

A high-angle photograph of a red running track with white lane markings. The track curves from the top right towards the bottom left. The text 'WILLIAM MARTIN' is in a black box at the top left, and 'THE BOOK OF SPORTS' is in a black box at the bottom. There are some faint markings on the track, including '4x400' and '400 4x100'.

**WILLIAM
MARTIN**

**THE BOOK
OF SPORTS**

William Martin

The Book of Sports

**Containing Out-door Sports, Amusements and
Recreations, Including Gymnastics, Gardening &
Carpentering**

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PREFACE.

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The prime object of this book is to induce and to teach boys and girls to spend their hours out of school in such a manner, as to gain innocent enjoyment while they promote their own health and bodily strength. The Author has never

lost sight of this object, considering it to be what properly belongs to a Book of Sports.

He has, however, in many instances, had in view, in a subordinate degree, the intellectual improvement of his young readers. He hopes that several of the games, now described in print for the first time, will be found, if not "royal roads," at least delightful ones, to the knowledge of many scientific facts. There seems to be no good reason why the *utile* (considered intellectually as well as bodily) should not find its place in the sports of young people, if it be so skilfully combined with the *dulce* as not to convert pleasure into toil.

To those who assent to what has been stated, the introduction of a chapter on gardening will need no apology.

PART I.

GAMES WITH MARBLES.

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One of the best games with marbles is

RING TAW.

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This is played in the following manner:—A circle should be drawn about four feet in diameter, and an inner circle of about six inches being also marked out in its centre, into this each boy puts a marble. "Now then, boys, knuckle down at the offing, which is in any part of the outer circle. Now, whoever shoots a marble out of the ring is entitled to go on again: so mind your shots; a good shot may clear the ring. After the first shot, the players do not shoot from the offing, but from the place where the marble stops after it has been shot from the knuckle. Every marble struck out of the ring belongs to the party who hits it; but if the taw remains in the inner ring, either after it has struck a marble or not, the

player is out, and must put in all the marbles he has won. If one player strike another player's taw, the player to whom the taw belongs is out; and he must give up all the marbles he has won to the player whose taw struck his."

LAG OUT OR KNOCK OUT.

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This game is played by throwing a marble against the wall, which rebounds to a distance. Others then follow; and the boy whose marble strikes against any of the others is the winner. Some boys play the game in a random manner; but the boy who plays with skill judges nicely of the law of forces, that is, he calculates exactly the force of the rebound, and the direction of it.

The first law of motion is, that everything preserves a state of rest, or of uniform rectilinear (that is, straight, motion), unless affected by some moving force.

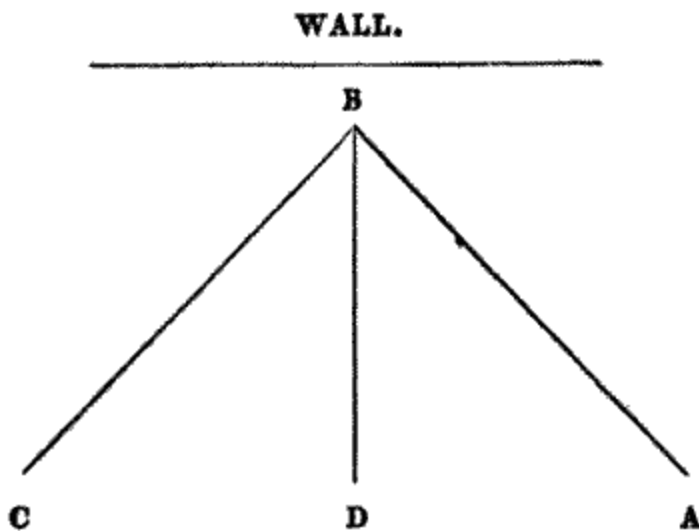
Second law.—Every change of motion is always proportioned to the degree of the moving force by which it is produced, and it is made in the line of direction in which that force is impressed.

Third law.—Action and reaction are always equal and contrary, or the mutual action of two bodies upon each other are always equal and directed to contrary parts.

To illustrate the first of these laws,—a marble will never move from the ground of itself, and once put in motion, it will preserve that motion until some other power operates upon it in a contrary direction.

With regard to playing Lag Out so as to win, you must further understand the principle of reflected motion. If you

throw your marble in a straight line against the wall, you find that it comes back to you nearly in a straight line again. If you throw it ever so slightly on one side, or obliquely, it will fly off obliquely on the opposite side. If you throw the marble from the point C to the point B, it will fly off in the direction of the point A, and if a marble lay there it would hit it; but if you threw it from the point D, you would stand no chance.



In science, the angle C, B, D, is called the angle of incidence, and D, B, A, is called the angle of reflection.

THREE HOLES.

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Three Holes is not a bad game. To play it, you must make three small holes about four feet apart: then the first shot tries to shoot a marble into the first hole. If he gets in, he goes from that to the second, and then to the third hole, after which he returns, and having passed up and down three times, he thus wins the game. If he cannot get in the first hole, the second player tries; and when he stops short at a hole, the third, and so on. After any player has shot his marble into a hole, he may fire at any adversary's marble to drive him away, and, if he hits him, he has a right to shoot again, either for the hole or any other player. The game is won by the player who gets first into the last hole and works his way back again to the first, when he takes all his adversaries' marbles.

ARCHES.

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To play arches, the players must be provided with a board of the following shape, with arches cut therein; each arch being a little more than the diameter of a marble, and each space between the arches the same.



The boy to whom the bridge belongs receives a marble from each boy who shoots, and gives to each the number of marbles over the arches should they pass through them.

BONCE-EYE.

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Bonce-Eye is played by each player putting down a marble within a small ring, and dropping from the eye another marble upon them so as to drive them out, those driven out being the property of the Boncer.