the side which wins two games out of the three wins the match. Fresh sides should then be chosen. The following are the rules :—

1. The ball must be struck fairly through

the goal, before the side can claim the game.

2. The ball must be struck with the stick, and not kicked with the foot or touched by the hand.

3. If the ball hit the person of a player, he must allow it to fall to the ground before he strikes at it.

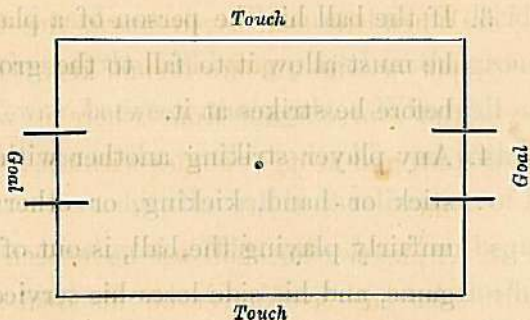
4. Any player striking another with his stick or hand, kicking, or otherwise unfairly playing the ball, is out of the game, and his side loses his services.

5. A Captain on each side is to be chosen to regulate the game.

FOOTBALL.

This game is the most popular of all winter games in England. The game is played between two goals, which are generally about one hundred yards asunder. There must be two

sides of players equal in number, the object of each side is to kick the ball through the goal of the opposing side, and prevent it going through their own. The following is a plan of the ground.



Rules For Football

1. A goal or game is won by kicking the ball between the goal posts, at any height.
2. Chance determines the first kick off ; the kick off shall take place in the centre of the ground ; the other side shall nto

approach within ten yards of the ball until it is kicked off.

3. After a goal is won, the losing side shall kick off, and the goals shall be changed.

4. When the ball is in *touch*, the first player who touches it shall kick it into the course again from where it went out, and at right angles with the touch line.

5. A player who shall *not* have been *behind* the last player on his own side who kicked the ball is *out of play*, or *off his side*.

6. No player who shall be "*off his side*" shall be allowed to kick the ball until it shall have touched one of the opposite side, when he becomes *on his side*, again.

N. B. This is a very important rule.

7. In case the ball goes behind the goal line, if a player on the side to whom the goal belongs first touches the ball, one of his side shall be entitled to a *free* kick from the goal line at the point opposite the place where the ball shall be touched. If a player on the opposite side first touches the ball, he shall be entitled to a *free* kick, at the goal only, from a point fifteen yards from the goal line, opposite the place where the ball is touched ; the opposing side shall stand behind the goal line until he has had his kick.
8. No player shall carry the ball, throw the ball, strike the ball with his hands, or otherwise touch the ball with his hands, except in catching it. If he catch the ball, he may have a *free* kick.
9. Players shall not hold each other by

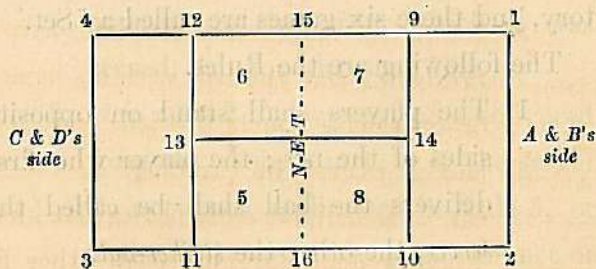
the clothes or any portion of the body.

10. Before commencing the game, the Captains shall agree on the length of time the game is to occupy ; when *time* is up, the game must cease, no matter in what position the game is.

In Football, the greatest good temper is required.

LAWN-TENNIS.

Of all games, Lawn-Tennis is the best. It can be played at any time, provided the ground be dry. It is played on a court marked out with chalk. The following is a plan of a court.



Lawn Tennis is played by two players or four players. Supposing A and B play against D and C. A commences the game by serving from 1 into 5. If the ball falls anywhere but into 5, the serve is called a "fault". He may then serve another ball from 1. He then goes to position 2, and afterwards to 1 and so on, between 1 and 2 until the game is finished. C next serves from 3 into 7, and then from 4 into 8 and so on till that game is finished. B then serves from 1 into 5 and then from 2 into 6 ; that game being finished D serves from 3 into 7, and then from 4 into 8 and so on. Six games first won by either side decide the victory, and these six games are called a 'Set.'

The following are the Rules.

1. The players shall stand on opposite sides of the net ; the player who first delivers the ball shall be called the *server*, the other the *striker-out*.

2. At the end of the first game, the striker out shall become server, and the server shall become striker out ; and so on alternately in the subsequent games of the set.
3. The server shall stand with one foot beyond the base line, and with the other foot within or upon the base line, and shall deliver the service from the right and left courts, beginning from the right.
4. The ball served must drop within the service-line, half-court line, and side line of the court which is diagonally opposite to that from which it was served, or upon any such line.
5. It is a *fault* if the service be delivered from the wrong court, or if the server do not stand as directed in Rule 3, or if the ball served drop in the net or

beyond the service line, or if it drop out of court or in the wrong court.

6. A *fault* may not be taken.
7. After a *fault*, the server shall serve again from the same court from which he served that fault, unless it was a fault because served from the wrong court.
8. The service may not be *volleyed*, i.e., taken before it touches the ground.
9. The server wins a stroke, if the striker out fails to return the service or the ball in-play, or return the service or ball in-play so that it drops out-side any of the lines which bound his opponent's court.
10. On either player winning his first stroke, the score is called 1 for that player ; on either player winning his second stroke, the score is called 2 for

that player ; on either player winning his third stroke, the score is called 3 for that player ; and the fourth stroke won by either player is scored game for that player ; except as below :—

If both players have won three strokes, the score is called “ even ” ; and the next stroke won by either player is scored “ advantage ” for that player. If the same player win the next stroke, he wins the game ; if he lose the next stroke, the score is again called even ; and so on until either player win the two strokes immediately following the score of even, when the game is scored for that player.

6. The player who first wins six games wins a Set.

Explanation of the Court

1 to 4, and 2 to 3 are called side lines.

1 to 2, and 3 to 4 are called base lines.

9 to 10, and 11 to 12 are called service lines.

13 to 14 is called the half court line.

From 1 to 4 is 78 feet, also from 2 to 3.

From 12 to 15, 15 to 9, 11 to 16, 16 to 10 are 21 feet each.

From 4 to 12, 9 to 1, 3 to 11, 10 to 2 are 18 feet each.

From 1 to 2 and 3 to 4, 27 feet each.

The net shall be 8 feet in height.

CRICKET.

The game of Cricket is the national game of England. It is played throughout the length and breadth of that country, and is now as much played in Australia. Wherever Englishmen are found cricket is played.

Cricket is played with a ball, two bats, six wickets and four bails. There are generally

eleven players on each side. The two sides toss up for first innings ; and two players belonging to the side that wins the toss go in, one at each wicket. The *out-side* place themselves in various positions about the field, to catch or stop the ball when struck by the batsman. One of the bowlers commences bowling six successive balls, his object being to bowl down the wicket ; if he succeed, the batsman retires from the game, and another of his side takes his place. If however, the ball is struck by the batsman, he and his partner keep running to each other's wicket, and back again, until their opponents obtain possession of the ball and throw it to the wicket-keeper ; and one run is scored towards game every time they change wickets. Every run obtained by a blow from the bat is scored to the batsman making it ; but *byes*, *wides*, and *no-balls*, are scored to the credit of the side. Should the

ball be thrown up by any one of their opponents, and one of the wickets put down before the batsman running for that wicket has reached it, he is out ; or if, after the ball is struck, either of the fieldsmen catch it before it reaches the ground, the striker of the ball is out. The batsman may leave his ground to strike ; but he is out provided the wicket-keeper succeeds in putting down his wicket with it before he regains his ground. When the player who commenced bowling has bowled six balls, the *Umpire* at his wicket calls "*Over,*" and the fieldsmen reverse their positions by crossing over to the opposite side of the ground. The same number of balls are then bowled from the other wicket, either by the player who previously stood there as wicket-keeper, or by one of his side appointed for the purpose ; and so on alternately. When all the players belonging to the *in-side* are out, they change

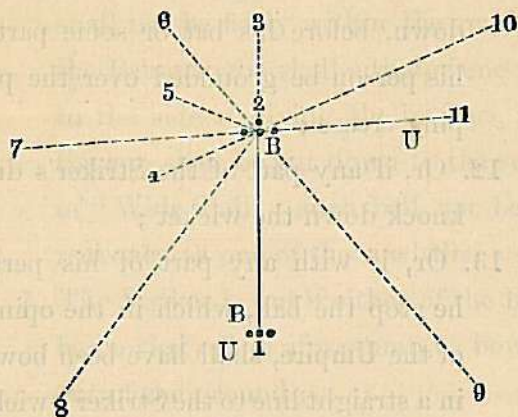
places with their opponents, and bowl to them until their innings are over. The runs are then counted, and the side that has obtained the greatest number is declared the conqueror. These are the principal features of the game ; and under the following rules the regulation of its various positions will be found.

1. The Bowling-crease must be in a line with the wickets ; six feet in length ; the wickets in the centre.
2. The Popping-crease must be four feet from the wicket, and parallel to it.
3. The Wickets must be placed opposite to each other, at the distance of twenty two yards.
4. The Bowler shall deliver the ball with one foot on the ground behind the bowling-crease, and shall bowl six balls.
5. The ball must be bowled. If thrown or jerked the Umpire shall call " No Ball."

6. If the Bowler shall toss the ball over the Striker's head, or bowl it so wide that in the opinion of the Umpire it shall not be fairly within the reach of the Batsman, he shall adjudge one run to the side receiving the innings, and the run shall be put down to the score of "Wide Balls ; such ball not being reckoned as one of the six balls.
7. The Striker is out if either of the bails be bowled off, or if a stump be bowled out of the ground ;
8. Or, if the ball, from the stroke of the bat be caught before it touch the ground ;
9. Or, if in striking, or at any other time while the ball shall be in play, both his feet shall be over the popping crease, and his wicket put down, except his bat be grounded within it ;

10. Or, if in striking at the ball he hit down his wicket ;
11. Or, if in running, the wicket be struck down, before his bat or some part of his person be grounded over the popping crease ;
12. Or, if any part of the Striker's dress knock down the wicket ;
13. Or, if with any part of his person he stop the ball, which in the opinion of the Umpire, shall have been bowled in a straight line to the Striker's wicket, and would have hit it.
13. If the players have crossed each other, he that runs for the wicket which is put down is out.
14. After the ball shall have been finally settled in the Wicket-keeper's hands, it shall be considered dead.

A CRICKET FIELD.

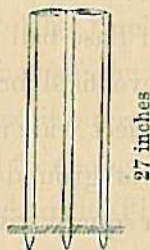


EXPLANATION.

...The wickets ; B, B, the batsmen ; U, U, the umpires ; 1, the bowler ; 2, wicket-keeper ; 3, long-stop ; 4, point ; 5, short-slip ; 6, long-slip ; 7, cover-point ; 8 long-off ; 9, long-on ; 10, long-leg ; 11, square leg.



THE BAT



THE WICKETS

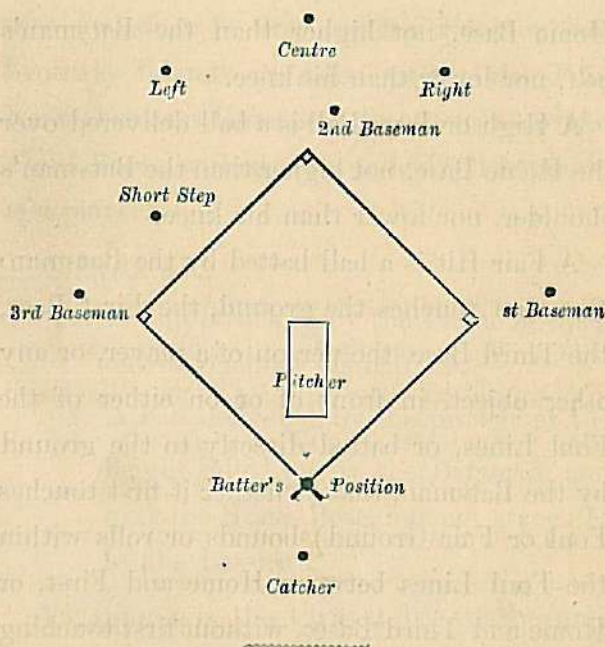
BASE BALL.

Base Ball is the national game of the American people. Although originating in the English game of Rounders, it requires many qualities in a high degree to excel in it. The theory of Base-ball is as simple as that of any field sport in vogue, and therein lies one of its most attractive features: but yet to play the game up to its highest point of excellence requires as great a degree of mental ability,

and the possession of as many manly physical attributes, as any known game of ball. The theory of Base-ball is as follows :—In the first place a level field for play is selected, about three hundred feet wide and five hundred feet long. A space of ground is then marked out in the form of a square, with one corner as the position of the Home Base, and the other corners for the First, Second, and Third bases, the first Base being on the right of the Batsman, as he stands at the Home base, and the Third Base on the left. There are two parties, nine players in each, in contesting a game of Base ball. These nine players occupy the following positions : Catcher, Pitcher, First, Second, and Third basemen, Short-Stop, and Left, Centre, and Right Fielders. The first six players above-named form the “*in-fielders*,” and the last three the “*out-fielders*,” the nine taking the field being called the “*field*” or “*out-ha d.*” After the

parties toss for the innings, the losing side go to the bat, and the winning party to the field, and each man to his position. The Pitcher then delivers the ball to a batsman of the opposite nine, who endeavours to send it out of reach of the opposing field party, and far enough into the field to admit of his running to the First Base or as many of the Bases as he can, if he run once round, and is not put out in the interim, he scores a run. He is followed by his companions, one after another in regular rotation, until three of the batting side are put out, when the field side take the bat and have their innings. Nine innings constitute a full game, and no game is considered as played unless five full innings have been completed. In case of a tie at the close of the ninth innings, the game must be prolonged innings after innings, until one or other of the contesting sides obtains the most runs in an equal number of innings.

The Catcher plays behind the Batsman to receive the ball from the Pitcher. The Pitcher stands near the centre of the *in-field*, fifty feet from the Home Base, and he is allowed only to "*pitch*" the ball to the bat, not to throw it, jerk it, or bowl it. The First Baseman attends to balls fielded to him on the base, his principal duty being to hold the ball, while having one foot on the base before the Batsman reaches it. The Second and Third Basemen have not only to hold the ball, but also to touch players running to the bases before they can touch the Bases. The Short-Stop attends to the duties of backing up the Pitcher and Basemen generally, and of stopping balls from the bat, and throwing them to the Bases, when the ball happens to come within reach. The principal duties of the three out-fielders are to catch long high balls, and to return balls sent to their positions.



DEFINITIONS & RULES.

A High Ball is a ball delivered over the Home Base, higher than the belt of the Batsman, but no higher than his shoulder.

A Low Ball is a ball delivered over the

Home Base, not higher than the Batsman's belt, nor lower than his knee.

A High or Low Ball is a ball delivered over the Home Base, not higher than the Batsman's shoulder, nor lower than his knee.

A Fair Hit is a ball batted by the Batsman, that first touches the ground, the First Base, the Third Base, the person of a player, or any other object, in front of or on either of the Foul Lines, or batted directly to the ground by the Batsman, that (whether it first touches Foul or Fair Ground) bounds or rolls within the Foul Lines between Home and First, or Home and Third Bases, without first touching the person of a player.

A Foul Hit is a ball batted by the Batsman, that first touches the ground, the person of a player, or any other object, behind either of the Foul Lines, or that strikes the person of such Batsman, while standing in his position,

that (whether it first touches Foul or Fair Ground) bounds or rolls outside the Foul Lines, between Home and First, or Home and Third Bases, without first touching the person of a player.

A Strike is

1. A ball struck at by the Batsman without it touching his bat ; or.
2. A ball delivered by the pitcher at the height called for by the Batsman, and over the Home Base, but not struck at by the Batsman.

An Inning is the turn at bat of the nine players, and is completed when three of such players have been put out.

The Batsman becomes a Base-Runner.

1. Instantly after he makes a Fair Hit.
2. Instantly after seven Balls have been called by the Umpire.

3. Instantly after three Strikes have been declared by the Umpire.

The Batsman on taking his position must call for a "High Ball," a "Low Ball," or a "High or Low Ball." The Umpire shall count and call every "Unfair Ball" delivered by the pitcher, and he shall also count and call every Strike.

The Base-Runner shall be entitled, without being put out, to take one Base, in the following cases.

1. If, while he was Batsman, the Umpire *calls* called seven balls.

2. If the Umpire awards a succeeding Batsman a base on seven balls, and the Base-Runner is thereby forced to vacate the base held by him.

3. If the Umpire calls a Balk.

4. If he be prevented from making a base by the obstruction of an adversary.

5. If a Fielder stop or catch a batted ball with his hat or any part of his dress.

The Base-Runner shall return to his base, and shall be entitled to do so without being put out.

If the Umpire declares a Foul Hit and the ball be not caught by a Fielder before touching the ground.

The Base-Runner is out :

1. If, having made a Fair Hit while Batsman, the ball be caught.
2. If, after three Strikes or a Fair Hit, he be touched with the ball in the hand of a Fielder before such Base-Runner touches First Base.
3. If, immediately after three strikes, seven balls, or a fair hit, he fails to run to First Base.
4. If, at any time-while the ball is in play, he be touched by the ball in the hand

of a Fielder, unless some part of his person is touching a base he is entitled to occupy, provided the ball be held by the Fielder after touching him ; *but* in running to First Base he may overrun said base without being put out for being off said base, after first touching it, provided he returns at once and retouches the base, after which he may be put out as at any other base. If, in overrunning First Base, he also attempts to run to Second Base, he shall forfeit such exemption from being put out.

5. If, when a Fair or Foul Hit is caught by a Fielder on the base occupied by the Base-Runner when such ball was struck, before he retouches said base after such Fair or Foul Hit ball was so caught.

One run shall be scored every time a Base-

Runner ; after having touched the first three bases, shall touch the Home Base before three men are put out.

ATHLETIC SPORTS.

An afternoon of Athletic Sports is very enjoyable. They all require some practice before the day.

100 YARDS RACE.

This distance is a very popular one. The Competitors start at a given signal and race to the winning post which is at a distance of 100 yards from the starting post. Any Competitor who starts before the signal should be put back one yard.

The same is said of 200 yards, $\frac{1}{4}$ of a mile, and $\frac{1}{2}$ a mile races.

HIGH JUMP.

This Sport consists in Jumping over a horizontal bar or rope. Three feet is the usual height to begin with, the bar or rope is raised one inch at a time. Three tries at each height are allowed to each Competitor, and if he fail to jump over the bar or rope in the three tries, he is out of the competition. About ten or twelve paces are sufficient run to take. Never take too long a run as it entails needless exhaustion. A great point in jumping is to leap gracefully. To do this the legs should be brought well up under the body, and care taken to clear the bar with the trunk as well as the lower limbs, the jumper alighting on the toes and balls of the feet.

LONG JUMP.

This sport is jumping from a line, as far as possible. The ground on which the jumper

alights should be soft, that is dug up. A run of about eighteen or twenty paces is sufficient, and care must be taken not to jump from over the mark, as in that case the jump is null and void. The jumper alights on his heels instead of his toes, as in high jumping, and care must be taken not to fall backwards, or the leap counts for nothing.

HOP STEP AND JUMP.

In this sport, as in the Long Jump a run of eighteen or twenty yards is taken, then having reached the mark the Competitor makes first a long *hop* on one leg, from this a long *step*, and from the step a long *jump*.

POLE JUMP.

This sport consists of jumping over a bar or rope with the assistance of a pole. The pole cannot be of better wood than of bamboo ; as

bamboc never breaks, it may bend. A run of about fifteen paces is sufficient. The Competitor should grasp the pole at about the height to be cleared, the hands being about two feet apart.

THREE-LEGGED RACE.

This is a most amusing sport. The distance varies between fifty and one hundred yards. The Competitors separate themselves into pairs. Supposing A and B to be a pair, then A's right leg is tied to B's left leg, at the ankles and knees. The same being done to each of the other pairs, they go to the starting post, and at a given signal, race to the winning post.

CONSOLATION RACE.

This sport is always the last on the programme. Two hundred yards is a good distance. All Competitors who have not won a

prize during the afternoon may run in it, but winners may not.

THROWING THE CRICKET BALL.

This sport consists simply of throwing a cricket or base ball from a line—the furthest throw winning the prize.

PUTTING THE SHOT.

This is another simple sport, but extremely interesting. The Competitors in turn, *put* the shot from a given mark or line. The furthest *put* winning. A run of seven feet only being allowed.

THROWING THE HAMMER.

This a Scotch sport, and to excel in it requires great strength in the muscles of the back and loins. The hammer should be about ten pounds in weight, with a handle three feet long. The hammer should be grasped firmly

at the end of the handle, and swung round like a pendulum till a good momentum is acquired, when this is obtained the grasp is loosened, and away flies the hammer.

HURDLE RACING.

This sport is a great favorite with athletes of all ages. The usual length of the course is 120 yards, with ten hurdles three feet high and ten yards apart, with fifteen yards at start and finish. The Competitors start at a given signal, and race to the winning post, jumping over the hurdles as they come to them.

TRAINING.

All of these sports require practising, or as it is called *training*. Training for running consists in running certain distances every day, and being more careful in the diet. As little liquid as possible, certainly not more than one

quart per day, should be drunk; nothing sweet, oily, or indigestible should be eaten. Not less than six hours of sleep each night should be taken. The best time to practice running, jumping or any kind of athletic sport, is in the afternoon and evening, but not too soon after a meal. Suppose dinner to be eaten at noon, then 2 p.m. would be a good time to begin practising; as a general rule, an hour should elapse between the end of the meal and the practice. If a boy is training for 100 and 200 yards races, he should begin by practising starts, and gradually increasing the distance at top speed up to that of the race itself. The distance should then be run twice a day. In training for $\frac{1}{4}$, $\frac{1}{2}$, and 1 mile races, more exercise is necessary. The best plan is to begin by running the distance slowly, and increasing the speed day by day. The distance should not be run more than once a day, but a great

deal of walking exercise is necessary to strengthen the muscles of the legs. For all long distances the great things are wind and endurance. The only thing requisite in training for all kinds of jumping, is *practice*, no change in the diet being necessary. The same may be said of 'putting the shot,' and 'throwing the hammer'.

THE LAWS OF ATHLETICS.

1. No attendant to accompany a competitor in the race.
2. Any competitor starting before the word to be put back one yard.
3. Jostling, running across, or wilfully obstructing another so as to impede his progress, to disqualify the offender from further competitions.
4. All cases of dispute to be referred to the committee of management at the time.

5. The decision of the judges in all competitions to be final.
6. In pole jumping & high jumping, three tries allowed at each height. Displacing the bar only to count as a try.
7. In long jumping, putting the shot, throwing the hammer, and throwing the cricket ball three tries allowed.
8. In long jumping, putting the shot, and throwing the hammer crossing the scratch line in the attempt, to Count as "no try"
9. "No tries" count as tries.

THE END



The classes of the subject in all cases
 are to be distinguished by their
 in their position & their nature, which
 is to be distinguished in each degree. Distinction
 is to be made in each case as a rule
 and in each position making the distinction
 between the former and the latter, the
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THE END

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