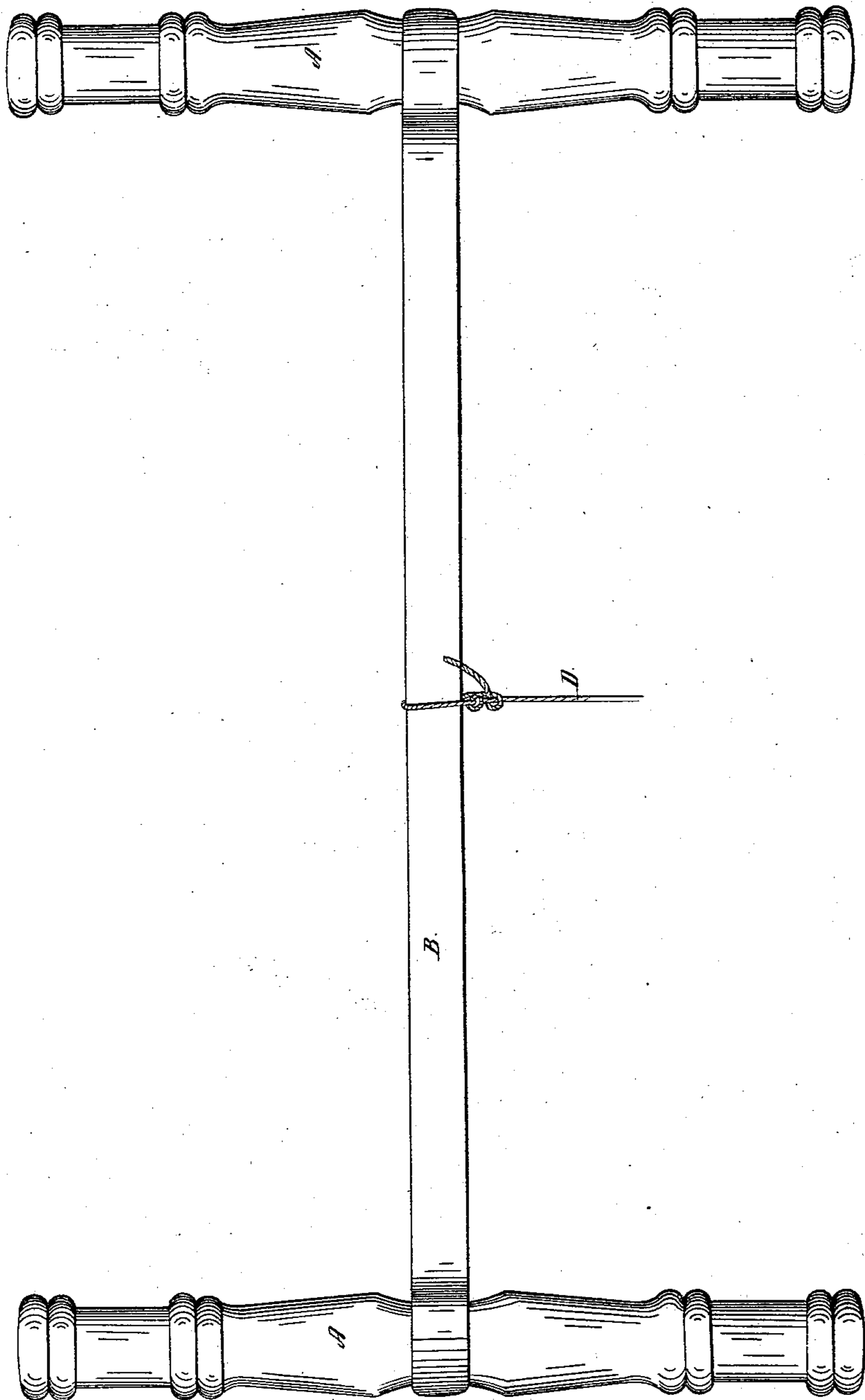


S. M. Barnett,

Exercising Machine.

N^o 61,702.

Patented Feb. 5, 1867.



Witnesses:
Rufus R. Rhoads
Emile Rosa

Inventor:
S. M. Barnett

United States Patent Office.

S. M. BARNETT, OF NEW ORLEANS, LOUISIANA.

Letters Patent No. 61,702, dated February 5, 1867.

CHEST EXPANDER.

The Schedule referred to in these Letters Patent and making part of the same.

TO ALL WHOM IT MAY CONCERN:

Be it known that I, S. M. BARNETT, of the city of New Orleans, parish of Orleans, and State of Louisiana, have invented a new and useful improvement, which I denominate a "Combined Chest-Expander and Life-Preserver;" and I do hereby declare the following to be a full, clear, and exact description of the same, reference being had to the annexed drawings, forming a part of this specification, and to the letters of reference marked thereon.

My invention consists of a simple elastic band of India rubber, or other equivalent substance, to which is attached at each of its ends a handle that may be readily grasped by the hand, in combination with a life-preserver that may be readily and quickly connected or disconnected thereto or therefrom.

In the drawings, A A represent the handles; B the elastic band; C the life-preserver, and D the string by which the life-preserver is secured to the band. The handles A A may be of any convenient size or form, and of any suitable material. When made of metal, gutta percha, or India rubber, they may be hollow, and so present buoyant aids to the life-preserver when occasion requires the use of my invention in the water. The elastic band B may be attached to the handles permanently, or it may be made removable by connecting to its ends elastic loops, which can be slipped over the handles into a slight recess above their centres, which will hold it in its place. The band may be flat, as shown in the drawings, or it may be round in the form of a cord. The life-preserver, C, may also be of any shape and of any material that will allow of its compression and inflation; and, instead of one, two may be used, if thought desirable. In the latter case the connection with band B would be at points close to each handle, instead of near the centre of said band, as when a single air-receptacle or life-preserver is used. Whether one or two life-preservers be used, the attachment of the band thereto may be made by a string, as is shown in the drawings, or by a spring-catch, or in any other way which will allow of a rapid attachment and disconnection. The band B and handles A A, which constitute that part of my invention I call my elastic chest-expander, is susceptible of an almost infinite variety of beneficial uses. As a substitute, for example, for dumb-bells, it will be found to accomplish the same effect, but in a far greater measure and degree, without the fatigue and prostration which is a necessary and inevitable incident in the use of such ponderous appliances. Nor is it necessary in using my invention, as in the case of dumb-bells, for the person whose chest requires expansion and relief to arise from a sitting posture. He has only to seize the handles, elevate and throw back his arms so as to bring the band behind him and commence the exercise without leaving his chair or desk. Another very marked advantage of my invention over any contrivance of which I have any knowledge, having the same ends in view, arises out of its adaptability to the use of all persons of both sexes who have two arms. Reduced to a suitable size it can be used by children of the most tender age without risk of injury of any kind or in any way, and presenting itself in the guise of a toy or plaything, it will be used by children with avidity and pleasure, and thus aid in the proper development of the organs of respiration, as well as of the muscles of the arms and chest, at the very time when these parts of the human body are most plastic and capable of right development. Nor is the use of this part of my invention confined to the chest and arms. In many gymnastic exercises, so to speak, in which the legs and lower parts of the body perform the principal offices, it is an agreeable and powerful assistant. When my invention is to be practically used as a life-preserver, the air-receptacles or receptacle, as represented by C in the drawings, is inflated and then securely attached to the band. The band is then passed around the body under the arms, and the ends being twisted together it is effectually secured in position. Instead of fastening the ends together by twisting, it may be done by a hook and loop, or any other convenient and usual device.

My invention in its separate parts, as well as in its entirety, is so light and of such small dimensions that it is easily portable, and may, in fact, be carried in the pocket and thus be ready for use whenever a moment of leisure suggests the healthful recreation and exercise it provides for, or an emergency and sudden danger require its aid as a life-preserver.

Having thus described my invention, what I claim, and desire to secure by Letters Patent, is—

The band B, provided with handles A A, whether the latter are made hollow or not, substantially as described for the purpose set forth.

S. M. BARNETT.

Witnesses:

RUFUS R. RHODES,

EMILE ROST.