



***JOHN
NEWBERY***

***A LITTLE
PRETTY
POCKET-
BOOK***



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John Newbery

A Little Pretty Pocket-book

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TABLE OF CONTENTS

[Introduction](#)

[to Little Master Tommy.](#)

[to Pretty Miss Polly.](#)

[Advertisement](#)

[Chuck-Farthing](#)

[Flying the Kite](#)

[Dancing round the May-Pole](#)

[Marbles](#)

[Hoop and Hide](#)

[Thread the Needle](#)

[Fishing](#)

[Blindman's Buff](#)

[Shuttle Cock](#)

[King I Am](#)

[Peg-Farthing](#)

[Knock out and Span](#)

[Hop, Step, and Jump](#)

[Boys and Girls come out to Play.](#)

[I sent a Letter to my Love](#)

[Pitch and Hussel](#)

[Cricket](#)

[Stool-Ball](#)

[Swimming](#)

[Base-Ball](#)

[Trap-Ball](#)

[Tip-Cat](#)

[Fives](#)

[Leap-Frog](#)

[Birds-Nesting](#)

[Train-Banding](#)

[All the Birds in the Air](#)

[Hop-Hat](#)

[Shooting](#)

[Hop-Scotch](#)

[Who will play at my Squares?](#)

[Riding](#)

[The Alphabet](#)

[The Wolf and the Kid](#)

[The Husbandman and the Stork](#)

[The Shepherd's Boy.](#)

[Mercury and the Woodman](#)

[to Sir](#)

[to Madam](#)

[Prayers](#)

[Asking a Blessing](#)

[Reading](#)

[Charity.](#)

[I. Spring](#)

[II. Summer](#)

[III. Autumn](#)

[IV. Winter](#)

[Time's address to Plutus and Cupid](#)

[Select Proverbs for the use of Children](#)

[Rules for Behaviour in Children](#)

[Mixt Precepts](#)

Containing One Hundred and Sixty three Rules for Children's
Behaviour

At the Meeting House

At Home

At the Table

In Company

In Discourse

At the School

When Abroad

Among other Children

Other Books

A Letter from Jack the Giant-Killer

Table of Contents

to Little Master to Pretty Miss Polly
Tommy

Advertisement

Games

Table of Contents

Chuck-	Shuttle	Cricket	Birds-
Farthing	Cock	Stool-Ball	Nesting
Flying the	King I Am	Swimming	Train-
Kite	Peg-	Base-Ball	Banding
Dancing	Farthing	Trap-Ball	All the
round the	Knock out	Tip-Cat	Birds in
May-Pole	and Span	Fives	the Air
Marbles	Hop, Step,	Leap-Frog	Hop-Hat
Hoop and	and Jump		Shooting
Hide	Boys and		Hop-
Thread	Girls		Scotch
the	come out		Who will
Needle	to Play		play at
Fishing	I sent a		my
Blindman'	Letter to		Squares?
s Buff	my Love		Riding

Pitch and
Hussel

The Alphabet

Fables

Table of Contents

The Wolf and the Kid
The Shepherd's Boy
The Husbandman and Mercury and the
the Stork Woodman

Letter

Table of Contents

to Sir

to Madam

Prayers
Asking a Blessing
Reading
Charity

A Poetical Discription of the Four Seasons

Table of Contents

I. Spring
II. Summer

III. Autumn
IV. Winter

Time's address to Plutus and Cupid

Select Proverbs for the use of Children

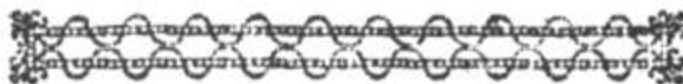
Rules for Behaviour in Children

Chapert I.
Mixt Precepts

Chapter II.
Containing One
Hundred and Sixty
three Rules for
Children's Behaviour
At the Meeting House
At Home
At the Table
In Company
In Discourse
At the School
When Abroad
Among other Children

Introduction

[Table of Contents](#)



A LITTLE PRETTY

[Table of Contents](#)

POCKET-BOOK, & c.

[Table of Contents](#)



THE grand Design in the Nurture of Children, is to make them *Strong, Hardy, Healthy, Virtuous, Wise, and Happy*; and these good Purposes are not to be obtained without some Care and Management in their Infancy.

Would you have your Child *Strong*, take Care of your Nurse, let her be a prudent Woman, one that will give him what Meat and Drink is necessary, and such only as affords a good Nutriment, not salt Meat, rich tarts, Sauces, Wine,

&c. a Practice too common amongst some indulgent People. She must also let the Child have due Exercise; for it is this that Life and Spirits, circulates the Blood, strengthens the Sinews, and keeps the whole Machinery in Order.

Would you have a *Hardy* Child, give him common Diet only, clothe him thin, let him have good Exercise, and be as much Exposed to Hardships as his natural Constitution will admit. The Face of a Child, when it come into the world (says the great Mr. *Locke*) is as tender and susceptible of Injuries as any other part of the Body; yet, by being always exposed, it becomes Proof against the severest Season and the most inclement Weather; even at a Time when the Body (though wrapped in Flannels) is pierced with Cold. It is beside my Purpose to give a physical Reason for this; nor indeed will the Brevity of my Design admit of it. It is a Fact sufficiently known, what every Man must be sensible of, and therefore can need no Demonstration.

Would you have a *Healthy* Son, observe the Directions already laid down with regard to Diet and Exercise, and keep him, as much as possible, from Physick; for Physick is to the Body, as Arms to the State; both are necessary, but neither to be used but in Cases of Emergency and Danger.

Would you have a *Virtuous* son, instill into him the Principles of Morality early, and encourage him in the Practice of those excellent Rules, by which whole Societies, States, Kingdoms, and Empires are knit together. Take heed what Company you intrust him with, and be always sure you set him a good Example yourself. Would you have a *Wise* Son, teach him to reason early. Let him read, and make him understand what he reads. No Sentence should be passed