

(No Model.)

J. C. SPILLS.
APPARATUS FOR PHYSICAL CULTURE.

No. 591,063.

Patented Oct. 5, 1897.

Fig. 1.

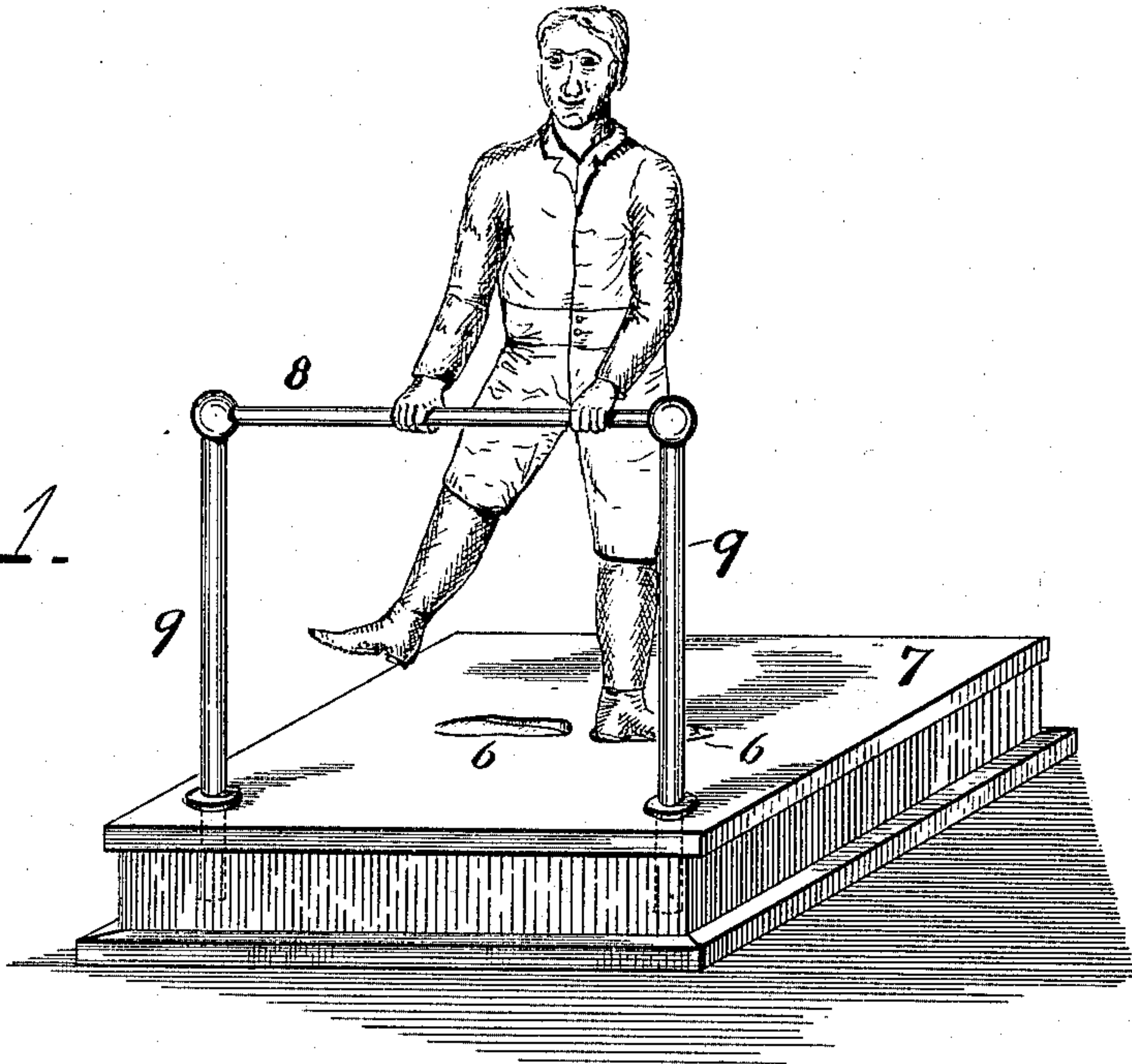


Fig. 2.

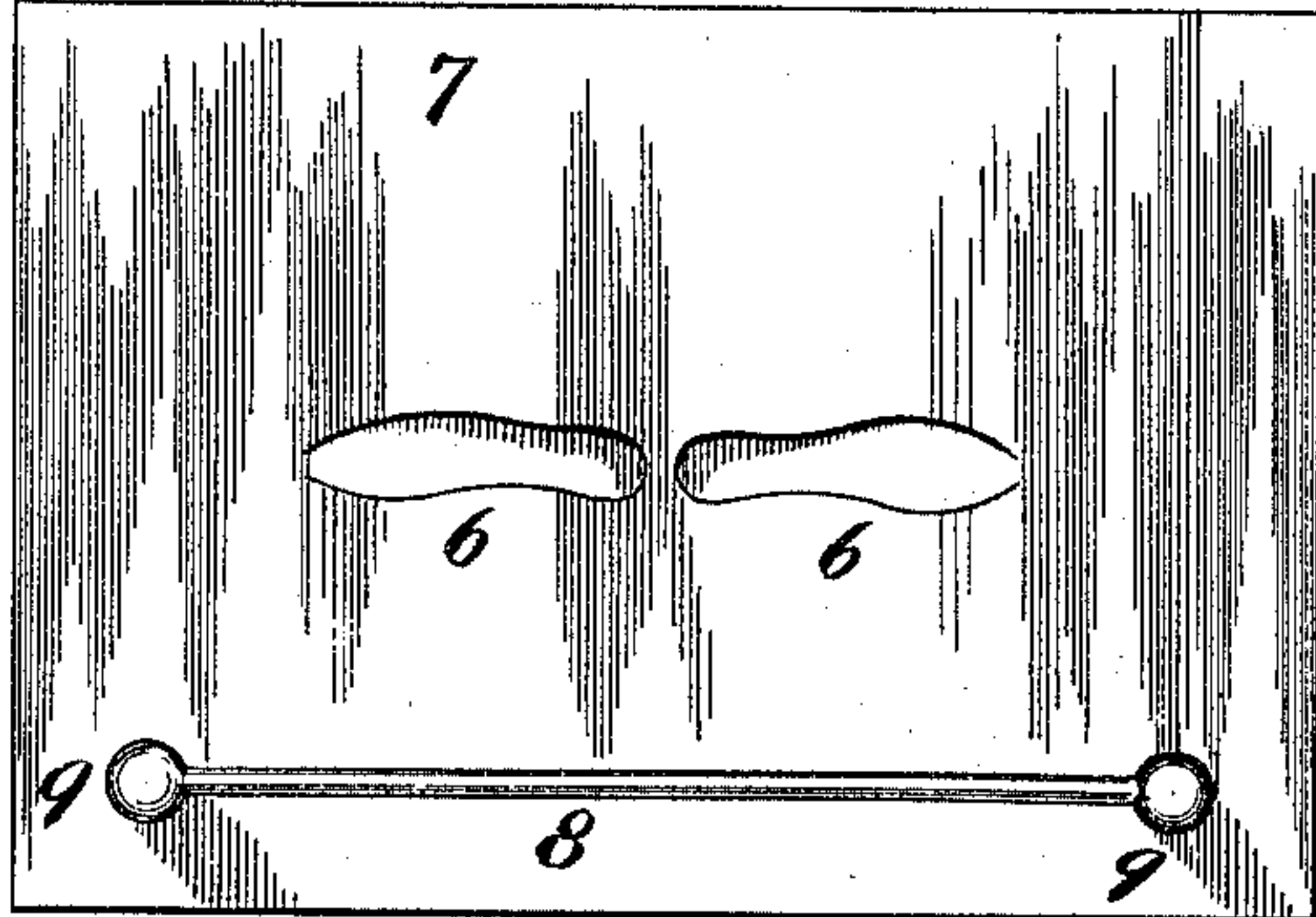
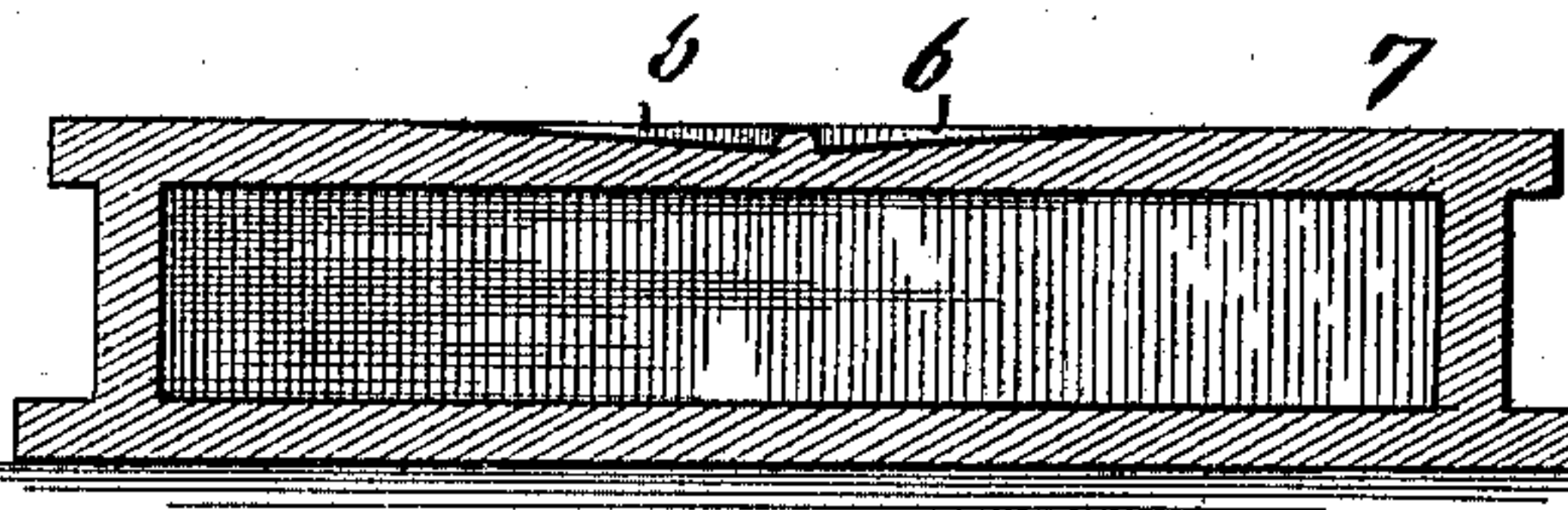


Fig. 3.



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UNITED STATES PATENT OFFICE.

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APPARATUS FOR PHYSICAL CULTURE.

SPECIFICATION forming part of Letters Patent No. 591,063, dated October 5, 1897.

Application filed May 17, 1897. Serial No. 636,840. (No model.)

To all whom it may concern:

Be it known that I, JOSEPH C. SPILLS, a citizen of the United States, and a resident of Cincinnati, Hamilton county, State of Ohio, have invented a certain new and useful Apparatus for Physical Culture; and I do declare the following to be a clear, full, and exact description of the invention, such as will enable others skilled in the art to which it appertains to make and use the same, attention being called to the accompanying drawings, with the reference-numerals marked thereon, which form a part of this specification.

This invention relates to an apparatus the object of which is to cause children and juveniles to acquire a proper and graceful position of the feet in walking and to prevent them from toeing in or, as it is commonly called, walking "pigeon-toed." It is also to be used to correct this habit where it has already been formed.

In the following specification, and particularly pointed out in the claim, is found a full description of the invention, its manner of use, parts, and construction, which latter is also illustrated in the accompanying drawings, in which—

Figure 1 is a perspective view of the apparatus complete. Fig. 2 is a top view of the same, and Fig. 3 is a central longitudinal section of it.

The apparatus consists substantially of two depressions 6, adapted to receive the soles of the feet and which, in order to obtain best results, are arranged as shown—that is, nearly in line with each other and with their heel ends in close proximity, thereby forcing the feet when placed thereinto to assume a position nearly opposite to the faulty one. By compelling the feet to thus assume such an extreme position the objectionable habit or any inclination toward it is soon corrected. These depressions are preferably formed on the up-

per side of a platform 7, which is more or less raised. As material, wood or cast-iron may be utilized. Different exercises are to be performed while the user is in position, such as raising or lowering the body by bending the knees, lifting alternately a foot by bending the leg at the knee, swinging the legs alternately out sidewise, &c. In all these motions the raised foot should remain in the position which it was in while occupying its respective depression.

To permit the foot to swing out sidewise without lifting it, depressions 6 become gradually shallower outwardly—that is, toward the toes, where they run out and meet the general surface of the platform without break or offset thereat.

For beginners a supporting-bar or hand-rail 8 is provided to be taken hold of by the hands and to aid them in maintaining their position while going through the exercises. This bar is connected to and supported on posts 9, which rest loosely in sockets sunk in from the top of the platform, so that the whole support may be lifted out and removed, which is to be done later when the pupil is able to maintain positions without aid. It is not necessary that these depressions fit the sole of the shoe closely, and they may therefore be large enough to admit a number of sizes.

Having described my invention, I claim as new—

A platform having depressions 6, adapted to receive the soles of feet and of a depth which gradually decreases toward the part occupied by the toes where they run out and meet the surface of the platform.

In testimony whereof I hereunto affix my signature in presence of two witnesses.

JOSEPH C. SPILLS.

Witnesses:

C. SPENGEL,
ARTHUR KLINE.